

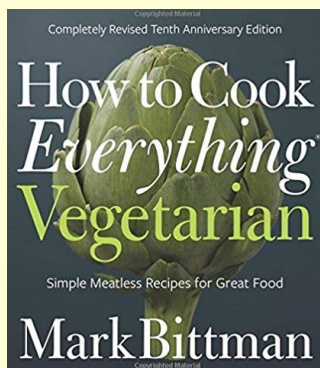
Vegetarian In Progress

Recipes:

WhyVeg.com

Book:

[How to Cook Everything Vegetarian](#)



Compassionate Carnivores

VIP Monthly Newsletter

December 2021

NO MONEY—JUST COMMITMENT

I come to you, not for financial support, but to ask for your commitment. I ask that you commit to being conscious of the sentient being at the end of your fork and to commit to thinking about the day (or days) you consciously do not eat meat.

Please start by looking at this picture and thinking about your answer.

- Determine if you are okay with how they suffer to get to your plate.
- If you love animals, and/or if you are not okay with how they suffer, be honest about why you continue to eat them.



My favorite quote by Mahatma Gandhi:

The most violent weapon on earth is the table fork.

As we approach the new year, please consider renewing your pledge and beyond:

Plan 1 – Give up meat on a certain day each week. This will bring a consciousness to planning your meals ... and buy only **pasture-raised** eggs.

Plan 2 – Step it up by giving up meat & dairy products on a second day each week.

Plan 3 – Get on the cruelty-free path by giving up one animal every three months.

No pigs Jan-March, no cows April-June, etc.

If you combine plans one, two and three, the total will equate to a huge step forward toward doing your part to reduce animal cruelty.

It's as easy as 1, 2,3 !!!

Please commit and pledge for a kinder 2022 !!!

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

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www.compassionate-carnivores.org

