



Swedish Meal Plan

(based on portions for one person)



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sweets day

Breakfast

1-2 servings crispbread (topped with ingredients below)
1-2 slices cold cut
3-4 slices cucumber
8oz black coffee

¼ cup oatmeal porridge
¼ cup blueberries
½ banana
2 Tbsp lingonberry jam
8oz black coffee

¼ cup muesli with yogurt
2 Tbsp walnuts
1 Tbsp honey
1 Tbsp dried fruit
8oz black coffee

1-2 servings crispbread (topped with ingredients below)
1 boiled egg
1 Tbsp "Kaviar" (usually from a tube)
8oz black coffee

1 slice whole grain bread
1 boiled egg
2-3 slices tomato
Fresh herbs
8oz black coffee

¼ cup cereal with buttermilk (or other fermented milk)
1 cup cherries
8oz black coffee

¼ cup muesli with kefir
1 small apple, sliced
½ cup strawberries
1 Tbsp almonds
8oz black coffee

Lunch

Smorgasbord:
1 serving pickled herring (or can use fresh herring) flavored with dill
2-3 meatballs
½ cup Swedish west coast salad
½ cup Jansson's Temptation (potato-anchovy bake)
8oz black coffee

1-2 servings crispbread (topped with ingredients below)
1-2oz ham
1 slice cheese
¼ cup cucumber
8oz black coffee
1-2 plums

1 cup roasted root vegetable salad
1 apple
1 serving crispbread with pat of butter
8oz black coffee
1-2 ginger cookies

1-2 stuffed cabbage rolls (can use beef or be vegetarian)
¼ cup brown gravy
½ cup boiled potatoes
½ cup raw stirred lingonberries
8oz black coffee
1-2 plums

1 cup pea soup
1-2 pancakes (similar to crepes)
2 Tbsp lingonberry jam
1 apple
8oz black coffee

1 slice whole grain bread (topped with ingredients below)
6oz boiled shrimp
1 boiled egg
1-2 leaves lettuce
1-2 slices tomato
3-4 slices cucumber
Garnished with dill and creme fraiche
8oz black coffee

1 cup Flying Jacob (chicken, chili sauce, banana, cream and peanut bake)
½ cup rice
1 cup side salad
8oz black coffee
1 small slice cardamom cake (sponge cake)

Dinner

Often several servings of coffee daily

1 cup cherries
1-2 Swedish potato pancakes
3oz pork
½ cup raw stirred lingonberries
½ cup brown cabbage (cooked)
8oz black coffee

1 serving open-face meatball beetroot salad sandwich (1 slice whole grain bread, beets, meatballs and pickled cucumber)
½ cup mashed root vegetables
1 small piece princess cake
8oz black coffee

1 serving pickled herring (or can use fresh herring) flavored with mustard
½ cup boiled potatoes
1 Tbsp sour cream
2 Tbsp chives
1oz sharp hard cheese
1 serving crispbread with pat of butter
8oz black coffee

1.5 cup kottsoppa (meat and vegetable soup)
½ cup mimosa salad (similar to egg salad with fruit)
8oz black coffee

1 fillet salmon (usually cured, preferably fresh)
½ cup dilled potatoes
1 serving crispbread with pat of butter
8oz black coffee

¾ cup Swedish meatballs
½ cup pressed cucumber
½ cup mashed potatoes
½ cup raw stirred lingonberries
8oz black coffee

1 serving crayfish prepared in dark beer, dill, anise and other spices
1 Tbsp crayfish sauce
1 Tbsp lime aioli
1 serving crispbread with pat of butter
1 small kanelbullar (similar to a cinnamon roll)
8oz black coffee

Snack

Take a fika (coffee break) about 10AM

8oz black coffee
1 small piece princess cake (a yellow sponge cake)

8oz black coffee

8oz black coffee

8oz black coffee
1 small almond tart

8oz black coffee

8oz black coffee
1-2 small cookies

8oz black coffee
1-2 chocolate balls (with oats and rolled in coconut)