

7 DAY SCANDINAVIAN STYLE MEAL PLAN



	breakfast	lunch	dinner	
mon	matcha latte & Breakfast Roll w/cheese & jam	Quinoa & Beet Salad	Scandinavian Split Pea Soup w/ rye bread	keep calm and hygge
tue	yogurt bowl w/ Fennel Granola & apple or pear	Breakfast Roll or rye toast w/ avocado & egg, carrot sticks	baked salmon w/ spinach & cabbage salad	
wed	Pear Pistachio Smoothie	grilled romaine w/ mackerel, egg & buttermilk dressing	Autumn Rolls	Simple Scandi Energy Bites
thu	matcha latte Breakfast Roll w/ cheese, sliced apple w/ nut butter	Shrimp Salad on rye, carrot sticks	Turkey Meatballs and sweet potato fries or “noodles”	
fri	yogurt with chia seeds, fennel granola & berries or pear	Autumn Rolls	Pear Pistachio Pizza	lagom = balance 
sat	Breakfast Roll or rye topped with cheese slice & soft boiled egg	Fruit Salad	Lemon Pasta or Pistachio Pasta	
sun	Birta’s Cinnamon Buns Scrambled Eggs	recipes at charlotteblog.com	Roast Chicken Parisian Root Vegetables Rôtis	spend time in nature 