

“A MAN CAN LIVE AND BE HEALTHY WITHOUT KILLING ANIMALS FOR FOOD; THEREFORE, IF HE EATS MEAT, HE PARTICIPATES IN TAKING ANIMAL LIFE MERELY FOR THE SAKE OF HIS APPETITE. AND TO ACT SO IS IMMORAL.”

LEO TOLSTOY

**IT'S EASY!
CHEAP, NUTRITIOUS
AND DELICIOUS AND
WE'LL HELP YOU**

**LIVE WELL,
LIVE LONGER**