



AXFOUNDATION

Sweden 2-day EAT-Lancet Menu

Here you will find recipes for four servings for two days, which include breakfast, lunch, snacks and dinners.



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The Story Behind Sweden's Meal Plan: Inspired by Sweden's favourites

Axfoundation's ambition with the 2-day EAT Lancet Menu is to turn the most popular everyday recipes into the Planetary Health Diet. The adjusted recipes should not take more time to prepare, have a similar flavor profile and a comparable cost.

The initiative to develop the menus originated from EAT, aiming to translate the Planetary Health Diet into practical, everyday meals. At Axfoundation, we used the results from a national study ["Swedish food habits for higher nutritional value and lower climate impact"](#) (Torstensson and Johansson, 2021) mapping Sweden's most common dishes.



SWEDEN TWO-DAY MEAL PLAN

	Day 1	Day 2
Breakfast	Oatmeal with apple sauce and crushed hazelnuts Fiber oats, apple sauce, hazelnuts, oat milk	Oat yogurt with whole grain granola and berries Whole grain rye flakes, dried fruit, nuts and seeds, rapeseed oil, apple juice concentrate, honey, oat yogurt, berries
		Whole grain crispbread with liver pâté and cucumber Whole grain crispbread, margarine, liver pâté, cucumber
Lunch	Whole grain pasta with legume Bolognese, grated cheese, and fermented vegetables Whole grain spaghetti, legume mince, tomatoes, fermented vegetables	Potato and leek soup Potatoes, leek, yellow onions, garlic, rapeseed oil, chicken bouillon, cooking cream
		Sandwich with cream cheese and vegetables Whole grain bread, cream cheese, vegetables
Snacks	Fresh fruit Apple or pear	Kale smoothie with apple, honey, lemon, mint, ginger, served with banana Kale, apple, honey, lemon juice, leaves, ginger, banana
Dinner	Fish stew with farmed char, mussels, and vegetables Blue mussels, onion, celeriac, carrots, potatoes, cauliflower, cooking cream, char	Chicken sausage stroganoff with oat rice, Chicken sausage, yellow onions, tomato paste, oat base, chicken bouillon, rapeseed oil,oat rice
	CROUTONS FROM LEFTOVER BREAD Whole grain bread, rapeseed oil, garlic	Raw vegetable salad with red cabbage, carrot, apple, broccoli Peas, red cabbage, apple, broccoli head, carrot, rapeseed oil



Day 1: Breakfast

Oatmeal, apple sauce, crushed hazelnuts, oat milk

Oatmeal is an inexpensive staple food rich in several vitamins and minerals, offering all the health benefits of whole grains – such as a reduced risk of cardiovascular disease, type 2 diabetes, and certain types of cancer. The fiber in oats provides a good feeling of fullness. Moreover, oatmeal can be varied endlessly: if you don't enjoy preparing porridge in the morning, you can make "overnight oats" instead. Combined with fruit, nuts, and berries, oatmeal makes an excellent breakfast.

- 4 dl (140 g) fiber oats
- 10 dl water
- 1 pinch salt
- 1 pinch cardamom
- 1 apple, diced
- ½ dl hazelnuts, chopped
- 2 tbsp sunflower seeds
- 160 g apple sauce
- 20 g honey
- 6 dl oat milk

Mix oats, water, and salt in a pot (preferably do this the day before and let it sit at room temperature), bring to a boil and let simmer while stirring for about 3 minutes. Top with apple sauce, diced apple, chopped hazelnuts, and sunflower seeds. Drizzle honey on top and serve with oat milk.



Day 1: Lunch

Whole grain pasta with legume bolognese, grated cheese, and fermented vegetables

Making our most beloved everyday dish fully plant-based can feel challenging, so take it step by step. Start by swapping half the spaghetti for whole-grain pasta and half the ground meat for a legume-based mince. Then gradually increase the share of plant-based ingredients and whole grains. This way it's easier to build a habit that sticks, your taste buds have time to adjust, and you can fine-tune the seasoning along the way.

- 400 g whole grain spaghetti
- 40 g aged cheese
- 200 g fermented vegetables
- 400 g legume mince
- 3 tbsp rapeseed oil
- 1 yellow onion, chopped
- 2 garlic cloves, chopped
- 2 celery stalks, chopped
- 1 carrot, chopped
- 2 tbsp tomato paste
- 800 g crushed tomatoes
- 1 vegetable bouillon cube
- 1 tbsp dried oregano
- 2 bay leaves
- 1.5 tsp salt
- 1 tsp black pepper

Brown the mince in half of the oil over medium heat for 7-8 minutes until golden alaround, transfer to a pot. Then fry the onion, garlic, and celery in the rest of the oil until the vegetables are soft without browning, add the tomato paste and let it fry for another minute. Mix the mince with the vegetables and add crushed tomatoes, oregano, salt, and pepper. Let everything simmer for about 20 minutes, thin with pasta water (about 5 dl) if it becomes too thick.



Day 1: Snack

Fresh apple or pear

Cutting fruit into pieces makes it easier to eat – both for children and adults. Try varying with different types of apples, as they can differ greatly in flavor. Tossing apple slices in cinnamon or other tasty spices also makes eating them more exciting.



Day 1: Dinner

Fish stew with farmed char, mussels, and vegetables, croutons from leftover bread

A hearty fish stew, packed with vegetables and potatoes, makes a wonderful healthy and delicious dinner. If you prefer not to use cream, it's just as tasty with crushed tomatoes, and you can use whatever vegetables you have at home. Just be sure to add them at the right time so they don't overcook – it's nice when the vegetables are still firm. And if you don't have the energy to cook fresh mussels, you can simply add frozen ones instead. You can also vary the type of fish; rainbow trout or any other sustainably caught or farmed fish works just as well.

- 4 slices leftover whole grain bread
- 2 garlic cloves, chopped
- 200 g cauliflower, diced
- 2 tbsp rapeseed oil
- 1 yellow onion, chopped
- 1 dl fish bouillon cube
- 1 garlic clove, pressed
- 2 dl dry white wine
- 4 dl water
- Salt and pepper
- 2 dl cooking cream
- 500 g blue mussels
- 1 wedge (100 g) celeriac
- Salt and pepper
- 1 tbsp rapeseed oil
- 2 carrots, julienned
- 300 g char fillet
- 200 g firm potatoes,
- 50 g herbs

Preheat the oven to 175 degrees Celsius. Mix oil, garlic, salt, and pepper. Cut the bread into fine cubes and toss in the garlic oil. Spread the cubes on a baking sheet lined with parchment paper and roast in the oven until golden brown. Rinse the mussels. Heat the rapeseed oil in a large pot and sauté the onion and garlic until soft. Add the mussels, pour over the wine, and cover with a lid. Let boil vigorously for 3-4 minutes, shaking them halfway through. Remove the pot from the heat, pick up the mussels and set them aside. Add celeriac, carrot, potatoes, cauliflower, and fish bouillon to the onion mixture and let it simmer for about 20 minutes. Add the cream and let it simmer for another 10 minutes, season with salt and pepper. Dice the fish into 2 * 2 cm pieces and fold it into the stew. Return the mussels and add the parsley.



Day 2: Breakfast

Oat yogurt with whole grain granola, seeds, and dried fruit

Whole grain crispbread with liver pâté and cucumber

Making a big batch of healthy granola is a great way to ensure tasty and nutritious breakfasts when time is short. Mix the seeds, nuts, and dried fruits you like best and can find at a good price. Flavor it with cinnamon, cardamom, vanilla, or whatever suits you and your family. Paired with a whole grain crispbread topped with a nutrient-dense spread or fish topping, you've got yourself a breakfast – splendid for both body and planet.

Granola

- 2 dl whole grain rye flakes
- ½ dl dried fruit, chopped (prunes, apple)
- ½ dl nuts and seeds
- 1 tbsp rapeseed oil
- 1 pinch vanilla powder
- 1 tbsp apple juice concentrate
- 1.5 tsp honey

Serve with

- 8 dl oat yogurt
- 100 g frozen berries (blueberries, raspberries)

Sandwich

- 4 slices whole grain crispbread
- 20 g sandwich margarine
- 80 g liver pâté
- Fresh or pickled cucumber



Day 2: Lunch

Potato and leek soup, whole grain sandwich with cream cheese and vegetables

You can make a delicious vegetable soup from just about anything – leftover bits of vegetables from the fridge, frozen or canned veggies, or whatever is affordable and in season at your local store right now. Pair it with a hearty whole grain sandwich topped with cream cheese and plenty of greens, and you’ve got yourself a terrific lunch!

- 600 g potatoes, diced
- 1 (300 g) leek, julienned
- 2 (200 g) yellow onions, chopped
- 2 garlic cloves (optional)
- 1 tsp dried thyme
- 4 tbsp rapeseed oil
- 1 tbsp apple cider vinegar
- 3 chicken bouillon cubes + 1 l water
- 2 dl cooking cream
- Salt (1 tsp) and pepper
- 4 slices coarse whole grain bread
- 60 g light cream cheese
- Julienne vegetables

Heat the oil in a large pot and let the vegetables sweat with the thyme until soft. Pour in the bouillon and let it boil for about 10 minutes. Add the cream and let it cook until the potatoes are soft. Serve directly or blend the soup with an immersion blender if you prefer it smooth. Season with salt and pepper. Spread the cream cheese on the bread slices and top with vegetables.



Day 2: Snack

Kale smoothie with apple, honey, lemon, mint, ginger, served with banana

A smoothie together with a piece of fruit keeps you full without putting strain on the planet, while the right ingredients provide everything you need to maintain your energy. Blend frozen berries, fruits, and vegetables with tasty additions like ginger and add some oat yogurt if you want a creamier texture. If you prefer eating it with a spoon in a “smoothie bowl”, make it thicker by blending in some oats and top it with fresh, sliced fruit or berries!

- 100 g kale, stripped
- 15 mint leaves
- 1 (120 g) grated apple
- 1 cm (15 g) grated ginger
- 1 tbsp (30 g) honey
- 2.5 dl water
- 1 tsp (50 g) lemon juice
- banana

Blend all ingredients until smooth, pour into glasses and serve with a banana.



Day 2: Dinner

Chicken sausage stroganoff with oat rice,

Raw vegetable salad with red cabbage, carrot, apple, broccoli

Sausage stroganoff with white rice is one of Sweden's most beloved dishes. However, it's both a burden on the climate and a challenge for health, with high levels of saturated fat and far too little greens. By swapping polished white rice for oat rice or a similar whole-grain alternative, replacing pork with poultry or vegetarian sausage, and adding a fresh raw vegetable salad, you can keep the familiar flavors at the dinner table while doing both the planet and your health a big favor. If it feels difficult, start by replacing just half and increase gradually. Rome wasn't built in a day – what matters most is building long-term healthy habits.

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| • 3 tbsp rapeseed oil | • 4 paprika powder | Sallad |
| • 400 g chicken sausage, roughly julienned | • 1 bay leaf | • 100 g frozen peas |
| • 2 (300 g) yellow onions, julienned | • 1 tsp sugar | • 200 g red cabbage, julienned |
| • 3 tbsp (70 g) tomato paste | • 1 chicken bouillon cube | • 1 apple (120 g), julienned |
| • 4 dl (400 g) oat base | • 1 dl water | • ½ broccoli head (125 g), julienned |
| • 1 tsp (10 g) Dijon mustard | • 50 g chopped herbs | • 1 carrot (75 g), julienned |
| • 350 g oat rice | • 1 tsp apple cider vinegar | |
| | • 1 tbsp cold-pressed rapeseed oil | |

Heat the oil and brown the sausage and onion. Add the tomato paste and let it brown for another minute. Add the oat base, Dijon mustard, spices, and chicken bouillon. Let it cook for 15 minutes. Mix all the julienned vegetables. Add vinegar, oil, salt, and pepper. Massage the dressing into the vegetables and serve.



SWEDEN NUTRIENT ANALYSIS



Nutrient	Day 1	Day 2	2 days average	Nutrient recommendation ¹
Energy (kcal)	2400	2400	2400	
Macronutrients				
Fat, total (g)	110	70	90	25-40 E%
Cholesterol (mg)	230	95	160	N/A
MUFA	40	27	34	10-20 E%
PUFA	15	17	16	5-10 E%
Saturated fat	50	19	35	< 10 E%
Trans fat	N/A	N/A	N/A	As low as possible
Protein (g)	110	83	97	10-20 E%
Carbohydrates, available (g)	220	320	270	45-60 E%
Fiber (g)	35	78	57	>25-35 g/day
Sugars, total (g)	80	64	72	
Free sugars (g)	20	15	18	< 10 E%
Micronutrients				
Minerals				
Ca (mg)	775	1100	940	1000
Fe (mg)	24	21	23	9
Mg (mg)	420	560	490	350
P (mg)	1800	1900	1900	550
K (mg)	3650	4500	4100	3500
Na (mg)	4100	6000	5100	<2300
Zn (mg)	13	14	14	12.7
Vitamins				
Folate as DFE (mg)	0.21	0.59	0.40	0.33
Niacin (mg)	28	15	22	1.6 NE/MJ
Riboflavin (mg)	1.6	2.3	2.0	1.6
Thiamine (mg)	1.5	1.9	1.7	0.1 mg/MJ
Vitamin A (μg)	590	2900	1700	800
Vitamin B6 (mg)	2.0	2.2	2.1	1.8
Vitamin B12 (μg)	8.3	3.8	6.1	4.0
Vitamin C (mg)	170	330	250	110

Average 2 days	Grams per day	EAT-LANCET 2025
Whole grains (dw)	180	210
Tubers and starchy roots	75	0-100
Vegetables	560	200-600
Fruit	240	100-300
Dairy (eqv)	140	0-500
Meat - chicken	25	0-60
Meat – red	10	0-30
Legumes	50	0-150
Fish	100	0-100
Nuts and seeds	25	0-75

Calculated using The Swedish Food Agency food database, version 2025-06-09. Refence values from Blomhoff, Rune, et al. Nordic nutrition recommendations 2023: integrating environmental aspects. Nordic Council of Ministers, 2023. ¹ Reference values for males 18-24 yrs was chosen due to the high energy intake set by the Lancet commission.