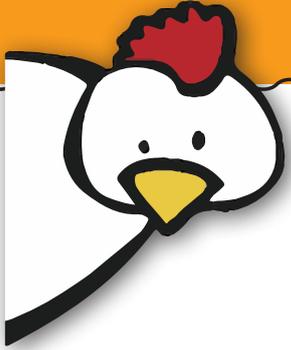


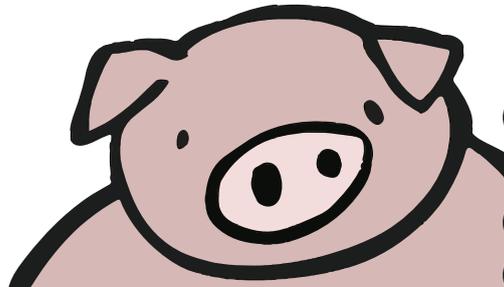
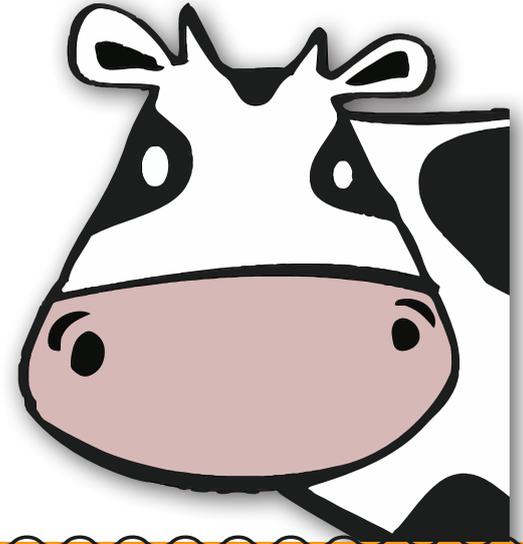
www.jangsemmonday.org
www.instagram.com/jangsemmonday

www.twitter.com/jangsemmonday
www.facebook.com/JangsemMonday



WE CAN'T WAIT FOR MONDAY!

One day a week, cut out meat.



Contact us

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Email: contactus@jangsemmonday.org

Address: PO BOX 262 | Thimphu, Bhutan

WHAT IS JANGSEM MONDAY ALL ABOUT?

To inspire an Eco-friendly enlightened diet and lifestyle. All you need to do is go meatless one day of the week to benefit your health and the environment while saving lives. Not only is Jangsem Monday about going meatless, it's a day to be compassionate to one another and the planet by performing small acts of kindness!

WHY MONDAY?

Jangsem Monday was developed to start each week with healthy intentions. And if you fall off the wagon one week, you always have another chance to go meatless next Monday!

WHO'S WITH US?

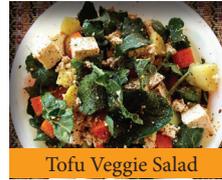
Schools: Here in Bhutan our aim is to get all schools to observe Jangsem Monday and we are in the process of making it happen! Around the world over 1600 schools and institutions are going meatless on Mondays. *

Celebrities: Our Jangsem Monday circle continues to grow with H.E Gyalwa Dokhampa, Dilgo Khyentse Yangsi Rinpoche, Actress Lhaki Dolma, Bhutan National Football Team Captain Karun Gurung and more! Celebrities abroad going meatless on Mondays include, Ellen DeGeneres, Sir Paul McCartney to name a few. *

Restaurants: Restaurants all over Bhutan are coming on board to support Jangsem Monday! We have Ambient Cafe, Chha Bistro, Ala carte, Cloud 9 etc on board. Hundreds of restaurants have gone Meatless on Mondays worldwide. *

Countries: 49 nations across the globe now have their own Meatless Monday movements!

**If you are a teacher, student, restaurateur or anyone interested in getting on board the Jangsem Monday global movement, contact us!*



Tofu Veggie Salad



Namgay Zam & Sangye Choipel pledges to observe Jangsem Mondays!

For more delicious recipes visit our website

WHAT DO I HAVE TO DO?

All you need to do is go meatless one day of the week to benefit your health and the environment while saving countless lives.

WHY PLEDGE TO JANGSEM MONDAY?

Health Benefits:

- Going meatless prevents cancer, heart disease, diabetes and promotes a longer, healthier life!
- Look and feel great! People who eat well balanced plant based diets have significantly lower body weights and body-mass indexes.

Environmental Benefits:

- Reduce your carbon footprint, minimise water usage, reduce greenhouse gas emissions and prevent deforestation.
- By going meatless one day a week, in 1 year you reduce your carbon footprint by 120kg of CO₂*

Saving Countless Lives:

- By going meatless one day a week, in 1 year 35 animals lives will be spared *

***Calculation depends on your average meat intake*

