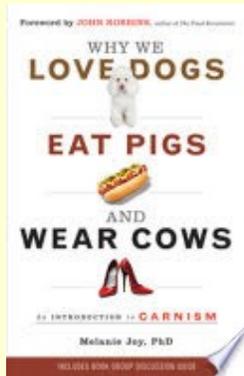


This Month's Specials:

Book:



Recipes:

[30 Days
of Vegetarian Recipes](#)



*The most
violent
weapon on
earth is the
table fork*

*Mahatma
Gandhi*

The **Great News** is that *Change is Happening*

Diets are changing

Not always all at once... and that's okay,

because every effort helps .. So...

WHAT DO YOU IDENTIFY WITH?

REDUCETARIAN	committed to eating less meat and seafood, as well as less dairy and eggs
FLEXITARIAN	eats primarily a vegetarian diet but will occasionally eat meat or fish
VEGETARIAN PLANT BASED	does not eat meat but will eat animal products consists mostly of vegetables, grains, seeds, legumes, nuts and fruits, and with few or no animal products
VEGAN	does not eat animals or their products and usually does not purchase leather

WHAT YOU CAN DO:

- Consider doing your part to reduce animal suffering.
- Take action by choosing more cruelty-free options.
- Have you tried **The Impossible Burger** at Burger King?
- Or the **Beyond Meat Burger** at Carl's Jr. or Hardee's?
- Beyond Meat's **breakfast sausages** in mild & spicy flavors
- Beyond Meat's **Italian/Mild Sausages**

Here's a **complete listing** of cruelty-free 2020 products on the market:

<https://urbantastebud.com/fake-meat-brands/>

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

Join on Facebook Group: [VIP Veggie In Progress](#)

[Click to "like" Compassionate Carnivores on Facebook](#)

www.compassionate-carnivores.org

