



# **Vegan Recipes - Meat is Murder 2: The Paleo and Atkins Diets Support Murder! Support Animal Cruelty Awareness! (Animal Cruelty Awareness - Raw Foods - Vegan Recipes)**

*Durian Hiker*

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## **Meat is Murder Volume 2**

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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.**

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**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.*

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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.

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**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.**

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**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.

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**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.

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**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.**

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**Take a look at some of these delicious vegan recipes.**

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**Tofu in Mint Paste (serves 3) Corn and peas sandwich (serves 3) Sweet corn sandwich (serves 2) Spicy sweet potato sandwich (serves 3) Chickpea kebab sandwiches (serves 2) Yummy potato sandwich (serves 3) Healthy soya sandwiches (serves 2) Mushroom and spinach sandwich Aubergine sandwich Yummylicious peanut butter and banana sandwich (serves 2) Does a picture not say 1000 words? SUPPORT ANIMAL CRUELTY AWARENESS Schezwan chili potato sandwich (serves 2) Tomato Pancake sandwich (serves 2) Smoked egg-plant sandwich (serves 3) Tofu tikka sandwich (serves 2) Grilled macaroni and spinach sandwich (serves 3) Pineapple and mushroom Sandwich (serves 3) Bean Burger (serves 3) Caramelized Onion and mushroom sandwich(serves 2) Grilled Chocolate sandwich**

(serves 2) Vegetable schezwon noodle sandwich Spicy Avocado Sandwich (serves 2) Bell peppers in balsamic vinegar (serves 2) Grilled Tofu in Barbecue sauce (serves 2) Kale and mushroom sandwich (serves 3) Jackfruit Sandwich THE WORLD IS ILL Smoothie recipe Smoothie recipe Smoothie recipe Orange-Ginger Dressing Citrus Salad Dressing Tangy Pineapple Salsa Banana Maple Walnut Ice Cream Raw Peach Cobbler Vanilla Bean Ice Cream Chocolate Chip Cookies Pecan Sandies

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**Enjoy these recipes but most of all support animal cruelty awareness!**

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