

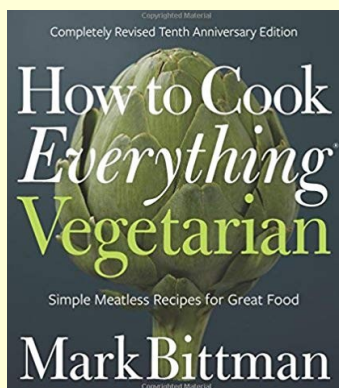
Vegetarian In Progress

Recipes:

BON APPÉTIT
101 Vegetarian
Recipes

Book:

How to Cook Every-
thing Vegetarian



Mark Bittman

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YOU must be the
change you wish
to see in the
world.

Mahatma Gandhi

Compassionate Carnivores

VIP Monthly Newsletter

December 2025

HAVE YOU THOUGHT ABOUT EATING LESS MEAT?

MAKE 2026 THE YEAR THAT YOU MAKE IT HAPPEN!

You love animals & you are not okay with how they suffer to get to the plate.

Be honest with yourself about why you continue to eat them. Is it because?.....

You don't think about it

You don't want to think about it

You don't have the will power

You want to stop eating animals but
don't know how to start

You intend to stop eating animals but
don't get to it

You've tried but have failed before

*Once you have your honest answer, make a
plan to get past that barrier.*



**Start the first step of your cruelty-free journey by pledging to do
your part using one or more of these plans:**

Plan 1 – Give up meat on a certain day each week. This will bring a consciousness to planning your meals.

Plan 2 – Give up meat & dairy products on a second day each week.

Plan 3 – Give up one animal every three months. No pigs Jan-March, no cows April-June, etc.

If you combine plans one, two and three, you will be taking a huge step
forward for doing your part to reduce animal suffering.

It's as easy as 1, 2, 3...!

Please commit and pledge for a kinder 2026!

Please remember to buy only **pasture-raised** eggs & pass this email to your mailing list. Thank you! Lois

www.compassionate-carnivores.org

VIP Veggie In Progress

www.facebook.com/compassionate-carnivores.org

