

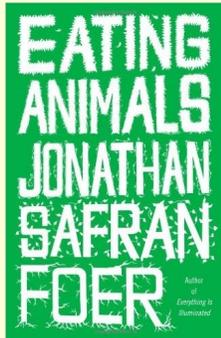
Vegetarian In Progress

*This Month's
SPECIALS*

Book:

[Eating Animals](#)

[by Jonathan Safran Foer](#)



Products:

[Morningstar Farms](#)

[Beyond Meat](#)

*You must be the
change you wish to
see in the world.
Mahatma Gandhi*

Compassionate Carnivores

VIP Monthly Newsletter

February 2017



Valentine's Day

A day we devote to those we **love**.

There can be such inconsistency with that word "**love**".

So many of us "**love, love, love**" the animals that share our lives but at the same time do not give a thought to the animals on our plate.

How did they live and how did they die, for my palate?

We're raised not to think about it, but I challenge you to think about it.

Why love one but eat the other?

Please make 2017 a year that you focus on at least one animal.

Choose one animal to no longer eat.

That's the **valentine's day** pledge that I ask of you.

No more bacon? Try Morningstar's bacon. It's a great substitute.

No more red meat? Try the many brands of ground beef substitutes.

No more chicken? Try Beyond Meat's brand of seasoned chicken-less strips.

Let's work together to end animal suffering.

It's easy. Just put your **heart** to it.



Please pass this email to your mailing list. Thank you! Lois

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