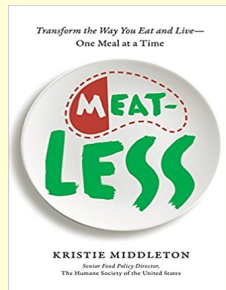


## Vegetarian In Progress

### Recipes:

[Make the Switch—  
A Broad Selection of  
Veggie Recipes](#)

### Reading:



**MEATLESS:**  
[Transform the way  
you eat & live... one  
meal at a time](#)



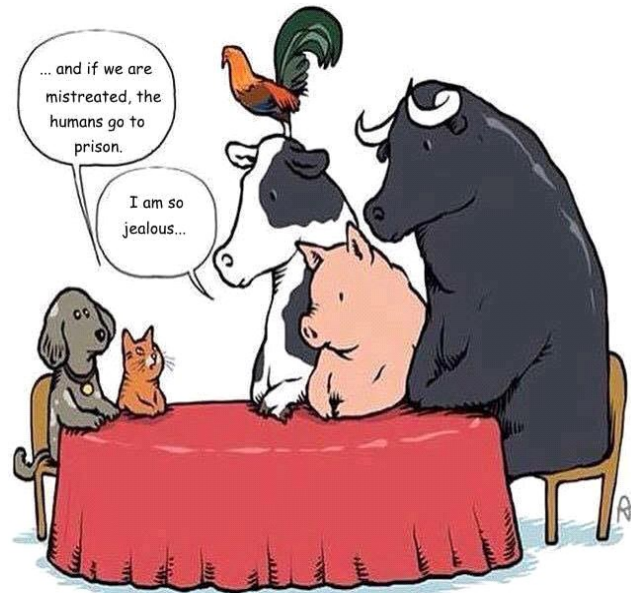
“The time will come when men such as I will look upon the murder of animals as they now look upon the murder of men.”  
*Leonardo da Vinci*

\*

# Compassionate Carnivores

VIP Monthly Newsletter

June 2021



[\*\*Click picture to learn more about factory farming\*\*](#)

We love our dogs and cats and are horrified at the thought of horse slaughter or people in other countries eating dogs and cats; yet, it's acceptable to eat pigs, chickens and cows. All animals feel joy and they can experience pain and fear. Children naturally love any animal they encounter, but somewhere along the way we are conditioned to separate those we love from those we eat.

“Think occasionally of the suffering of which you spare yourself the sight.”

*Albert Schweitzer*

**What you can do:** Select an animal each month to leave off your plate. This will create a state of mind where you are paying attention. Think about the sentient animal at the end of your fork and what they experienced to get there.

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

[www.compassionate-carnivores.org](http://www.compassionate-carnivores.org)

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