



35 Delicious Vegan Recipes - Meat is Murder 1 - The Paleo & Atkins Diets Promote Murder - Support Animal Cruelty Awareness! (Animal Cruelty Awareness - Vegan Recipes - Vegetarian Recipes)

Durian Hiker

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Every day animals are being mistreated and forced to spend their short and miserable life knowing that they will soon be butchered and fed to gluttons who have no respect or regard for inferior creatures that we are supposed to protect.

HUNDREDS OF BILLIONS! Yes, you read that correctly, **HUNDREDS OF BILLIONS** (with a B) of animals are murdered each year to feed an already overweight fat population of gluttonous self centered individuals.

People who can afford to consume meat are not of the starving who are forced to eat anything they can get their hands on in order to survive just another day.

We are not capable of living solely off of meat alone.

We were designed to be able to **SURVIVE** on a lot of things for a **BRIEF TIME**, and yes meat can be one of them.

But while our bodies are capable of SURVIVING on many things if we absolutely have to, our bodies are designed to THRIVE on vegetation of the land.

There are so many options for us to choose from when it comes to food. We do not need meat in order to thrive.

So people who eat meat are doing so basically out of habit which has been passed down from generation to generation.

It is up to you to break that vicious cycle!

If you have to wean yourself off of meat then by all means do so. But just take into account that every single time that you cook up a piece of dead rotting flesh, that is another carcass to the pile that you just contributed to adding.

Go vegan for the animals, but stay vegan for your health!

Enjoy these recipes but most of all help spread the message of stopping animal cruelty.

Take a look at some of these delicious vegan recipes.

Apple and raisin porridge rice Creamy mushroom soup Spicy brown rice wraps Spicy and sour sweet potatoes Dal Sag (lentil curry) Rice chili stew Date and Oatmeal porridge with almonds Low-fat Spanish risotto Cashew flavored Cherry rice Mexican red lentil stew Chinese stir fried rice Hawaiian rice Leek and potato soup Spicy vegetable curry Noodle soup Lemon flavored vermicelli Lentil sandwich with barbecue sauce Yummy vegetable momos Cilantro and lime rice Tangy tomato pasta Pumpkin and baby spinach risotto Wild mushroom rice Breakfast burritos Peas Pilaf Taco Soup Sweet coconut dumplings Quinoa with almonds, cranberries and apricots Raw Peach Cobbler Vanilla

Bean Ice Cream Chocolate Chip Cookies Pecan Sandies Chocolate Ice Cream Cantaloupe Dessert
Soup with Coconut Milk Falafels with Fava Beans Pickled Squash Bites

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Jeremy Robinson:

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Harold Scott:

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