

# More Than Broccoli

## CALENDAR 2023



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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!)

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**morethanbroccoli.com**  
inspiration to cook vegetarian more often



2023



Dish: Peanut stew

January

Scan for the full recipe of the cover



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	<div>Top 5 seasonal vegetables</div> <div>Jerusalem artichoke, Kale, Parsnip, Savoy/green cabbage, Carrot</div>		<div>Weekly vegetarian day</div>		
				<div>Favourite recipe of the month</div>		



2023



Dish: Tagine

February

Scan for the full recipe of the cover



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3 	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					
		<div>Top 5 seasonal vegetables</div> <div>Jerusalem artichoke, Kale, Parsnip, Savoy/green cabbage, Carrot</div>		<div>Weekly vegetarian day</div>		<div>Favourite recipe of the month</div>





Dish: Thai red curry

March

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		
		Top 5 seasonal vegetables Jerusalem artichoke, Kale, Parsnip, Savoy/green cabbage, Carrot		Weekly vegetarian day		Favourite recipe of the month



2023



Dish: Simple grains salad

April

Scan for the full  
recipe of the  
cover



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
		<b>Top 5 seasonal vegetables</b> Asparagus, Cucumber, Roma tomato, Broad bean, Beef tomato		<b>Weekly vegetarian day</b>		<b>Favourite recipe of the month</b>





Dish: Noodles with green asparagus

May

Scan for the full recipe of the cover



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				
		Top 5 seasonal vegetables Asparagus, Cucumber, Roma tomato, Broad bean, Beef tomato		Weekly vegetarian day		Favourite recipe of the month



2023



Dish: Pasta salad with tomato dressing

June

Scan for the full  
recipe of the  
cover



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		
		<b>Top 5 seasonal vegetables</b> Asparagus, Cucumber, Roma tomato, Broad bean, Beef tomato		<b>Weekly vegetarian day</b>		<b>Favourite recipe of the month</b>





Dish: Noodles with tempeh mince

July

Scan for the full recipe of the cover



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31		<div>Top 5 seasonal vegetables</div> <div>Spring onion, Courgette, Mangetout, Green bean, Spinach</div>		<div>Weekly vegetarian day</div> <div>Favourite recipe of the month</div>		



2023



Dish: Mango salad with paneer

August

Scan for the full  
recipe of the  
cover



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			
		Top 5 seasonal vegetables Spring onion, Courgette, Mangetout, Green bean, Spinach		Weekly vegetarian day		
				Favourite recipe of the month		



2023



Dish: Pastabake with courgette

September

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	
		<div>Top 5 seasonal vegetables</div> <div>Spring onion, Courgette, Mangetout, Green bean, Spinach</div>		<div>Weekly vegetarian day</div>		<div>Favourite recipe of the month</div>



2023



Dish: Pumpkin mash

October

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2	3	4	5	6 	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	<div>Top 5 seasonal vegetables Endive, Cabbage, Pak Choy, Pumpkin, String Bean</div>		<div>Weekly vegetarian day</div>		<div>Favourite recipe of the month</div>



2023



Dish: Indonesian Gado Gado

November

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			
		Top 5 seasonal vegetables Endive, Cabbage, Pak Choy, Pumpkin, String Bean			Weekly vegetarian day	
					Favourite recipe of the month	



2023



Dish: West African peanut stew

December

Scan for the full recipe of the cover



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
		<b>Top 5 seasonal vegetables</b> Endive, Cabbage, Pak Choy, Pumpkin, String Bean		<b>Weekly vegetarian day</b>		<b>Favourite recipe of the month</b>



