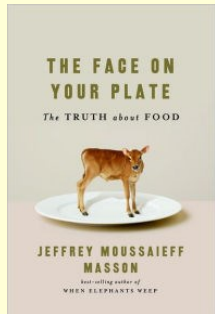


Vegetarian
In
Progress

Book



Recommendation

Plant-Based
Alternative
Products:

GARDEIN

MORNINGSTAR
FARMS

IMPOSSIBLE FOODS

BEYOND MEAT

LIGHTLIFE

Choose Veg
for recipe ideas !!

TRYveg.com

Compassionate Carnivores

VIP Monthly Newsletter

September 2022

WHAT YOU THINK ABOUT EXPANDS

PLEASE THINK ABOUT THE ANIMAL AT THE END OF YOUR FORK

Mahatma Gandhi's quote:

The most violent weapon on earth is the table fork.

TAKE THE "TURN IT AROUND" PLEDGE

The VIP pledge is to eliminate meat one day each week

Take the "Turn it around" pledge for one month

Eat meat only one day each week

Consciously choosing a veggie diet 6 days each week will have you thinking about your meal choices without meat

Please think about it

Are you willing to *TURN IT AROUND*?

For your health, the environment, the animals



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

www.compassionate-carnivores.org

VIP Veggie In Progress

www.facebook.com/compassionate-carnivores.org

