More Than Broccoli CALENDAR 2023





be the first to receive new recipes.



Extras: recipes to treat yourself, tips and personal experience.



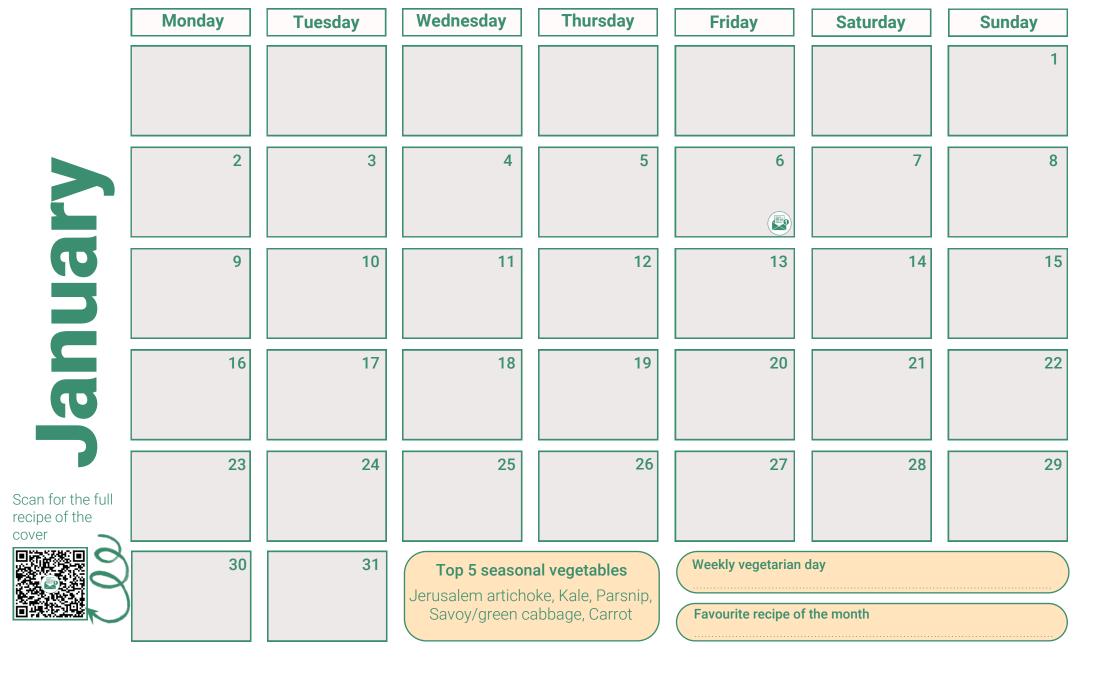
Cook vegetarian at least once a week and save 604 kilos of greenhouse gas emissions (equal to heating a home for 95 days!)

morethanbroccoli.com

inspiration to cook vegetarian more ofter

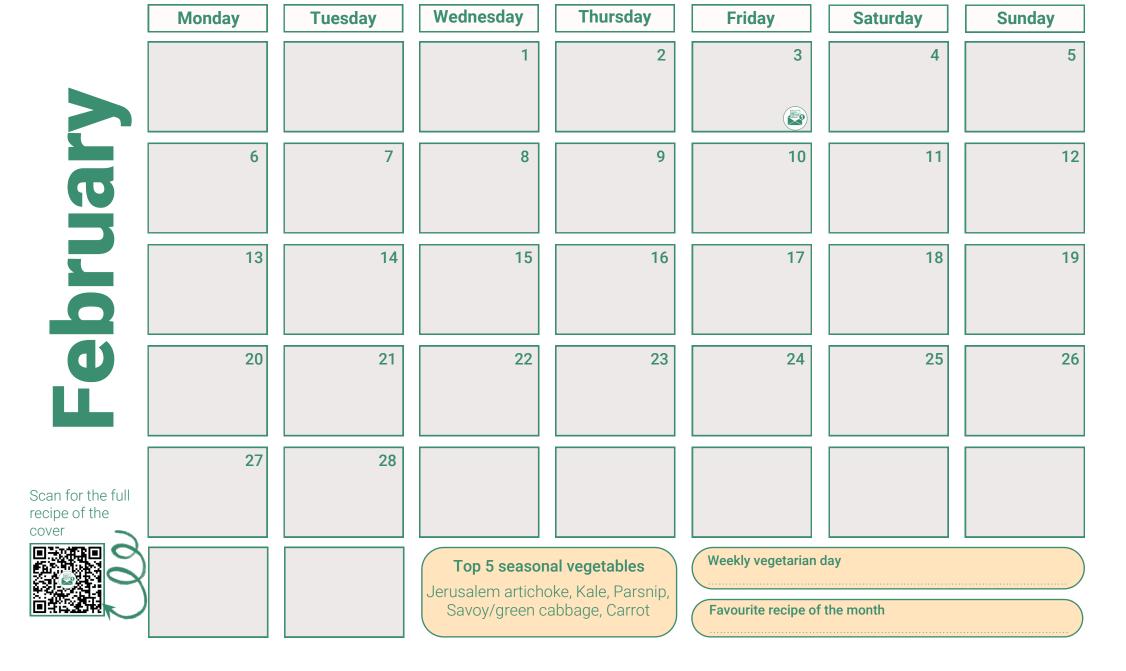


Dish: Peanut stew





Dish: Tagine





Dish: Thai red curry

Monday

Tuesday

			1	2	3	4	5
	6	7	8	9	10	11	12
March	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
Scan for the full recipe of the cover	27	28	29	30	31		
			Top 5 season Jerusalem articho Savoy/green ca	oke, Kale, Parsnip,	Weekly vegetarian Favourite recipe of		

Thursday

Friday

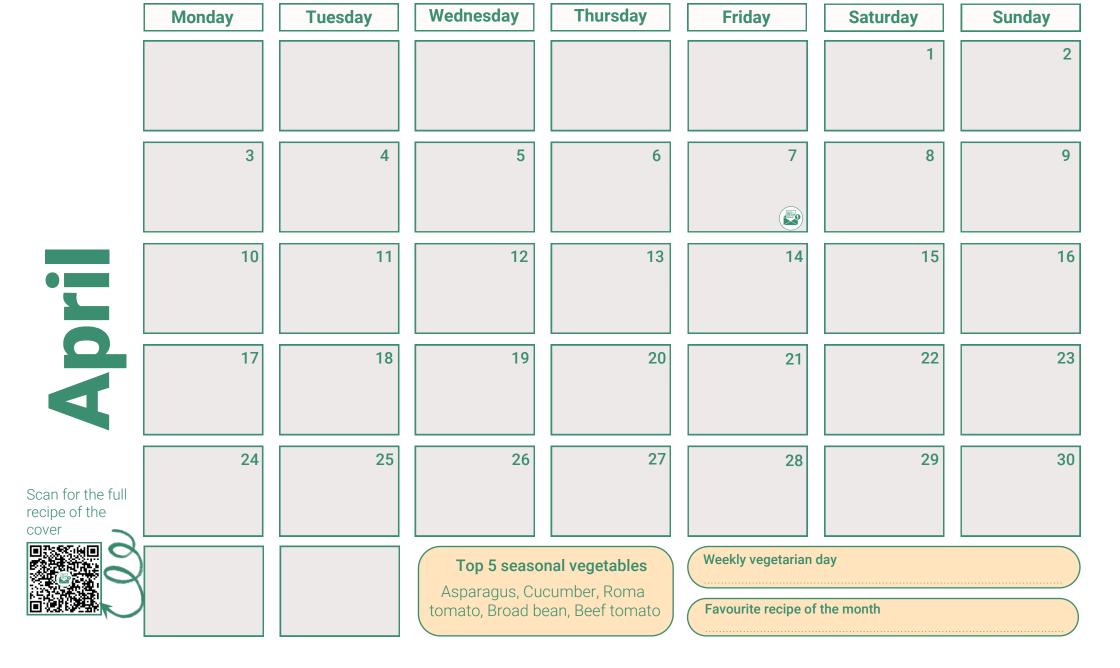
Saturday

Sunday

Wednesday

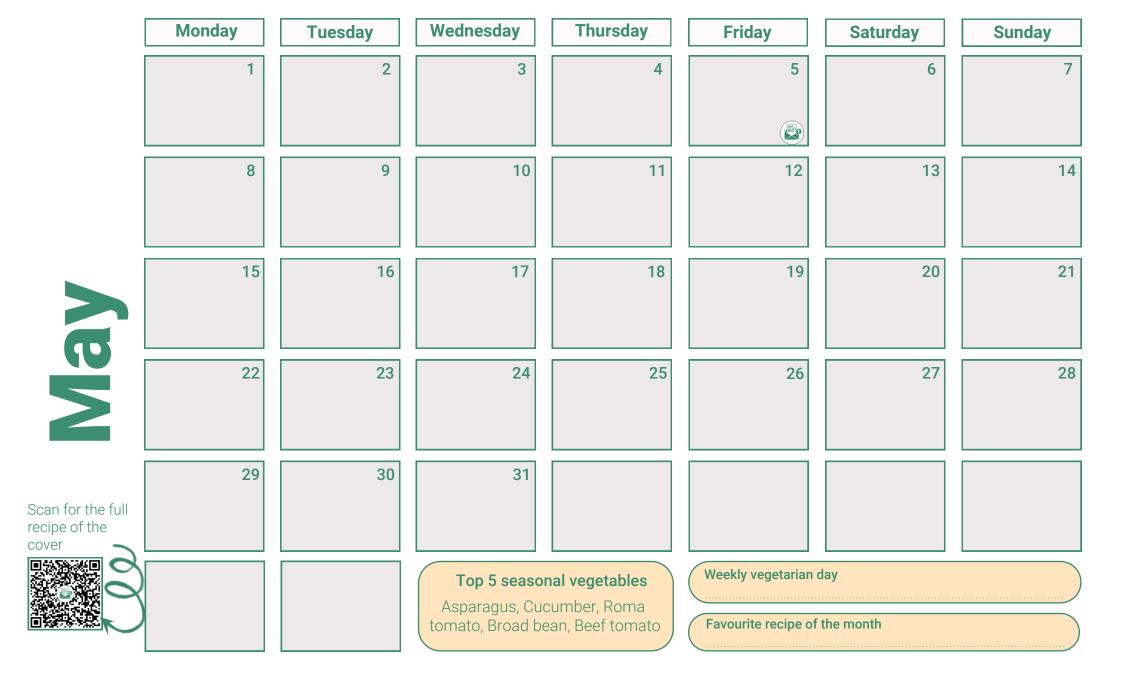


Dish: Simple grains salad



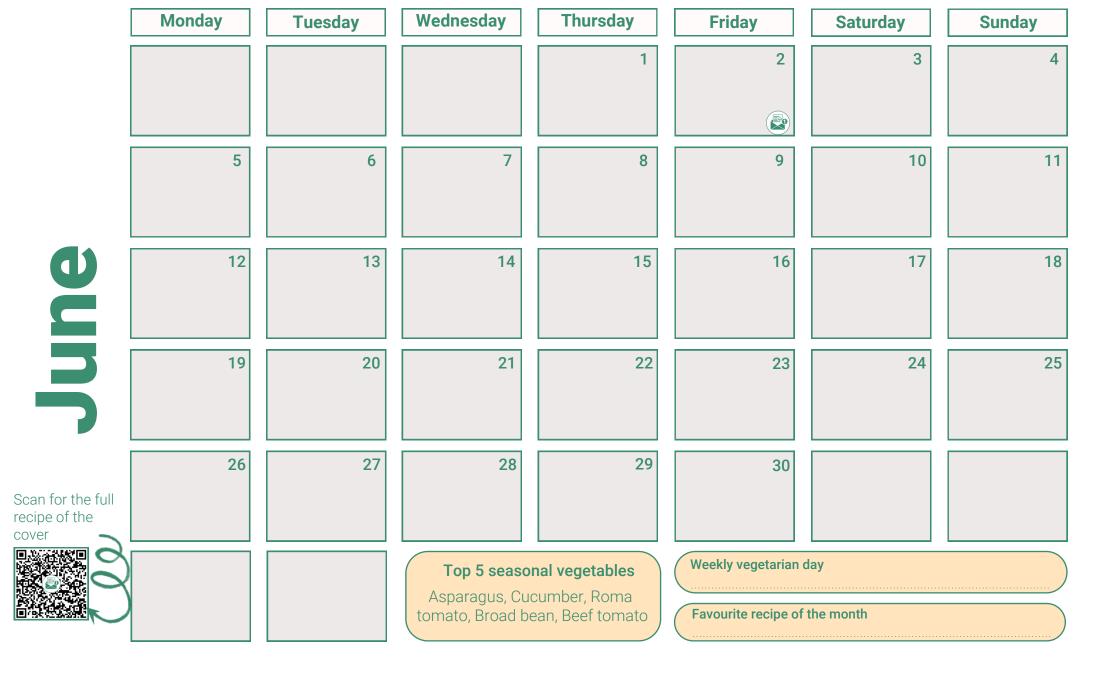


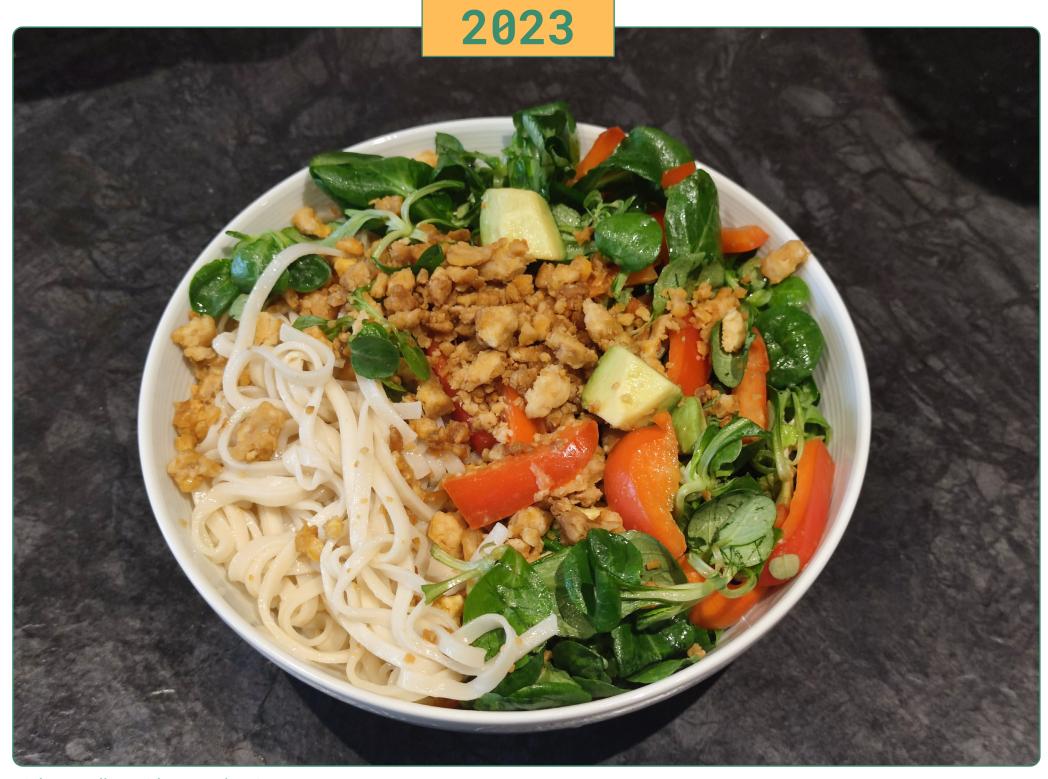
Dish: Noodles with green asparagus



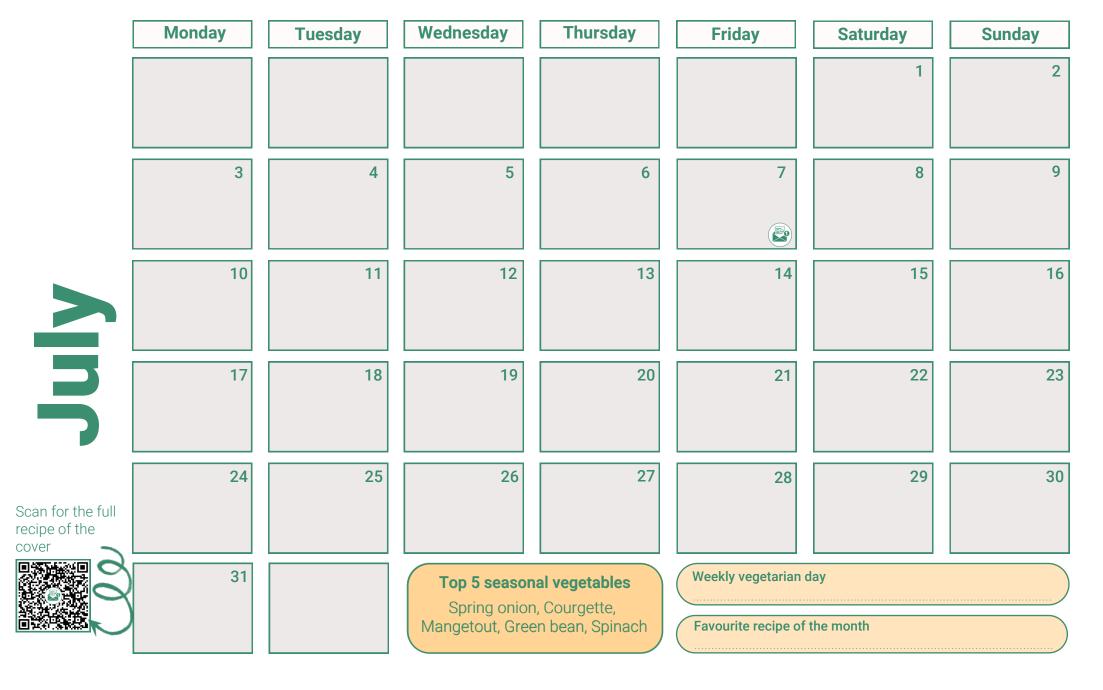


Dish: Pasta salad with tomato dressing





Dish: Noodles with tempeh mince





Dish: Mango salad with paneer

Monday

		1	2	3	4	5	6
St	7	8	9	10	11	12	13
August	14	15	16	17	18	19	20
A	21	22	23	24	25	26	27
Scan for the full recipe of the cover	28	29	30	31			
			Spring onior	nal vegetables n, Courgette, en bean, Spinach	Weekly vegetarian Favourite recipe o		

Thursday

Friday

Saturday

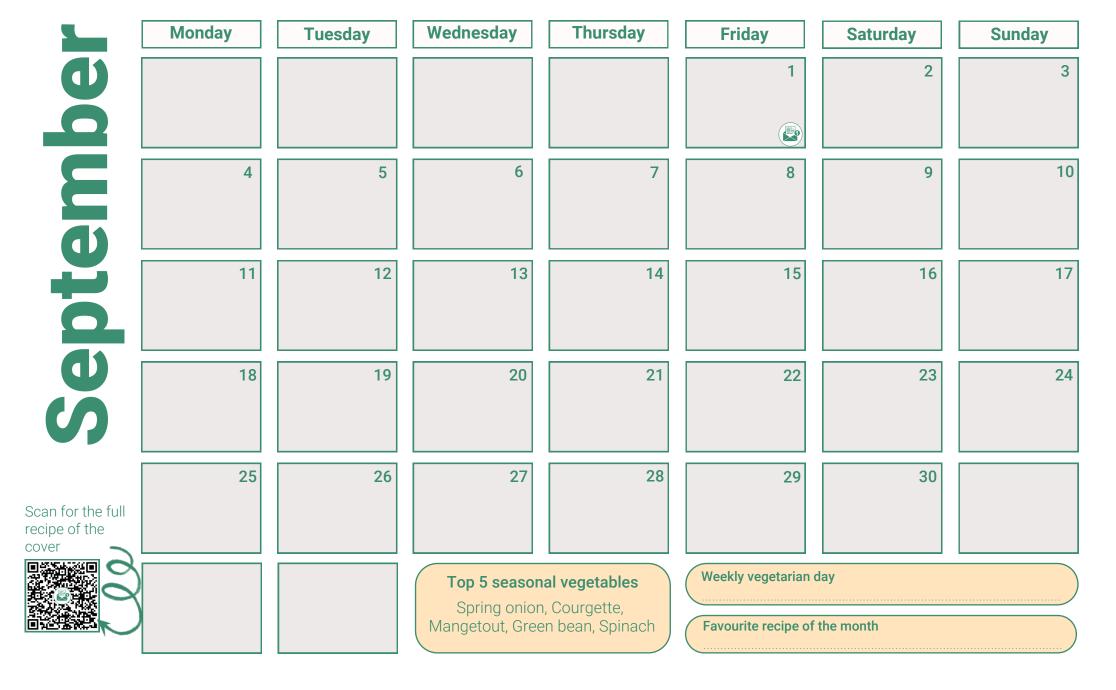
Sunday

Wednesday

Tuesday

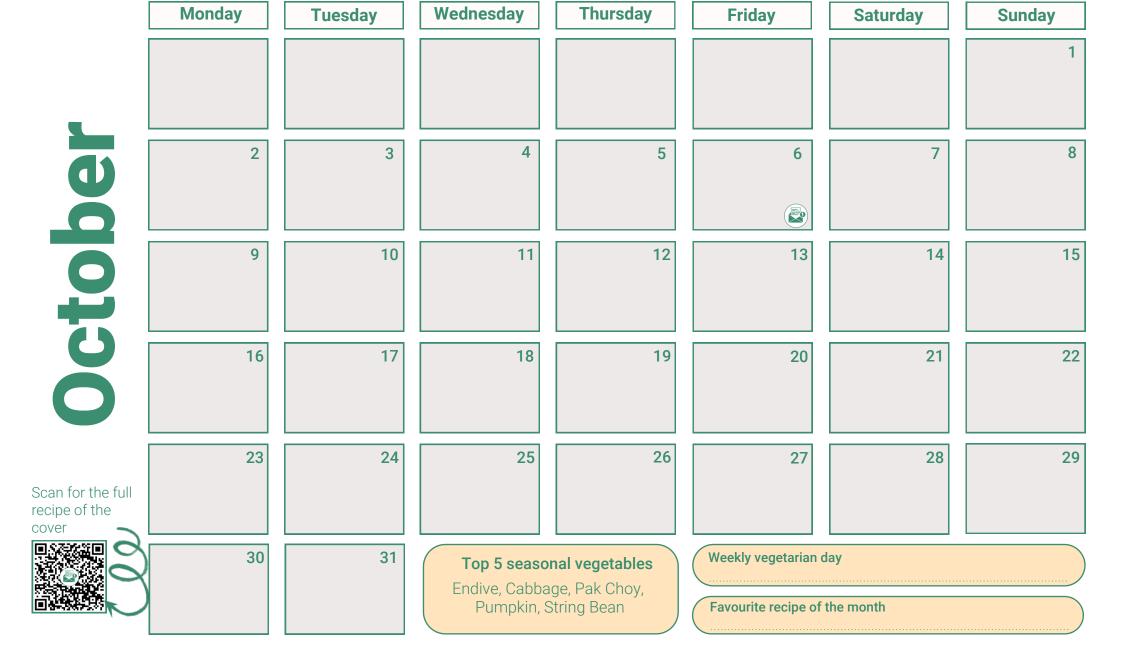


Dish: Pastabake with courgette





Dish: Pumpkin mash





Dish: Indonesian Gado Gado

Thursday Friday Monday **Tuesday** Wednesday **Saturday** Sunday *iember* Scan for the full recipe of the cover Weekly vegetarian day Top 5 seasonal vegetables Endive, Cabbage, Pak Choy, Pumpkin, String Bean Favourite recipe of the month



Dish: West African peanut stew

