

Nordic Meal Planning Templates

Simple, Seasonal, Sustainable

Embrace Nordic Culinary Principles:

- Focus on fresh, seasonal ingredients
- Prioritize whole grains and root vegetables
- Include fish and seafood regularly
- Minimize food waste through thoughtful planning
- Celebrate simple, wholesome flavors

Weekly Meal Plan #1

Week of: _____

Day	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Shopping List - Week #1

Week of: _____

Category	Items Needed	<input type="checkbox"/>
Proteins	Fish & Seafood	<input type="checkbox"/>
	Poultry	<input type="checkbox"/>
	Eggs	<input type="checkbox"/>
	Legumes	<input type="checkbox"/>
		<input type="checkbox"/>
Dairy	Milk	<input type="checkbox"/>
	Yogurt	<input type="checkbox"/>
	Cheese	<input type="checkbox"/>
	Butter	<input type="checkbox"/>
		<input type="checkbox"/>
Produce	Vegetables	<input type="checkbox"/>
	Fruits	<input type="checkbox"/>
	Herbs	<input type="checkbox"/>
	Root Vegetables	<input type="checkbox"/>
		<input type="checkbox"/>
Pantry	Grains	<input type="checkbox"/>
	Oils	<input type="checkbox"/>
	Spices	<input type="checkbox"/>
	Canned Goods	<input type="checkbox"/>
		<input type="checkbox"/>

Weekly Meal Plan #2

Week of: _____

Day	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Shopping List - Week #2

Week of: _____

Category	Items Needed	<input type="checkbox"/>
Proteins	Fish & Seafood	<input checked="" type="checkbox"/>
	Poultry	<input checked="" type="checkbox"/>
	Eggs	<input checked="" type="checkbox"/>
	Legumes	<input checked="" type="checkbox"/>
		<input checked="" type="checkbox"/>
Dairy	Milk	<input checked="" type="checkbox"/>
	Yogurt	<input checked="" type="checkbox"/>
	Cheese	<input checked="" type="checkbox"/>
	Butter	<input checked="" type="checkbox"/>
		<input checked="" type="checkbox"/>
Produce	Vegetables	<input checked="" type="checkbox"/>
	Fruits	<input checked="" type="checkbox"/>
	Herbs	<input checked="" type="checkbox"/>
	Root Vegetables	<input checked="" type="checkbox"/>
		<input checked="" type="checkbox"/>
Pantry	Grains	<input checked="" type="checkbox"/>
	Oils	<input checked="" type="checkbox"/>
	Spices	<input checked="" type="checkbox"/>
	Canned Goods	<input checked="" type="checkbox"/>
		<input checked="" type="checkbox"/>

Weekly Meal Plan #3

Week of: _____

Day	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Shopping List - Week #3

Week of: _____

Category	Items Needed	<input type="checkbox"/>
Proteins	Fish & Seafood	<input type="checkbox"/>
	Poultry	<input type="checkbox"/>
	Eggs	<input type="checkbox"/>
	Legumes	<input type="checkbox"/>
		<input type="checkbox"/>
Dairy	Milk	<input type="checkbox"/>
	Yogurt	<input type="checkbox"/>
	Cheese	<input type="checkbox"/>
	Butter	<input type="checkbox"/>
		<input type="checkbox"/>
Produce	Vegetables	<input type="checkbox"/>
	Fruits	<input type="checkbox"/>
	Herbs	<input type="checkbox"/>
	Root Vegetables	<input type="checkbox"/>
		<input type="checkbox"/>
Pantry	Grains	<input type="checkbox"/>
	Oils	<input type="checkbox"/>
	Spices	<input type="checkbox"/>
	Canned Goods	<input type="checkbox"/>
		<input type="checkbox"/>

Weekly Meal Plan #4

Week of: _____

Day	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Shopping List - Week #4

Week of: _____

Category	Items Needed	<input type="checkbox"/>
Proteins	Fish & Seafood	<input type="checkbox"/>
	Poultry	<input type="checkbox"/>
	Eggs	<input type="checkbox"/>
	Legumes	<input type="checkbox"/>
		<input type="checkbox"/>
Dairy	Milk	<input type="checkbox"/>
	Yogurt	<input type="checkbox"/>
	Cheese	<input type="checkbox"/>
	Butter	<input type="checkbox"/>
		<input type="checkbox"/>
Produce	Vegetables	<input type="checkbox"/>
	Fruits	<input type="checkbox"/>
	Herbs	<input type="checkbox"/>
	Root Vegetables	<input type="checkbox"/>
		<input type="checkbox"/>
Pantry	Grains	<input type="checkbox"/>
	Oils	<input type="checkbox"/>
	Spices	<input type="checkbox"/>
	Canned Goods	<input type="checkbox"/>
		<input type="checkbox"/>

Traditional Nordic Recipe Ideas

Fish & Seafood

Recipe	Try It	Notes
Gravlax (Cured Salmon)	■	
Swedish Fish Soup (Fisksoppa)	■	
Pan-Fried Herring	■	
Baked Cod with Dill	■	
Nordic Fish Cakes	■	

Hearty Mains

Recipe	Try It	Notes
Swedish Meatballs (Köttbullar)	■	
Danish Open-Faced Sandwiches (Smørrebrød)	■	
Norwegian Salmon with Root Vegetables	■	
Finnish Cabbage Rolls (Kaalikääryleet)	■	
Swedish Hash (Pytt i Panna)	■	

Soups & Stews

Recipe	Try It	Notes
Split Pea Soup (Ärtsoppa)	■	
Root Vegetable Soup	■	
Nordic Mushroom Soup	■	
Icelandic Lamb Soup	■	
Creamy Salmon Soup	■	

Sides & Salads

Recipe	Try It	Notes
Swedish Potato Salad	■	
Pickled Vegetables	■	
Roasted Root Vegetables	■	
Nordic Slaw with Apples	■	
Boiled New Potatoes with Dill	■	

Breads & Baked Goods

Recipe	Try It	Notes
Swedish Rye Bread (Rågbröd)	■	
Finnish Rye Bread (Ruisleipä)	■	
Crispbread (Knäckebröd)	■	
Cinnamon Buns (Kanelbullar)	■	
Nordic Grain Bread	■	

Breakfast Favorites

Recipe	Try It	Notes
Overnight Oats with Berries	■	
Swedish Pancakes	■	
Filmjök (Soured Milk) with Granola	■	
Open-Faced Sandwiches	■	
Porridge with Lingonberries	■	

My Nordic Recipe Collection

Recipe Name:			
Servings:	Prep Time:	Cook Time:	
Ingredients:			
Instructions:			
Notes:			

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Servings:	Prep Time:	Cook Time:	
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Notes:			

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Servings:	Prep Time:	Cook Time:
Ingredients:		
Instructions:		
Notes:		

Complete Nordic Recipes

Gravlax (Cured Salmon)

Servings: 8-10 | Prep Time: 15 min | Cook Time: 48-72 hours curing

Ingredients:

- 1 lb fresh salmon fillet, skin on
- 1/4 cup coarse sea salt
- 1/4 cup sugar
- 2 tbsp freshly ground black pepper
- 1 large bunch fresh dill, chopped
- 2 tbsp aquavit or vodka (optional)

Instructions:

1. Mix salt, sugar, and pepper in a bowl.
 2. Place salmon skin-side down in a dish. Rub half the salt mixture on the flesh.
 3. Spread dill over the salmon and drizzle with aquavit if using.
 4. Cover with remaining salt mixture. Place another piece of salmon on top, skin-side up.
 5. Wrap tightly in plastic wrap and place in refrigerator with a weight on top.
 6. Cure for 48-72 hours, flipping every 12 hours.
 7. Unwrap, scrape off seasonings, and slice thinly on the diagonal.
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Swedish Meatballs (Köttbullar)

Servings: 4-6 | Prep Time: 20 min | Cook Time: 25 min

Ingredients:

- 1 lb ground beef
- 1/2 lb ground pork
- 1 small onion, finely minced
- 1 egg
- 1/3 cup breadcrumbs
- 1/4 cup milk
- 1/2 tsp allspice
- Salt and pepper to taste
- Butter for frying
- For sauce: 2 cups beef broth, 1/2 cup heavy cream, 2 tbsp flour

Instructions:

1. Soak breadcrumbs in milk for 5 minutes.
 2. Mix all meatball ingredients until well combined. Form into small balls (about 1 inch).
 3. Heat butter in a large pan and brown meatballs on all sides. Remove and set aside.
 4. In the same pan, whisk flour into the drippings. Gradually add broth, stirring constantly.
 5. Add cream and bring to a simmer. Season with salt and pepper.
 6. Return meatballs to the pan and simmer in sauce for 10 minutes.
 7. Serve with lingonberry jam and boiled potatoes.
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Split Pea Soup (Ärtsoppa)

Servings: 6-8 | Prep Time: 15 min | Cook Time: 2 hours

Ingredients:

- 2 cups dried yellow split peas
- 1 lb pork shoulder, cubed
- 1 large onion, diced
- 2 carrots, diced
- 2 tsp dried marjoram
- 1 tsp dried thyme
- 2 bay leaves
- 8 cups water or broth
- Salt and pepper to taste

Instructions:

1. Rinse split peas and place in a large pot with water or broth.
 2. Add pork, onion, carrots, and herbs.
 3. Bring to a boil, then reduce heat and simmer for 1.5-2 hours, stirring occasionally.
 4. Remove bay leaves. The peas should be very soft and soup should be thick.
 5. Season with salt and pepper to taste.
 6. Traditionally served on Thursdays with Swedish pancakes for dessert.
 7. Garnish with fresh mustard if desired.
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Danish Open-Faced Sandwiches (Smørrebrød)

Servings: 4 | Prep Time: 15 min | Cook Time: 0 min

Ingredients:

- 4 slices dense rye bread
- Butter, softened
- Toppings (choose several):
 - - Smoked salmon with dill and lemon
 - - Pickled herring with red onion
 - - Roast beef with remoulade and crispy onions
 - - Hard-boiled egg with shrimp and mayo
 - - Liver pâté with bacon and mushrooms

Instructions:

1. Spread each slice of rye bread generously with butter.
 2. Layer your chosen toppings artfully on each slice.
 3. Start with a base (protein), add vegetables, then garnish.
 4. Common garnishes: fresh herbs, microgreens, radish slices, capers.
 5. Serve immediately with a fork and knife.
 6. Traditionally eaten in a specific order from mild to strong flavors.
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Root Vegetable Soup

Servings: 6 | Prep Time: 15 min | Cook Time: 40 min

Ingredients:

- 2 parsnips, peeled and chopped
- 2 carrots, peeled and chopped
- 1 rutabaga, peeled and chopped
- 2 potatoes, peeled and chopped
- 1 onion, diced
- 3 cloves garlic, minced
- 6 cups vegetable broth
- 1 cup heavy cream
- 2 tbsp butter
- Fresh thyme
- Salt and pepper

Instructions:

1. Melt butter in a large pot. Sauté onion and garlic until softened.
 2. Add all chopped root vegetables and stir to coat with butter.
 3. Pour in broth and add thyme. Bring to a boil.
 4. Reduce heat and simmer for 30 minutes until vegetables are very tender.
 5. Use an immersion blender to puree soup until smooth (or leave chunky if preferred).
 6. Stir in cream and heat through. Season with salt and pepper.
 7. Serve with crusty bread and a drizzle of olive oil.
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Swedish Rye Bread (Rågbröd)

Servings: 2 loaves | **Prep Time:** 20 min + rising | **Cook Time:** 40 min

Ingredients:

- 2 cups rye flour
- 2 cups all-purpose flour
- 2 tsp active dry yeast
- 2 tbsp dark molasses
- 2 tbsp butter, melted
- 1 1/2 cups warm water
- 1 tsp salt
- 1 tbsp caraway seeds
- 1 tbsp fennel seeds

Instructions:

1. Dissolve yeast in warm water with molasses. Let sit 10 minutes until foamy.
 2. In a large bowl, mix flours, salt, and seeds.
 3. Add yeast mixture and melted butter. Mix until dough comes together.
 4. Knead for 8-10 minutes until smooth and elastic.
 5. Place in greased bowl, cover, and let rise 1 hour until doubled.
 6. Punch down, divide in half, and shape into loaves. Place in greased pans.
 7. Let rise 30 minutes. Bake at 375°F for 35-40 minutes until hollow-sounding when tapped.
 8. Cool completely before slicing.
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Baked Cod with Dill

Servings: 4 | Prep Time: 10 min | Cook Time: 20 min

Ingredients:

- 4 cod fillets (6 oz each)
- 3 tbsp butter, melted
- 2 tbsp fresh lemon juice
- 3 tbsp fresh dill, chopped
- 2 cloves garlic, minced
- Salt and white pepper
- Lemon wedges for serving

Instructions:

1. Preheat oven to 400°F. Line a baking dish with parchment paper.
 2. Pat cod fillets dry and place in baking dish.
 3. Mix melted butter, lemon juice, dill, and garlic.
 4. Pour mixture over fish and season with salt and white pepper.
 5. Bake for 15-20 minutes until fish flakes easily with a fork.
 6. Serve immediately with boiled new potatoes and steamed vegetables.
 7. Garnish with extra fresh dill and lemon wedges.
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Cinnamon Buns (Kanelbullar)

Servings: 20 buns | Prep Time: 30 min + rising | Cook Time: 15 min

Ingredients:

- 4 cups all-purpose flour
- 1/2 cup sugar
- 1 packet active dry yeast
- 1 cup milk, warmed
- 1/2 cup butter, melted
- 1 egg
- Filling: 1/2 cup butter (soft), 1/2 cup sugar, 2 tbsp cinnamon
- Pearl sugar for topping

Instructions:

1. Mix warm milk, yeast, and a pinch of sugar. Let sit 10 minutes.
 2. Add flour, remaining sugar, melted butter, and egg. Knead until smooth.
 3. Let dough rise in a warm place for 1 hour until doubled.
 4. Roll out dough into a large rectangle. Spread softened butter over surface.
 5. Mix sugar and cinnamon, sprinkle over butter.
 6. Roll up tightly from long edge. Cut into 20 slices.
 7. Place on baking sheets, let rise 30 minutes. Brush with egg wash and sprinkle with pearl sugar.
 8. Bake at 425°F for 12-15 minutes until golden. Cool slightly before serving.
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Pickled Vegetables

Servings: 4 cups | **Prep Time:** 15 min + pickling | **Cook Time:** 5 min

Ingredients:

- 2 cups thinly sliced cucumbers
- 1 cup sliced red onion
- 1 cup sliced carrots
- 1 cup cauliflower florets
- 1 1/2 cups white vinegar
- 1 cup water
- 1/2 cup sugar
- 2 tbsp salt
- 1 tbsp mustard seeds
- 1 tsp dill seeds
- 2 bay leaves

Instructions:

1. Pack vegetables tightly into clean glass jars.
 2. In a saucepan, combine vinegar, water, sugar, salt, and spices.
 3. Bring to a boil, stirring until sugar and salt dissolve.
 4. Pour hot brine over vegetables, making sure they're completely covered.
 5. Let cool to room temperature, then seal jars.
 6. Refrigerate for at least 24 hours before serving.
 7. Will keep refrigerated for up to 3 weeks.
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Finnish Cabbage Rolls (Kaalikääryleet)

Servings: 6 | Prep Time: 30 min | Cook Time: 1.5 hours

Ingredients:

- 1 large head cabbage
- 1 lb ground beef
- 1/2 lb ground pork
- 1 cup cooked rice
- 1 onion, finely diced
- 1 egg
- 1/2 cup milk
- 2 cups beef broth
- 2 tbsp dark corn syrup
- Salt, pepper, allspice

Instructions:

1. Boil whole cabbage for 10 minutes to soften leaves. Carefully remove leaves.
 2. Mix meats, rice, onion, egg, milk, and seasonings.
 3. Place 2-3 tbsp filling on each cabbage leaf. Roll up, tucking in sides.
 4. Place rolls seam-side down in a baking dish.
 5. Mix broth with corn syrup and pour over rolls.
 6. Cover with foil and bake at 350°F for 1.5 hours.
 7. Serve with lingonberry jam and mashed potatoes.
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Swedish Pancakes

Servings: 4 | Prep Time: 10 min | Cook Time: 20 min

Ingredients:

- 3 eggs
- 1 1/2 cups milk
- 1 cup all-purpose flour
- 2 tbsp sugar
- 1/4 tsp salt
- 3 tbsp butter, melted
- Butter for cooking
- Lingonberry jam and whipped cream for serving

Instructions:

1. Whisk eggs in a bowl. Add milk and whisk to combine.
 2. Add flour, sugar, and salt. Whisk until smooth.
 3. Stir in melted butter. Let batter rest 10 minutes.
 4. Heat a small amount of butter in a non-stick pan over medium heat.
 5. Pour thin layer of batter, swirling to coat pan (like crepes).
 6. Cook 1-2 minutes until edges look dry, then flip and cook 30 seconds more.
 7. Serve warm with lingonberry jam and whipped cream.
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Nordic Mushroom Soup

Servings: 4-6 | Prep Time: 15 min | Cook Time: 30 min

Ingredients:

- 1 lb mixed mushrooms (chanterelle, porcini, button)
- 1 onion, diced
- 2 cloves garlic, minced
- 4 cups vegetable broth
- 1 cup heavy cream
- 3 tbsp butter
- 2 tbsp flour
- Fresh thyme and parsley
- Salt and white pepper

Instructions:

1. Clean and slice mushrooms. Reserve a few nice pieces for garnish.
 2. Melt butter in a large pot. Sauté onion and garlic until soft.
 3. Add mushrooms and cook until they release liquid, about 10 minutes.
 4. Sprinkle flour over mushrooms and stir to coat.
 5. Gradually add broth, stirring constantly. Add thyme.
 6. Simmer for 15 minutes. Puree half the soup if desired for a creamier texture.
 7. Stir in cream, season with salt and white pepper.
 8. Garnish with reserved sautéed mushrooms and fresh parsley.
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