



**VEGAN RECIPES - MEAT IS MURDER 2 -
PALEO DIET - ATKINS DIET - ALKALINE
DIET - MEDITERRANEAN DIET - DASH DIET
- DIABETES DIET - VEGETARIAN DIET -
LOW CARB ... - RAW FOOD RECIPES - RAW
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Durian Hiker

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**The eBook version of this 2nd book in this series is
listed at \$6.99. Get a copy while it is just \$2.99 and
support animal cruelty awareness today!**

**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.

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 schezwan 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

**Enjoy these recipes with your family and friends
and do your part in supporting animal cruelty
awareness!**

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