



Shopping List

Norwegian Seed Crackers

Produce

- ☐ ½ ounce fresh chives
- ☐ 2-3 parsley sprigs

Pantry

- ☐ ½ cup ground flaxseed meal
- ☐ ½ cup quick oats
- ☐ ⅓ cup pumpkin seeds
- ☐ ⅓ cup sesame seeds
- ☐ ⅓ cup sunflower seeds
- ☐ ¼ cup chia seeds
- ☐ salt
- ☐ everything bagel seasoning
- ☐ ½ teaspoon garlic powder
- ☐ ½ teaspoon dried oregano

Refrigerated

- ☐ 8 ounces full-fat block cream cheese
- ☐ 2 tablespoons sour cream



Shopping List

Easy Swedish Meatballs

Produce

- ☐ ¼ onion
- ☐ 2-3 parsley sprigs

Pantry

- ☐ ¼ cup panko bread crumbs
- ☐ ¼ teaspoon ground nutmeg
- ☐ ¼ teaspoon ground allspice
- ☐ ½ teaspoon garlic powder
- ☐ salt & pepper
- ☐ 3 tablespoons flour
- ☐ 2 cups beef broth
- ☐ 1 cup oat milk (or regular milk)
- ☐ 1 tablespoon Worcestershire sauce
- ☐ 1 tablespoon Dijon mustard

Refrigerated

- ☐ 1 large egg
- ☐ 1 pound ground beef
- ☐ 4 tablespoons unsalted butter



Shopping List

Danish Fish Fritters

Produce

- ☐ 2 scallions
- ☐ 6-8 parsley sprigs
- ☐ 7-8 dill sprigs
- ☐ ½ lemon

Pantry

- ☐ ¼ cup panko bread crumbs
- ☐ salt & pepper
- ☐ 2 tablespoons olive oil
- ☐ ½ cup mayonnaise
- ☐ 4-5 cornichons
- ☐ 2 teaspoons capers
- ☐ 1 teaspoon Dijon mustard

Refrigerated

- ☐ 1 pound cod
- ☐ 1 large egg
- ☐ ⅓ cup sour cream
- ☐ 2 tablespoons butter