

# vegan cheers!



## eco cheers

"We know where to start; that cow just made a methane fart!"

"Land for trees, not for grazing; try vegan, it feels amazing!"

"Save the water and the trees; make animals happy, go vegan please!"

"R-U-I-N, meat-based diets got to end; it's ruining our planet, it's ruining our planet!"

## general pro-vegan cheers

"Lentils, kale, whole grains too; eating vegan's good for you!"

"Protect ourselves from heart disease; cut out MEAT, eggs 'n cheese!"

"Americana steak and cheese, isn't helping our arteries!"

"Blood, pus, hormones, glue; dairy isn't good for you!"

"Food recalls and salmonell-AH; eatin' chicken might just kill-YAH!"

"Obesity, it's epidemic; get vegan and energetic!"

"Practice peace, don't wait; non-violence begins on our plate!"

"Animals are TRAPPED, go vegan and ADAPT!"

"V-E-G-A-N, liberate our furry, feathered friends; go vegan, uh-huh go vegan!"

"It feels great, don't hesitate; go vegan, uh-huh go vegan! "



**Veganshift**  
veganshift.org