



# Meatout **PLEDGE**

*for your health, for the earth, for the animals...*

Take the Meatout pledge by filling out the form below and receive a FREE Veg Starter Guide & weekly e-mail recipes.

**"I pledge to explore a healthy, compassionate plant-based diet on March 20<sup>th</sup>  
(the first day of Spring), at least for a day."**

Name: \_\_\_\_\_ Address: \_\_\_\_\_  
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**Please send completed forms to Meatout/FARM, 10101 Ashburton Lane, Bethesda, MD 20817**