

Seattle Sutton's Healthy Eating

7-Day 1200 Calorie Plan Vegetarian Menu & Nutrition Averages

	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	Vitamin A	Vitamin C	Iron	Calcium	Potassium	Phosphorus	Vitamin D
	(kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(%)
Menu A		7/20/2026															
Open Faced Asparagus & Gruyere Omelet	300	6	2.5	10	540	41	5	15	2	21	2	15	20	15	410	6	0
Chocolate Hazelnut Crepe	320	15	1.5	40	260	38	3	13	5	11	0	4	8	2	170	6	0
Berry Colada Parfait	180	1.5	0.5	0	60	37	4	24	12	10	0	25	4	10	210	0	0
Mushroom & Polenta Ragout	320	10	5	25	480	44	9	13	6	12	4	15	20	15	790	15	4
Quesabirria Shiitake	390	17	8	30	570	46	9	9	0	15	20	25	10	20	620	15	8
Fresh Fruit and Cottage Cheese Plate	280	9	4	30	620	31	5	13	0	20	0	25	8	25	470	8	2
Cauliflower Tikka Masala	430	13	2	10	560	64	7	7	0	15	2	90	35	15	980	10	0
Sweet Potato Chili	420	20	7	45	480	49	5	14	11	12	10	15	15	25	440	4	0
Nonna Sutton's Lasagna	360	20	6	45	520	28	5	10	0	17	4	6	15	25	730	15	0
Menu B		7/23/2026															
Egg Fonduta	300	8	3	20	620	37	6.5	16	2	21	0	6	15	20	490	4	0
Wild Blackberry Parfait	340	11	1	5	40	50	6.5	29	14	13	0	2	70	10	330	10	0
Strawberry Cheesecake French Toast	300	11	4	35	370	40	3	17	6	9	2	2	35	8	170	8	2
Chorizo & Egg Breakfast Taco	260	8	2	130	380	37	5	8	2	11	15	20	10	8	530	8	0
Broccoli Cheddar Soup & Salad	450	17	7	55	750	56	6.5	15	5	18	6	35	20	30	520	20	10
Chickpea Tagine	390	12	0.5	0	390	64	10	6	0	16	2	20	20	15	590	15	0
Eggplant Goat Cheese Melt	380	24	9	55	350	33	5	21	12	11	6	30	8	10	510	10	0
Egg Salad on Croissant	340	19	7	250	360	31	4	14	1	10	6	6	15	4	190	0	0
Raspberry Goat Cheese Salad	430	27	6	15	200	37	7	23	8	14	8	25	25	10	840	20	2
Rustic Zucchini Cavatappi	360	13	4	50	570	50	5.5	9	3	12	2	15	20	6	470	6	0
Spinach Manicotti	430	17.5	5.5	75	660	45	6	14	0	23	6	20	15	25	840	8	0
Vegetable Pad Thai	410	20	3.5	220	410	43	5	13	4	18	2	50	15	8	610	15	0
Average Per Meal	351.9	14.2	4.2	54.5	437.6	42.9	5.8	14.4	4.4	14.7	4.6	21.5	19.2	14.6	519.5	9.7	1.3
Daily Average	1056	43	13	164	1313	129	17.4	43	13	44.1	14	64	58	44	1559	29	4
Week A/B: 7 Day Average with milk	1216	43	13	184	1513	153	17.4	67	13	62.1	214	64	58	94	2359	99	204

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	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	Vitamin A	Vitamin C	Iron	Calcium	Potassium	Phosphorus	Vitamin D
	(kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(%)
Menu C 7/27/2026																	
Peach & Ricotta Toast	280	13	3.5	25	170	30	5	15	4	11	2	20	8	10	4600	10	0
Cheesy Baked Egg Casserole	300	8	3.5	20	480	37	7	13	2	21	0	30	15	15	560	8	2
Strawberry Chia Oatmeal	300	11	2	0	35	44	6.5	21	6	9	2	30	15	10	420	10	8
Chili Tempeh Salad	380	17	1.5	0	660	41	3	6	1	16	4	60	20	6	530	15	0
Korean Street Sliders	400	14.5	5.5	35	550	49	3.5	10	7	15	0	20	15	15	480	4	0
Pecan Cranberry Salad	420	32	4.5	15	150	25	5	13	10	9	4	8	10	20	220	8	0
Vegetarian Vodka Meatballs	370	11	4	15	600	45	14	6	0	27	2	30	25	15	970	8	2
Genoa Minestrone	270	5	2	10	500	46	4	7	0	10	4	30	25	6	500	6	0
Primavera Alfredo	270	8	4	25	370	40	6.5	10	0	12	2	0	6	20	540	6	10
Menu D 7/30/2026																	
Matcha Muffin Top	380	17	7	40	240	52	1.5	32	24	8	2	4	15	10	290	10	2
Hashbrown Casserole	180	6	3	20	250	20	4	12	0	13	0	2	10	15	490	8	0
Cheddar & Sausage Breakfast Casserole	480	26	4.5	20	480	42	8	18	1	24	2	8	20	25	640	20	2
Ciabatta Egg Sandwich	300	10	4.5	130	490	40	5	8	0	14	0	60	15	15	140	0	0
Gemelli Pasta Salad	400	29	10	90	350	34	4	18	8	7	0	4	8	6	90	6	0
Margherita Flatbread Pizza	350	17	6	35	650	29	6	6	0	18	2	30	15	30	520	25	2
Three Bean Chili	430	25	4.5	5	490	42	9	8	0	10	2	20	25	15	1190	4	0
BBQ Shiitake Sandwich	350	15	5.5	0	570	41	11	11	8	12	0	15	15	8	350	2	10
Greek Chickpea Feta Fritter	280	4	1.5	5	320	49	8	19	7	11	2	80	15	8	670	8	0
Classic Ratatouille	330	12	3.5	15	430	46	5	5	0	11	8	240	15	15	540	10	0
Sofrito Tofu	340	10	1.5	0	450	47	8	5	0	17	4	20	30	20	720	10	0
Homestyle Macaroni & Cheese	500	15	7	45	710	73	6	18	4	20	4	80	15	30	920	25	10
Average Per Meal	348	15	4	26	426	42	6.2	12	4	14.0	2	38	16	15	732	10	2
Daily Average	1044	44	13	79	1278	125	18.6	37	12	42.1	7	113	48	45	2197	29	7
Week C/D: 7 Day Average with milk	1204	44	13	99	1478	149	18.6	61	12	60.1	207	113	48	95	2997	99	207

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	Calories (kcal)	Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Iron (%)	Calcium (%)	Potassium (mg)	Phosphorus (%)	Vitamin D (%)
Menu E		8/3/2026															
Strawberry Poppyseed Bread	380	6	0	0	290	69	5.5	35	21	13	0	40	25	10	360	10	0
Swiss Cheese Egg Bake	200	5	3	20	420	18	2.5	4	0	20	0	6	10	20	370	0	0
Morning Protein Plate	430	22	6	200	360	45	6	20	3	18	4	30	20	15	440	10	10
Falafel Bowl	390	11	1	0	520	57	8	6	0	15	2	25	30	15	410	6	0
Asian Potstickers	300	15	1.5	0	480	32	7	16	6	11	2	100	20	15	860	15	0
Pumpkin Sweet Potato Bisque & Salad	400	16	5	30	140	59	8	22	14	10	10	20	20	15	640	8	2
Cajun Vegetarian Etouffee	350	14	5	30	290	50	8	10	1	10	4	50	20	8	780	20	2
Tortelloni Pomodoro	260	9	2	50	330	33	5	10	3	12	2	15	15	20	350	4	0
BBQ Loaded Potato	420	16	6.5	40	560	60	6	19	14	12	0	20	20	15	970	6	0
Menu F		8/6/2026															
Sunrise Pizza	310	13	5	110	600	32	3	4	0	17	2	40	20	25	620	15	2
Cranberry Oat Bar	310	7	0.5	5	60	49	5	30	20	14	0	10	50	15	320	10	0
Cheesy Egg Strata	240	10	5.5	30	500	20	3	11	0	18	4	100	10	20	420	10	2
Breakfast Burrito	320	14	4.5	285	580	33	12.5	6	1	21	0	45	20	25	580	2	0
Stir Fry Udon	390	9	5.5	25	730	65	8	9	2	12	6	180	20	8	610	6	2
Caesar Salad with Roasted Tomatoes	380	25	4	20	480	28	3	12	10	13	2	8	15	20	290	10	0
Deviled Egg Croast	450	24.5	5.5	170	280	43	8.5	24	6	16	2	15	20	15	650	15	2
Chipotle Black Bean Burger	470	25	3.5	5	500	51	11	16	8	16	2	10	20	10	740	2	0
Veggie Seoul Bowl	290	11.5	1.5	0	550	33	8	13	8	14	6	30	30	25	820	15	2
Portobello Fajita	340	11	4	25	590	48	8	6	0	15	2	100	10	15	670	20	4
Butternut Squash Ravioli	450	20	7	70	450	51	9	11	3	17	10	35	20	25	560	15	6
Chile Rellenos	360	10	3	15	580	56	8	7	0	12	8	35	20	20	620	20	2
Average Per Meal	354	14	4	54	442	44	6.8	14	6	14.6	3	44	21	17	575	10	2
Daily Average	1063	42	11	161	1327	133	20.4	42	17	43.7	10	131	62	51	1726	31	5
Week E/F: 7 Day Average with milk	1223	42	11	181	1527	157	20.4	66	17	61.7	210	131	62	101	2526	101	205

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	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	Vitamin A	Vitamin C	Iron	Calcium	Potassium	Phosphorus	Vitamin D
	(kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(%)
Menu G		8/10/2026															
Wheat Croissant and Brie	360	13	6	40	340	57	6	37	3	8	2	8	10	2	640	4	0
Superfood Brioche French Toast	230	11	3.5	30	200	33	3	18	6	8	2	2	30	6	190	4	2
Four Cheese Egg Tart	330	14	6	235	460	26	2.5	15	6	23	2	6	15	20	440	6	0
Broccoli Cheddar Fritter	340	14	4.5	20	340	46	8.5	22	4	13	2	35	15	15	560	10	2
Poppyseed Sweet Potato Salad	420	16	2	0	240	60	7	25	9	9	20	25	20	8	670	15	0
Sweet Potato Taco	410	22	10.5	90	580	41	5	16	8	13	8	30	8	15	360	10	6
Southwestern Couscous Pilaf	460	19	6	40	650	60	7	16	10	16	2	15	15	20	340	15	2
Truffled Mac 'n Cheese	450	20	7	70	530	55	5.5	10	0	17	4	20	20	20	800	25	15
Pierogi in Mushroom & Tomato Gravy	270	6	3	20	300	46	3	7	4	9	2	35	15	4	370	2	0
Menu H		8/13/2026															
Spinach & Goat Cheese Frittata	220	5	3	10	400	25	3	6	0	17	4	80	30	15	820	15	0
Mini Dutch Pancake	370	21.5	5	50	200	33	2	17	8	13	2	8	4	10	330	8	0
Blueberry Smoothie Bowl	360	8	1.5	0	60	60	7	38	11	12	0	30	35	15	460	15	0
Potato & Onion Pancakes	280	15	5	100	660	32	5	12	1	8	2	6	0	6	600	4	0
Deep Dish Spinach Pie	350	20.5	11	70	610	20	6	5	0	20	8	8	15	35	380	25	2
Spinach Artichoke Flatbread Pizza	510	23	11	60	730	60	7	30	9	15	4	6	20	35	460	6	2
Vegetarian Acapulco Taco Pie	330	11	3.5	15	380	46	6	7	1	12	2	25	15	20	560	10	4
Muffuletta Bowl	310	19.5	4.5	20	190	27	4	8	2	9	2	50	8	10	520	10	0
Eggplant Parmesan	230	11	2.5	5	400	33	6	8	0	9	0	10	8	10	560	6	0
Gnocchi Pesto	420	18	4.5	35	570	50	4	7	3	12	2	10	10	15	280	6	0
Trattoria Style Penne & Chickpeas	260	5	1	0	300	45	9	5	0	14	4	120	15	10	680	8	0
Lentil Wellington	470	21.5	12.5	60	540	56	9	11	0	13	0	10	25	15	1210	15	4
Average Per Meal	351	15	5	46	413	43	5.5	15	4	12.9	4	26	16	15	535	10	2
Daily Average	1054	45	16	139	1240	130	16.5	46	12	38.6	11	77	48	44	1604	31	6
Week G/H: 7 Day Average with milk	1214	45	16	159	1440	154	16.5	70	12	56.6	211	77	48	94	2404	101	206

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	Calories (kcal)	Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Iron (%)	Calcium (%)	Potassium (mg)	Phosphorus (%)	Vitamin D (%)
Menu I		8/17/2026															
Egg & Feta Tart	250	12	6.5	105	270	27	4	14	0	8	2	6	6	10	250	6	0
Chocolate Chia Bowl	370	18	4.5	0	70	48	8	32	13	11	0	20	15	15	570	20	4
Orange Berry Waffle	350	13	4	65	540	46	3	22	6	10	0	4	4	10	55	0	0
Tex Mex Black Bean Taco	310	14	6	35	460	34	5	4	0	13	2	4	8	20	440	10	2
Beet & Goat Cheese Flatbread	310	19.5	4	10	300	28	4	15	2	7	4	30	10	10	460	10	0
Protein Pasta Carbonara	410	22	12	70	500	40	8	5	0	13	4	10	10	10	340	8	0
Italian Sausage Flatbread Pizza	460	20	4.5	20	950	51	7	4	1	23	0	2	15	20	590	0	0
Chimichurri Bowl	320	11	1.5	0	570	45	16	7	0	16	2	70	35	10	690	15	0
Spaghetti Lentil Bolognese	300	8	1.5	0	260	45	8	6	0	13	2	30	20	6	790	10	0
Menu J		8/20/2026															
Chocolate Pistachio Pancake	330	15	5	20	135	45	3.5	22	13	7	0	2	15	8	300	10	2
Bircher Muesli and Pears	420	20	5.5	30	15	57	6.5	31	16	9	2	2	50	8	330	15	4
Avocado Toast	350	18	3	130	290	35	10	10	0	13	2	50	15	4	480	8	0
Croissant Breakfast Sandwich	380	24	10	155	400	26	5	10	1	15	10	30	15	20	420	2	0
Landry Bay Zucchini Cakes	400	25	7	50	640	35	5	7	1	8	2	35	15	6	570	6	2
Greek Lunch Platter	430	18	2	10	680	53	11	11	0	14	15	20	30	20	990	10	0
Vietnamese Banh Mi	380	15	1.5	0	640	51	6.5	12	1	10	4	90	20	10	740	8	0
Loaded Potato Soup	380	15	7	45	450	46	4	6	1	15	4	25	15	25	540	20	10
Spinach Ravioli	240	10	4	55	680	27	4	7	1	10	6	4	8	15	320	4	0
White Bean & Rice ala King	280	8	3	15	430	46	7	5	0	8	4	20	10	8	580	15	0
Honey Garlic Chickpea Bowl	350	13	5.5	25	210	49	8	13	0	9	4	6	15	8	470	8	2
Peppered Lentil Salisbury Steak	390	11	4	10	520	50	13.5	8	0	22	2	15	30	6	930	20	4
Average Per Meal	353	16	5	40	429	42	7.0	12	3	12.1	3	23	17	12	517	10	1
Daily Average	1059	47	15	121	1287	126	21.0	36	8	36.3	10	68	52	36	1551	29	4
Week I/J: 7 Day Average with milk	1219	47	15	141	1487	150	21.0	60	8	54.3	210	68	52	86	2351	99	204

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	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	Vitamin A	Vitamin C	Iron	Calcium	Potassium	Phosphorus	Vitamin D
	(kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(%)
Week A/B: 7 Day Average with milk	1216	43	13	184	1513	153	17.4	67	13	62.1	214	64	58	94	2359	99	204
Week C/D: 7 Day Average with milk	1204	44	13	99	1478	149	18.6	61	12	60.1	207	113	48	95	2997	99	207
Week E/F: 7 Day Average with milk	1223	42	11	181	1527	157	20.4	66	17	61.7	210	131	62	101	2526	101	205
Week G/H: 7 Day Average with milk	1214	45	16	159	1440	154	16.5	70	12	56.6	211	77	48	94	2404	101	206
Week I/J: 7 Day Average with milk	1219	47	15	141	1487	150	21.0	60	8	54.3	210	68	52	86	2351	99	204



**For questions regarding this nutritional analysis, please contact
the dietitians at Seattle Sutton's Healthy Eating**

1-815-780-2060

Dietitians@sshe.com

1200 Calorie Plan	
Daily Average 7 Day Plan	
Including 2 servings of Non-Fat Milk/Day	
Calories	1215 kcal
Total Fat	44.1 g
Saturated Fat	13.5 g
Trans Fat	0 g
Cholesterol	152.7 mg
Sodium	1489 mg
Total Carbohydrates	152.6 g
Dietary Fiber	18.8 g
Total Sugars	64.7 g
Added Sugars	12.5 g
Protein	59.0 g
Vitamin D	205.2 mcg
Calcium (%)	93.74 %
Iron (%)	53.40 %
Potassium	2527.3 mcg
Macronutrient Breakdown	
Fats	33%
Carbohydrates	50%
Protein	19%

1200 Calorie Plan	
Daily Average 7 Day Plan	
WITHOUT MILK SERVINGS	
Calories	1055.1 kcal
Total Fat	44.1 g
Saturated Fat	13.5 g
Trans Fat	0.0 g
Cholesterol	132.7 mg
Sodium	1289.0 mg
Total Carbohydrates	128.6 g
Dietary Fiber	18.8 g
Total Sugars	40.7 g
Includes Added Sugar	12.5 g
Protein	41.0 g
Vitamin D	5.2 mcg
Calcium (%)	43.7 %
Iron (%)	53.4 %
Potassium	1727.3 mcg
Macronutrient Breakdown	
Fats	38%
Carbohydrates	49%
Protein	16%

The 1200 calorie plan is recommended with 2 glasses of Skim/Nonfat Milk

Skim Milk Additions		
Amount	8 oz	16 oz
Calories	80 kcal	160 kcal
Total Fat	0 g	0 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	10 mg	20 mg
Sodium	100mg	200 mg
Total Carbohydrates	12 g	24 g
Dietary Fiber	0 g	0 g
Total Sugars	12 g	24 g
Includes Added Sugar	0 g	0 g
Protein	9 g	18 g
Phosphorus	35	70 %
Vitamin D	100 mcg	200 mcg
Calcium (%)	25%	50 %
Iron (%)	0%	0 %
Potassium	400 mcg	800 mcg