

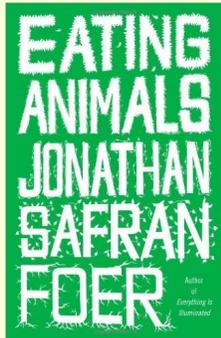
Vegetarian In Progress

*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.*

Compassionate Carnivores

VIP Monthly Newsletter

February 2019



A Valentine's Day Pledge CONNECT YOUR MIND AND YOUR HEART

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

So many of us "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 2019 *THE* 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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