MEATLESS MONDAY

• JOIN THE MILLIONS •

PLEDGE TO GO MEATLESS ON MONDAYS!

JOIN the growing number of people, families and organizations pledging to improve their health – and the health of our planet.

SIGN UP for recipe ideas and reminders.

SPREAD THE WORD about the movement! Encourage your friends, family and coworkers to go Meatless Monday.

NAME	EMAIL ADDRESS *(so we can send you tips and recipes)*	ZIP CODE