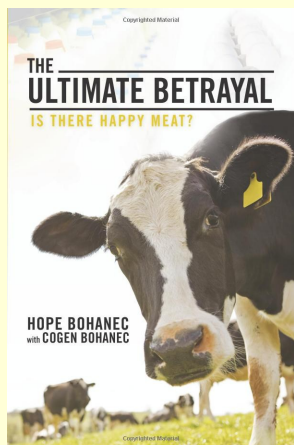


Vegetarian In Progress

Book:

The Ultimate Betrayal



Recipes:

Best Not-Beef Recipes

Best Not-Beef Burgers



“Pink Slime” is a meat by-product primarily made from beef trimmings that are heated, centrifuged to separate fat, and treated with ammonia to kill bacteria.

Compassionate Carnivores

VIP Monthly Newsletter

September 2026

THIS IS AN EXAMPLE OF WHAT YOU SUPPORT



WHEN YOU ORDER HAMBURGER!

Dairy cows are intensively confined in factory farms and lead desperately unhappy lives. They are continually impregnated to keep producing milk. They are slaughtered when they can no longer produce enough milk to be worth their feed.

Nearly all cows used for dairy in the U.S. are eventually slaughtered at an average of less than 5 years of age for human consumption. In a natural setting, a cow can live more than 20 years.

This animal, who has spent her life indoors, typically on hard, abrasive concrete floors and frequently connected to a milking apparatus, now experiences an end to her short life. After living such a life, her flesh is not premium, and so it is used for hamburger, soups, dog and cat food and “Pink Slime” (see sidebar).

Transportation to the slaughterhouse is taxing on their already worn-out bodies, and cows are sometimes unable to walk to the kill floor, thus engaging a variety of inhumane processes to move them out of the transport trucks.

WHAT YOU CAN DO: Try the Impossible Burger, sold at many markets. The Beyond Burger is sold at Costco and other markets. There are numerous brands of plant-based burgers, and they’re all different, and worth a try.

Please remember to buy only pasture-raised eggs and pass this email to your friends who care about animals. Thank you! Lois

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www.compassionate-carnivores.org

