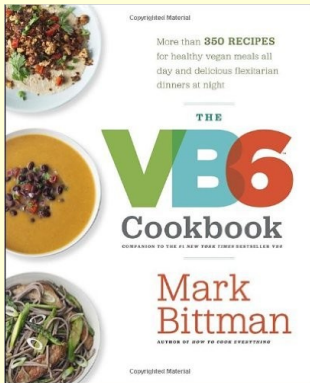


# Vegetarian In Progress

This Month's  
SPECIALS

Book:

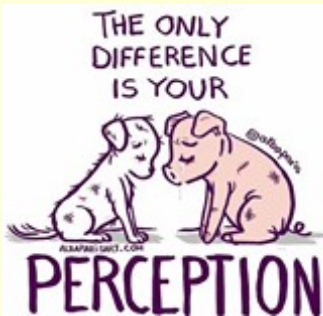
## VB6 Cookbook



Recipes:

## The Food Monster

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Time for a  
Paradigm Shift?

# Compassionate Carnivores

VIP Monthly Newsletter

MARCH 2017

## Paradigm Shifts

Many people have experienced an *“aha moment”* as you may have done yourself. In my *“aha moment,”* I went from one side of the line to the other in a heartbeat.

In one moment I ate animals without a thought and, in the next, I thought about it and in thinking about it, I experienced a true paradigm shift!

From that point, I was committed to stop eating meat and made a plan. I eliminated one animal from my diet each January as part of my New Year's resolution: year 1, veal and beef, year 2, fowl, year 3, fish. By the beginning of year 3, I was a vegetarian. For me, it was easy and I've never looked back. If I were to do it again, I think that I'd start with eliminating chicken. There are 200 chickens that suffer and die for every 1 cow. I would make that change.

Are you ready for a Paradigm Shift? Please think about it!

The following info is from One Green Plant. *“Whether you want to go vegan/vegetarian or you just want to dabble in plant-based cooking, here's a list of ways you can minimize your meat consumption without taking the veggie plunge:*

1. Meatless Monday Check out Meatless Monday's website for ideas as well as OGP's Meatless Monday post.
2. One Vegan or Veggie Meal a Day! Try making lunch a vegan or veggie meal. If everyone ate this way, we'd save 3 billion animals.
3. Vegan or Veggie Before 6 (See our recommended book) That's 6 billion animals saved if everyone ate this way!
4. Cut Out One Animal Product at a Time (this is how I went veggie!). Like the tortoise, most people find this method to be more sustainable than jumping in all at once. Start by cutting out chicken, as nearly 95 percent of the animals killed in this country are birds.
5. Play Around With Your Favorite Recipes (most can be made veggie)
6. Download the Food Monster App The Food Monster app has over 8k recipes and 500 are free.”
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Please pass this email to your mailing list. Thank you! Lois

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