

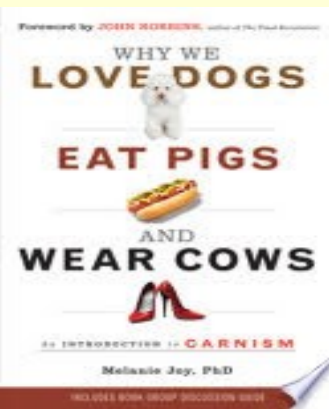
Vegetarian In Progress

Meatless

Recipes:

Martha Stewart's Veggie

Reading:



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The most violent weapon on earth is the table fork.

Mahatma Gandhi

Compassionate Carnivores

VIP Monthly Newsletter

February 2024

FEBRUARY IS THE MONTH OF LOVE

Do you ever think about how inconsistent compassion can be?

EXPAND YOUR CIRCLE OF SELECTED COMPASSION

Why **LOVE** one but **EAT** the other?



This month's message is simple

Think about how selective compassion exists in your life and make 2024 the year to become committed to trying a new life style. A life style that's "cruelty free" relative to the meals that you choose to eat. There are so many new alternatives..!

WHAT YOU CAN DO:

Are you ready for a paradigm shift?

Select an animal each month and leave that animal 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.

Remember to buy only pasture-raised eggs and pass this email to your mailing list.

Thank you! Lois

Join on Facebook Group: VIP Veggie In Progress

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www.compassionate-carnivores.org



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