

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																	
3/2/2026																	
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
Moroccan Kofta Bowl	440	19	4	0	380	51	6.5	13	7	18	0	10	30	4	530	8	0
Baja Garbanzo Tinga Wrap	300	10	4	20	460	40	7.5	4	0	14	2	10	10	15	620	8	4
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																	
3/5/2026																	
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	8	9	2	2	35	8	170	8	2
Biscuits & Vegetarian Gravy	350	16	6	150	470	38	4	19	2	13	2	8	15	20	450	2	2
Broccoli Cheddar Soup & Salad	450	17	7	55	750	56	6.5	15	5	18	6	35	20	30	520	20	10
Vegetables & Dumplings	280	5	2.5	20	480	52	7	16	10	10	10	20	15	6	500	8	2
Mushroom Swiss Veggie Burger	240	10	4	25	270	25	4	8	1	13	4	6	10	20	450	2	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	9	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
Black Bean Enchilada Bake	370	17	7	45	620	40	8.5	8	0	15	2	30	10	25	450	20	2
Sweet & Sour Tofu	530	21	5.5	20	530	73	5	18	6	13	2	6	20	15	370	4	2
Average Per Meal	348.6	13.7	4.2	42.4	436.2	43.2	5.5	14.5	4.7	14.2	3.0	17.2	19.8	14.8	466.2	8.0	1.3
Daily Average	1046	41	13	127	1309	130	17	44	14	43	9	52	59	44	1399	24	4
Week A/B: 7 Day Average with milk	1206	41	13	147	1509	154	17	68	14	61	209	52	59	94	2199	94	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																	
3/9/2026																	
Vegetarian Peach Berry Blintz	290	12	3	35	280	32	3	14	8	16	0	4	8	6	310	2	0
Cheesy Baked Egg Casserole	300	8	3.5	20	530	37	7	13	2	21	0	30	15	15	560	8	2
Strawberry Chia Oatmeal	300	11	2	0	35	44	6.5	21	7	9	2	30	15	10	420	10	8
Chili Tempeh Salad	380	17	2	0	750	41	3	6	1	16	4	60	20	6	530	15	0
Curry Chickpea Salad	460	22	3	10	400	54	7	20	3	13	0	4	15	10	420	6	0
Tuscan Bean Soup & Crostata	300	13	3	10	700	35	9	5	1	13	2	10	15	15	1170	4	0
Vegetarian Vodka Meatballs	370	11	4	15	600	45	14	6	0	27	2	30	25	15	970	8	2
Garden Tamale Bowl	420	20	10	20	440	47	11.5	27	0	10	2	15	20	15	340	8	2
Primavera Alfredo	270	8	4	25	370	40	6.5	10	0	12	2	0	6	20	540	6	10
Menu D																	
3/12/2026																	
Vegetarian Blueberry Almond Torta	380	12	2	10	350	56	7	38	10	16	0	80	15	10	490	4	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	540	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
Lou's Bleu Veggie Burger	580	24	6	10	750	66	7	19	3	28	0	8	35	10	650	2	0
Greek Chickpea Feta Fritter	280	4	1.5	5	320	49	8	19	7	11	2	80	15	8	670	8	0
Marry Me Pasta	450	9	4	85	400	80	9	18	6	15	4	70	15	20	720	15	15
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	6	20	4	80	15	30	920	25	10
Average Per Meal	370	15	4	28	469	45	7	15	3	16	2	31	17	15	595	9	3
Daily Average	1109	44	13	84	1406	136	21	44	9	47	5	92	51	45	1786	28	8
Week C/D: 7 Day Average with milk	1269	44	13	104	1606	160	21	68	9	65	205	92	51	95	2586	98	208

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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 E																	
3/16/2026																	
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 Chopped Salad	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	11	2	15	15	20	350	4	0
BBQ Veggie Meatloaf & Cheddar Mash	420	24	5.5	10	650	41	5	17	9	20	2	10	25	10	780	10	4
Menu F																	
3/19/2026																	
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
Vegetarian Bacon & Egg Bagel Sandwich	350	13	3	135	790	42	6	12	0	23	2	80	20	6	610	4	0
Bonsai Tofu Bowl	410	13	2.5	20	600	60	6	22	10	17	0	20	30	25	550	6	0
Caesar Salad with Roasted Tomatoes	380	25	4	20	480	28	3	12	10	13	2	8	15	20	290	10	0
Mushroom Croque Monsieur	340	17	4.5	25	490	38	2.5	10	1	9	2	2	6	20	510	10	4
Chipotle Black Bean Burger	470	25	3.5	5	500	51	11	16	8	16	2	10	20	10	740	2	0
Vegetarian Swedish Meatballs	320	6	3.5	15	550	38	9	9	0	28	8	35	25	15	1140	10	6
Pasta Verde with Guajillo Garbanzos	420	16	7	40	190	58	8	10	0	14	4	80	15	8	830	6	4
Butternut Squash Ravioli	450	20	7	70	450	51	9	11	3	17	10	35	20	25	560	15	6
Lentil Matzo Ball Soup	410	15	4	15	730	57	8	18	10	11	2	8	35	6	480	15	2
Average Per Meal	359	14	4	40	449	44	6	15	6	15	3	34	21	15	574	9	2
Daily Average	1077	43	11	119	1346	133	18	44	17	46	9	103	64	46	1723	28	6
Week E/F: 7 Day Average with milk	1237	43	11	139	1546	157	18	68	17	64	209	103	64	96	2523	98	206

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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																	
3/23/2026																	
Wheat Croissant and Brie	390	13	6	40	340	67	9	42	3	9	0	8	10	8	530	4	0
Superfood Brioche French Toast	230	11	3.5	30	200	33	3	18	6	8	2	2	30	6	190	4	2
Brioche Vegetarian Breakfast Sandwich	480	25	8	135	640	44	7	19	6	28	6	70	30	20	750	2	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
Veggie Quesadilla & Tortilla Soup	380	22	8	45	900	38	4.5	5	0	17	2	15	8	30	360	20	2
Southwestern Couscous Pilaf	460	19	6	40	650	60	7	16	10	16	2	15	15	20	340	15	2
Capri Style Roasted Eggplant	440	25	7	40	930	34	10	11	0	24	4	150	15	45	710	30	2
Pierogi in Mushroom & Tomato Gravy	270	6	3	20	300	46	3	7	4	9	2	35	15	4	370	2	0
Menu H																	
3/26/2026																	
Spinach & Goat Cheese Frittata	220	5	3	10	400	25	3	6	0	17	4	80	30	15	820	15	0
Vegetarian Bacon & Cheddar Clafoutis	390	19	4.5	25	660	34	3	5	0	20	10	50	25	20	1260	15	4
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
Veggie Melt	320	8	3	15	420	44	8	7	0	18	4	20	20	15	750	8	0
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
Vegetarian Mediterranean Lunch Box	400	23	4	5	950	25	4	4	0	25	0	4	15	10	230	2	0
Eggplant Parmesan	230	11	2.5	5	400	33	6	8	0	9	0	10	8	10	560	6	0
Vegetarian Picadillo Cubano	400	3	1	0	390	85	10	5	0	10	0	6	30	8	790	6	0
Pesto Cream Penne	380	14	4	20	640	47	10	11	0	18	4	25	20	20	550	20	15
Butternut & Zucchini Bake	310	12	4	25	210	43	4.5	12	3	8	2	10	10	4	550	6	2
Average Per Meal	359	14	5	31	497	46	6	15	3	15	3	30	18	16	575	10	2
Daily Average	1077	43	14	93	1491	137	19	44	10	44	10	90	55	48	1724	31	5
Week G/H: 7 Day Average with milk	1237	43	14	113	1691	161	19	68	10	62	210	90	55	98	2524	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 I 3/30/2026																	
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
Smoky Chick'n Salad Pita	350	12	2	15	570	48	10	11	0	19	2	20	20	15	720	4	0
Genoa Minestrone	290	6	2	10	440	48	4	6	1	10	2	10	20	4	270	2	0
Italian Sausage Flatbread Pizza	460	20	4.5	20	950	51	7	4	1	23	0	2	15	20	590	0	0
Vegetarian Thai Coconut Curry	400	12	5.5	0	400	64	4	11	3	10	2	15	30	8	460	4	0
Spaghetti Lentil Bolognese	300	8	1.5	0	260	45	8	6	0	13	2	30	20	6	790	10	0
Menu J 4/2/2026																	
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
Veggie Sausage & Egg Sandwich	390	18	5.5	140	720	34	5	7	1	24	6	15	20	25	520	0	0
Landry Bay Zucchini Cakes	400	25	7	50	640	35	5	7	1	8	2	35	15	6	570	6	2
Vegetarian Verde Taco	390	17	7	35	600	42	8	6	0	20	2	25	15	20	490	15	8
Vegetarian BBQ Pizza	330	11	5.5	30	370	40	9	12	2	17	2	6	10	25	540	10	0
Loaded Potato Soup	380	15	7	45	450	46	4	6	1	15	4	25	15	25	540	20	10
Spring Vegetable Fricassee	430	14	4	20	260	76	11	20	13	11	20	30	25	8	850	10	2
Vegetarian Cottage Pie	370	10	4	0	570	56	17	23	1	14	2	50	20	6	890	15	2
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	362	14	5	37	416	46	7	13	3	14	3	18	18	12	526	9	2
Daily Average	1087	43	14	112	1249	139	22	39	10	41	9	53	55	37	1579	28	6
Week I/J: 7 Day Average with milk	1247	43	14	132	1449	163	22	63	10	59	209	53	55	87	2379	98	206

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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	1206	41	13	147	1509	154	17	68	14	61	209	52	59	94	2199	94	204
Week C/D: 7 Day Average with milk	1269	44	13	104	1606	160	21	68	9	65	205	92	51	95	2586	98	208
Week E/F: 7 Day Average with milk	1237	43	11	139	1546	157	18	68	17	64	209	103	64	96	2523	98	206
Week G/H: 7 Day Average with milk	1237	43	14	113	1691	161	19	68	10	62	210	90	55	98	2524	101	205
Week I/J: 7 Day Average with milk	1247	43	14	132	1449	163	22	63	10	59	209	53	55	87	2379	98	206



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 Thursday 4-Day Plan Including 2 servings of Non-Fat Milk/Day	
Calories	1239 kcal
Total Fat	43.0 g
Saturated Fat	13 g
Trans Fat	0 g
Cholesterol	127.0 mg
Sodium	1560 mg
Total Carbohydrates	159.1 g
Dietary Fiber	19.4 g
Total Sugars	67.0 g
Added Sugars	12.0 g
Protein	62.1 g
Vitamin D	205.9 mcg
Calcium (%)	94.00 %
Iron (%)	56.91 %
Potassium	2442.1 mcg
Macronutrient Breakdown	
Fats	14%
Carbohydrates	51%
Protein	20%

1200 Calorie Plan Monday 4-Day Plan WITHOUT MILK SERVINGS	
Calories	1079.1 kcal
Total Fat	43.0 g
Saturated Fat	12.9 g
Trans Fat	0.0 g
Cholesterol	107.0 mg
Sodium	1360.1 mg
Total Carbohydrates	135.1 g
Dietary Fiber	19.4 g
Total Sugars	43.0 g
Includes Added Sugar	12.0 g
Protein	44.1 g
Vitamin D	5.9 mcg
Calcium (%)	44.0 %
Iron (%)	56.9 %
Potassium	1642.1 mcg
Macronutrient Breakdown	
Fats	16%
Carbohydrates	50%
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