

Vegetarian
In
Progress

Recipes:



<http://tryveg.com/recipes>

What you can do:

If you are on this email list, you have agreed to not eat meat at least one day each week when you became a VIP.

Please recommit to that pledge, if necessary, for your health, the animals and the environment.

The most
violent weapon
on earth is the
table fork.

Mahatma
Gandhi

Compassionate Carnivores

VIP Monthly Newsletter

October 2021

Do Meatless Mondays Really Help Animals?

YES ... 100%

Every person who takes part in Meatless Mondays reduces their carbon footprint by eight pounds per day - the same impact as not driving for two days - and also saves 28 land and 175 aquatic animals per year. [Read more](#) about how eating sustainably can combat climate change. (from Animal Outlook.org)

Production of meat and factory farming cause many problems: feed requirements, use of antibiotics, water consumption, CO2 emissions.

Check out this meat calculator to determine how many animals you save by your reduced meat consumption:

Meat-Calculator to Evaluate the Environmental Impact of Meat Consumption

<https://www.blitzresults.com/en/meat/>

Americans have the highest meat consumption in the world.

The Meat Blitz-Calculator shows you how it all adds up, based on your personal diet. Like: How many animals have to be raised to satisfy your appetite? How many resources are needed to produce this livestock? And would the environment and climate profit if meat was replaced by vegetarian alternatives?



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

www.compassionate-carnivores.org

[VIP Veggie In Progress](#)

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