Now we get Mondays off!
It’s good for you, good for us, good for the planet.
Take a big fat break—
go meatless Monday.

One day a week, cut out meat.
T.G.I.M! One day a week, cut out meat.
March to a different drumstick.
Go meatless Monday.
Don’t have a cow!
It’s Meatless Monday.
We can’t wait for Monday!

One day a week, cut out meat.
Monday is now our favorite day.
Introducing Meatless Monday.
One day a week, cut out meat.
You're not losing a burger, you're gaining a healthier way of life.