

# 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	
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	
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 #3

Week of: \_\_\_\_\_

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

## Shopping List - Week #3

Week of: \_\_\_\_\_

Category	Items Needed	
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	
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)	<input type="checkbox"/>	
Swedish Fish Soup (Fisksoppa)	<input type="checkbox"/>	
Pan-Fried Herring	<input type="checkbox"/>	
Baked Cod with Dill	<input type="checkbox"/>	
Nordic Fish Cakes	<input type="checkbox"/>	

## Hearty Mains

Recipe	Try It	Notes
Swedish Meatballs (Köttbullar)	<input type="checkbox"/>	
Danish Open-Faced Sandwiches (Smørrebrød)	<input type="checkbox"/>	
Norwegian Salmon with Root Vegetables	<input type="checkbox"/>	
Finnish Cabbage Rolls (Kaalikääryleet)	<input type="checkbox"/>	
Swedish Hash (Pytt i Panna)	<input type="checkbox"/>	

## Soups & Stews

Recipe	Try It	Notes
Split Pea Soup (Ärtsoppa)	<input type="checkbox"/>	
Root Vegetable Soup	<input type="checkbox"/>	
Nordic Mushroom Soup	<input type="checkbox"/>	
Icelandic Lamb Soup	<input type="checkbox"/>	
Creamy Salmon Soup	<input type="checkbox"/>	

## Sides & Salads

Recipe	Try It	Notes
Swedish Potato Salad	<input type="checkbox"/>	
Pickled Vegetables	<input type="checkbox"/>	
Roasted Root Vegetables	<input type="checkbox"/>	
Nordic Slaw with Apples	<input type="checkbox"/>	
Boiled New Potatoes with Dill	<input type="checkbox"/>	

## Breads & Baked Goods

Recipe	Try It	Notes
Swedish Rye Bread (Rågbröd)	<input type="checkbox"/>	
Finnish Rye Bread (Ruisleipä)	<input type="checkbox"/>	
Crispbread (Knäckebröd)	<input type="checkbox"/>	
Cinnamon Buns (Kanelbullar)	<input type="checkbox"/>	
Nordic Grain Bread	<input type="checkbox"/>	

## Breakfast Favorites

Recipe	Try It	Notes
Overnight Oats with Berries	<input type="checkbox"/>	
Swedish Pancakes	<input type="checkbox"/>	
Filmjölk (Soured Milk) with Granola	<input type="checkbox"/>	
Open-Faced Sandwiches	<input type="checkbox"/>	
Porridge with Lingonberries	<input type="checkbox"/>	

# My Nordic Recipe Collection

<b>Recipe Name:</b>		
<b>Servings:</b>	Prep Time:	Cook Time:
<b>Ingredients:</b>		
<b>Instructions:</b>		
<b>Notes:</b>		

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<b>Servings:</b>	Prep Time:      Cook Time:
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<b>Instructions:</b>	
<b>Notes:</b>	

# 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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