

Vegetarian In Progress

This Month's Recommendations

Recipes:

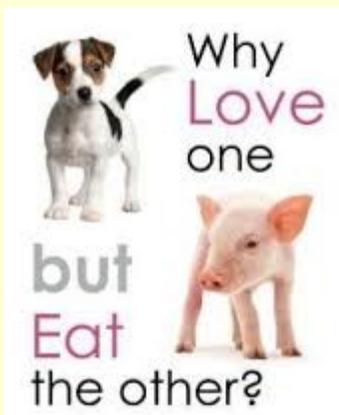
[Noshon.it](#)

Meat-Free Products:

[Meat Substitutes](#)

Movie:

[Vegucated](#)



The greatness and moral progress of a nation can be judged by the way its animals are treated.

Mahatma Gandhi

Compassionate Carnivores

VIP Monthly Newsletter

OCTOBER 2015

October is Vegetarian Awareness Month!

Eating vegetarian is EASY! Hopefully, as a VIP, you are trying at least one day each week to lose the meat. If not, please give it a try and you'll be surprised at how easy it is.

Change is here and the momentum continues toward eating less meat. Can you believe that White Castle now has a vegan burger?! Scan this article about the launch of a plant-based burger that cooks, smells and tastes like real meat. [Impossible Foods launches plant based burger.](#)

Vegetarian Diets:

- Save animals from suffering in factory-farms
- Reduce the risk of major killers such as heart disease
- Provide a viable answer to feeding the world's hungry
- Conserve limited fresh water
- Preserve irreplaceable ecosystems
- Decrease greenhouse gases
- Mitigate environmental pollution of animal agriculture

Can you imagine that you do ALL this through a veggie diet?

If you love animals, care about your health and the environmental, lose the meat at least one day of your week!!



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

www.compassionate-carnivores.org



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