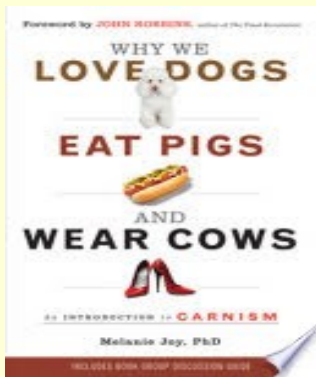


Vegetarian In
Progress

Meatless
Recipes:

Martha Stewart's Veggie

Reading:



The most
violent weapon
on earth is the
table fork.
*Mahatma
Gandhi*

Compassionate Carnivores

VIP Monthly Newsletter

February 2025

FEBRUARY IS THE MONTH OF LOVE

DO YOU EVER THINK ABOUT HOW INCONSISTENT COMPASSION IS?
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 2025 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.

That's the first step to a paradigm shift.

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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