

Vegetarian In Progress

Compassionate Carnivores

VIP NEWSLETTER

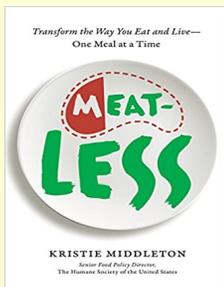
October 2018

Recipes:

[Make the Switch—](#)

[A Broad Selection of
Veggie Recipes](#)

Reading:



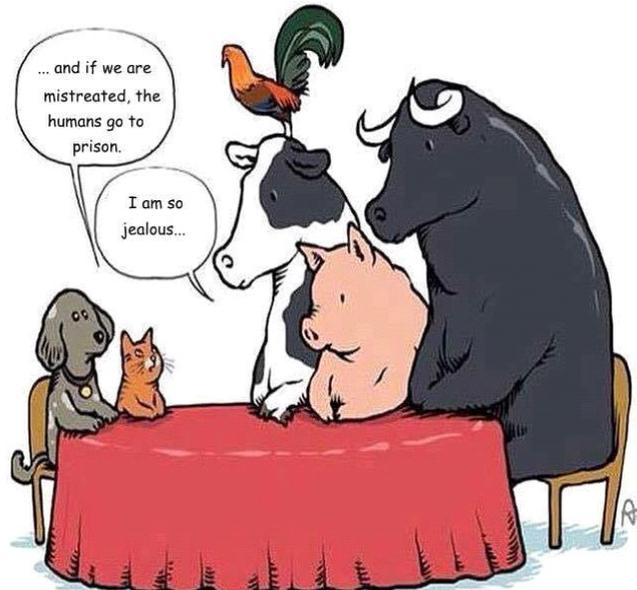
MEATLESS:

Transform the way you
eat & live... one meal at
a time



“The time will
come when men
such as I will look
upon the murder of
animals as they
now look upon the
murder of men.”
Leonardo da Vinci

PLEASE....MAKE THE CONNECTION!



Click on picture to learn more about factory farming

We love our dogs and cats. We are horrified at the thought of people in other countries eating dogs and cats and at the horse slaughter in our own country; yet, it's acceptable to eat pigs, chicken and cows.

All animals feel joy. They all can experience pain and fear.

Children naturally love any animal they encounter, but somewhere along the way we are conditioned to separate those we love from those we eat.

“Think occasionally of the suffering of which you spare yourself the sight.”

Albert Schweitzer

What you can do: Select an animal each month to leave off your plate. This will put you in a state of mind where you are paying attention. Think about the sentient animal at the end of your fork for much was experienced to get there.

Please buy only cage-free eggs & pass this email to your mailing list.

Thank you! Lois

www.compassionate-carnivores.org

[VIP Veggie In Progress](#)

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