

Vegetarian
In
Progress

*This Month's
SPECIALS*

Recipes:

[One Green Planet](#)

Book:

[Meatless:](#)

[200 + Very Best
Vegetarian Recipes](#)

Never doubt that a small group of thoughtful, committed citizens can change the world: Indeed, it is the only thing that ever has.

Margaret Mead

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

Mahatma Gandhi



Compassionate Carnivores

VIP Monthly Newsletter

November 2014

Where's the "bird"? You won't miss it!

Try a Cruelty-Free Thanksgiving This Year & Lose the Turkey.

Dear VIPs,

Try to make your plate this year without turkey and see if you miss it. If you do, then pile it on. My guess is that you won't miss it a bit.

As you plan your meal, consider some of these wonderful plant based dishes for your table.

[Autumn Wheat Berry Salad](#)

[Sweet Potato Bisque](#)

[Mixed Winter Vegetables
with Spicy Poppy Seed Sauce](#)

[Plant Based Shepherd's Pie](#)

[Pumpkin Bread Pudding](#)



Wishing you a

Compassionate Thanksgiving celebration!

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

www.compassionate-carnivores.org

www.facebook.com/compassionate-carnivores.org

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