## Vegetarian In Progress

### This Month's SPECIALS

#### Products:
My vegan choices, just this one time:
Veganese for mayo
Earth Balance for butter
Amy's veggie burgers for burgers
Daiya cheeses – especially sliced

For other choices visit:
**Live Vegan**

### Book:
**Thanking the Monkey: Rethinking the Way We Treat Animals —by Karen Dawn**

The greatness and moral progress of a nation can be judged by the way its animals are treated.
*Mahatma Gandhi*

## *Coming Out… at the Ten Year Mark!*

May marks the ten-year anniversary of the creation of Compassionate Carnivores!

Over this time I've had wonderful experiences with my VIPs who have shared their journey toward becoming vegetarian and even vegan. They are few and far between, but I cling to their stories to stay optimistic, and I hope that there are more transitions that I never know about. If you have a story to tell, please reply and share it with me. Ten years is a long time to keep going on a shred of hope that people will choose a compassionate eating path with further education. I'll never give up.

Four years ago I crossed over to the vegan side. While I don't encourage veganism within the Compassionate Carnivores forum, for those who do choose to be veggie, it can be a natural progression. Did you ever wonder why some-one chooses to be vegan? I get that question a lot, so please watch this short video that explains why in a light and succinct way:
**http://www.youtube.com/watch?v=fKr4HZ7ukSE**

Interested in taking the next step? Here's an 11 minute video that gives well rounded reasons why you may want to consider it: **http://www.livevegan.org/** and a kit to help you get started: **http://vegankit.com/**

Or … renew your commitment to one or more meat-free day(s) each week: **http://www.vegetariantimes.com/vegetarian-starter-kit/**

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

www.compassionate-carnivores.org

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