

Seattle Sutton's Healthy Eating

1500 Calorie Plant-Based Vegetarian Meal Plan

4-Day MONDAY Menu & Meal Plan Nutrition Averages

Menu A 10/13/2025

Meal Name Unit of Measure	Calories (Kcal)	Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Added Sugar (g)	Vit A (%)	Vit C (%)	Iron (%)	Calcium (%)	Potassium (mg)	Phosphorus (%)	Vitamin D (mcg)
Biscuits & Vegetarian Gravy	500	22	8	155	680	62	7	28	16	4	2	10	20	30	640	2	2
Chocolate Crepe & Strawberry Sa	650	30	3.5	80	510	74	5	21	22	7	0	4	10	4	290	10	0
Berry Colada Parfait	260	2	1	10	80	49	6	34	13	17	0	35	6	15	300	2	0
Biscuits & Vegetarian Gravy	500	22	8	155	680	62	7	28	16	4	2	10	20	30	640	2	2
Moroccan Kofta Bowl	600	30	6	0	620	56	7	13	31	7	0	15	45	6	780	8	0
Baja Tinga Wrap	300	10	4	20	460	40	7.5	4	14	0	2	10	10	15	620	8	4
Fresh Fruit and Cottage Cheese Pl	390	15	7.5	45	730	38	4	20	25	0	8	40	8	35	700	15	2
Egg Salad on Croissant	340	19	7	250	360	31	4	14	10	1	6	6	15	4	190	0	0
Cauliflower Tikka Masala	450	14	3	10	750	66	8	8	16	0	2	90	30	15	1020	15	0
Chipotle Sweet Potato Chili	420	20	7	45	480	49	5	14	12	11	10	15	15	25	440	4	0
Nona Sutton's Lasagna	590	24	7.5	45	580	67	11.5	13	28	0	4	6	35	30	700	10	0
Sweet & Sour Tofu	530	21	5.5	20	530	73	5	18	13	6	2	6	20	15	370	4	2
Average	460.8	19.1	5.7	69.6	538.3	55.6	6.4	17.9	18.0	4.8	3.2	20.6	19.5	18.7	557.5	6.7	1.0
Daily Average	1382.5	57.25	17	208.75	1615	166.75	19.25	53.75	54	14.25	9.5	61.75	58.5	56	1672.5	20	3
W 24 oz low-fat milk	1700.5	64.15	21.2	238.75	1915	205.75	19.25	89.75	78.6	14.25	39.5	73.75	58.5	146	2572.5	770	303

Menu C 10/20/2025

Meal Name Unit of Measure	Calories (Kcal)	Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Added Sugar (g)	Vit A (%)	Vit C (%)	Iron (%)	Calcium (%)	Potassium (mg)	Phosphorus (%)	Vitamin D (mcg)
Peach Berry Blintz	570	23	5.5	70	560	61	5	27	32	16	0	8	20	10	610	2	0
Cheesy Baked Egg Casserole	410	14	7	40	880	35	6	15	34	0	2	30	20	30	720	15	2
Strawberry Chia Oatmeal	300	11	2	0	35	45	6	21	9	7	2	30	15	10	420	10	8
Ciabatta Egg Sandwich	300	10	4.5	130	540	40	5	8	14	0	0	60	15	15	140	0	0
Honey Tempeh Salad	300	16	1.5	0	220	34	6	10	10	1	4	80	15	6	490	15	0
Curry Chickpea Salad	550	27	3	15	500	66	8	23	15	3	0	6	20	15	500	6	0
Tuscan Bean Soup & Crostata	480	21	4.5	15	1030	53	12	7	19	1	4	15	20	20	1680	6	0
Lou's Bleu Veggie Burger	560	25	6.5	10	950	59	5	18	29	3	0	15	35	15	760	2	0
Tamale Bowl	510	24	11.5	25	630	58	13	29	13	0	2	20	25	20	470	10	2
Vegetarian "Vodka" Meatballs	460	12	4	15	790	56	15	7	36	1	2	30	35	15	1180	10	2
Primavera Alfredo	380	11	5.5	30	500	55	5	13	16	0	2	25	6	25	650	10	15
Homestyle Macaroni and Cheese	560	14	6	35	340	91	9	19	23	5	8	100	25	25	1140	35	10
Average	448.3	17.3	5.1	32.1	581.3	54.4	7.9	16.4	20.8	3.1	2.2	34.9	20.9	17.2	730.0	10.1	3.3
Daily Average	1345	52	15.375	96.25	1743.75	163.25	23.75	49.25	62.5	9.25	6.5	104.75	62.75	51.5	2190	30.25	9.75
W 24 oz low-fat milk	1663	58.9	19.575	126.25	2043.75	202.25	23.75	85.25	87.1	9.25	36.5	116.75	62.75	141.5	3090	780.25	309.75

Menu E 10/27/2025																			
Meal Name Unit of Measure	Calories (Kcal)	Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Added Sugar (g)	Vit A (%)	Vit C (%)	Iron (%)	Calcium (%)	Potassium (mg)	Phosphorus (%)	Vitamin D (mcg)		
Strawberry Poppyseed Bread	380	6	0	0	290	69	5.5	35	13	21	0	40	25	10	360	10		0	
Swiss Cheese Egg Bake	200	6	3	20	440	18	2	4	20	0	0	6	10	25	380	0		0	
Morning Protein Plate	430	22	6	200	360	45	6	20	18	3	4	30	20	15	440	10		10	
Bagel Breakfast Sandwich	350	13	3	135	790	42	6	12	23	0	2	80	20	6	610	4		0	
Falafel Bowl	540	16	1	0	640	79	8	6	19	0	4	40	40	15	500	8		0	
Pecan-Cranberry Mixed Green Salad	410	32	4.5	15	150	25	6	13	9	10	4	8	10	20	220	8		0	
Pumpkin-Sweet Potato Bisque	460	17	5.5	35	150	71	11	26	11	18	10	20	25	15	670	8		2	
Chipotle Black Bean Burger	580	31	4	10	560	63	13	25	18	15	2	15	20	15	890	4		0	
BBQ "Meatloaf" & Cheddar Mash	480	25	5.5	10	680	48	6	16	21	9	2	15	25	15	890	15		4	
Tortelloni Pomodoro	280	10	3.5	50	560	35	5	12	12	3	2	15	15	20	370	4		0	
Cajun Etouffee	500	18	6.5	30	400	76	9	14	14	1	4	50	20	8	1100	20		2	
Lentil Matzo Ball Soup	440	16	4	15	700	61	10	18	12	10	2	8	35	6	500	15		2	
Average	420.8	17.7	3.9	43.3	476.7	52.7	7.3	16.8	15.8	7.5	3.0	27.3	22.1	14.2	577.5	8.8		1.7	
Daily Average	1262.5	53	11.625	130	1430	158	21.875	50.25	47.5	22.5	9	81.75	66.25	42.5	1732.5	26.5		5	
W 24 oz low-fat milk	1580.5	59.9	15.825	160	1730	197	21.875	86.25	72.1	22.5	39	93.75	66.25	132.5	2632.5	776.5		305	
Menu G 11/03/2025																			
Meal Name Unit of Measure	Calories (Kcal)	Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Added Sugar (g)	Vit A (%)	Vit C (%)	Iron (%)	Calcium (%)	Potassium (mg)	Phosphorus (%)	Vitamin D (mcg)		
Wheat Croissant with Brie	390	13	6	40	340	67	9	42	3	9	0	8	10	8	530	4		0	
Superfood Brioche French Toast	470	22	7	65	440	54	5	29	15	13	4	2	60	15	350	8		4	
Brioche Breakfast Sandwich	600	30	9	250	850	49	9	24	33	7	8	100	35	20	960	2		0	
Potato Pancakes with Smoked Veggie	280	15	5	100	650	32	5	12	8	1	2	6	0	6	600	4		0	
Broccoli Cheddar Fritter	340	14	4	20	270	44	8.5	22	13	4	2	35	15	15	560	10		2	
Capri-Style Roasted Eggplant	350	17	4.5	30	510	32	9	11	19	0	4	70	15	35	710	20		2	
Loaded Quesadilla & Tortilla Soup	480	25	11.5	55	880	44	5	6	22	0	2	20	8	35	400	25		4	
Poppyseed Sweet Potato Salad	420	16	2.5	10	280	58	6	23	11	9	20	25	20	10	680	15		0	
Mediterranean Lunch Box	470	25	3.5	10	940	40	7	4	28	0	0	6	25	15	530	4		0	
Pierogi in Mushroom & Tomato Grav	600	13	4	40	750	99	6	16	21	7	2	60	30	10	950	8		2	
Southwestern Couscous Pilaf	640	20	6.5	40	690	94	11	17	22	11	4	30	20	20	770	20		2	
Butternut & Zucchini Bake	390	13	4.5	30	290	59	4.5	14	11	4	2	15	15	6	670	8		2	
Average	452.5	18.6	5.7	57.5	574.2	56.0	7.1	18.3	17.2	5.4	4.2	31.4	21.1	16.3	642.5	10.7		1.5	
Daily Average	1357.5	55.75	17	172.5	1722.5	168	21.25	55	51.5	16.25	12.5	94.25	63.25	48.75	1927.5	32		4.5	
W 24 oz low-fat milk	1675.5	62.65	21.2	202.5	2022.5	207	21.25	91	76.1	16.25	42.5	106.25	63.25	138.75	2827.5	782		304.5	
Menu I 11/10/2025																			
Meal Name Unit of Measure	Calories (Kcal)	Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)	Added Sugar (g)	Vit A (%)	Vit C (%)	Iron (%)	Calcium (%)	Potassium (mg)	Phosphorus (%)	Vitamin D (mcg)		
Egg & Feta Tart	500	28	11.5	210	800	35	5	12	26	0	2	15	20	25	520	6		0	
Chocolate Chia Bowl	340	13	4	0	80	52	8	35	9	15	0	2	15	20	520	15		4	
Orange Berry Waffle	350	13	4	65	540	46	3	22	10	8	0	4	4	10	55	0		0	
Open-Faced Breakfast Sandwich	330	17	5.5	140	640	22	4	5	21	1	8	15	15	20	480	0		0	
Tex-Mex Black Bean Taco	490	22	9	50	740	55	7	7	18	0	2	4	10	25	610	10		2	
Smoky Chick'n Salad Pita	350	12	2	15	540	48	11	11	19	1	4	30	25	15	870	4		0	
Pear & Gorgonzola Salad	390	26	4.5	30	270	34	6	17	11	9	4	8	15	10	320	10		0	
Loaded Potato Soup	470	16	8	45	540	64	5	8	17	1	4	15	20	30	660	25		15	
Spaghetti Bolognese	430	13	1.5	0	260	61	11	8	16	1	2	10	25	6	770	15		0	
Thai Coconut Curry	560	16	8	0	430	87	5	18	13	5	2	25	40	10	660	4		0	
Sundried Tomato & Italian Sausage F	420	23	4.5	20	860	37	7	4	22	2	4	35	15	25	630	4		0	
Peppered Lentil Salisbury Steak	390	11	4	10	440	50	13	8	1	22	2	15	30	6	940	20		2	
Average	418.3	17.5	5.5	48.8	511.7	49.3	7.1	12.9	15.3	5.4	2.8	14.8	19.5	16.8	586.3	9.4		1.9	
Daily Average	1255	52.5	16.625	146.25	1535	147.75	21.25	38.75	45.75	16.25	8.5	44.5	58.5	50.5	1758.75	28.25		5.75	
W 24 oz low-fat milk	1573	59.4	20.825	176.25	1835	186.75	21.25	74.75	70.35	16.25	38.5	56.5	58.5	140.5	2658.75	778.25		305.75	

Seattle Sutton's Healthy Eating

1500 Calorie Plant-Based Vegetarian Meal Plan

4-Day MONDAY Menu & Meal Plan Nutrition Averages

Weekly Averages with Milk	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Protein	Added Sugar	Vit A	Vit C	Iron	Calcium	Potassium	Phosphorus	Vitamin D
Unit of Measure	(Kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(mcg)
Menu A 10/13/2025	1700.5	64.2	21.2	238.8	1915.0	205.8	19.3	89.8	78.6	14.3	39.5	73.8	58.5	146.0	2572.5	770.0	303.0
Menu C 10/20/2025	1663.0	58.9	19.6	126.3	2043.8	202.3	23.8	85.3	87.1	9.3	36.5	116.8	62.8	141.5	3090.0	780.3	309.8
Menu E 10/27/2025	1580.5	59.9	15.8	160.0	1730.0	197.0	21.9	86.3	72.1	22.5	39.0	93.8	66.3	132.5	2632.5	776.5	305.0
Menu G 11/03/2025	1675.5	62.7	21.2	202.5	2022.5	207.0	21.3	91.0	76.1	16.3	42.5	106.3	63.3	138.8	2827.5	782.0	304.5
Menu I 11/10/2025	1573.0	59.4	20.8	176.3	1835.0	186.8	21.3	74.8	70.4	16.3	38.5	56.5	58.5	140.5	2658.8	778.3	305.8



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

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1500 Calorie Plan Daily Average WITH Milk Servings	
Calories	1638.5 kcal
Total Fat	59.8 g
Saturated Fat	19.3 g
Trans Fat	0.0 g
Cholesterol	180.8 mg
Sodium	1909.3 mg
Total Carbohydrates	199.8 g
Dietary Fiber	21.5 g
Total Sugars	85.4 g
Added Sugars	15.7 g
Protein	76.9 g
Vitamin D	305.6 mcg
Calcium (%)	139.9 %
Iron (%)	61.9 %
Potassium	2756.3 mg
Macronutrient Breakdown	
Fats	30%
Carbohydrates	50%
Protein	20%

1500 Calorie Plan Daily Average WITHOUT Milk Servings	
Calories	1320.5 kcal
Total Fat	52.9 g
Saturated Fat	15.1 g
Trans Fat	#REF! g
Cholesterol	150.8 mg
Sodium	1594.3 mg
Total Carbohydrates	160.8 g
Dietary Fiber	21.5 g
Total Sugars	49.4 g
Includes Added Sugar	15.7 g
Protein	52.3 g
Vitamin D	5.6 mcg
Calcium (%)	49.9 %
Iron (%)	61.9 %
Potassium	1856.3 mcg
Macronutrient Breakdown	
Fats	36%
Carbohydrates	49%
Protein	16%

The 1500 calorie plan is recommended with 3 glasses of Low-Fat Milk

Low-Fat Milk Additions		
Amount	8 oz	24 oz
Calories	106 kcal	318 kcal
Total Fat	2.3 g	6.9 g
Saturated Fat	1.4 g	4.2 g
Trans Fat	0 g	0 g
Cholesterol	10 mg	30 mg
Sodium	105 mg	315 mg
Total Carbohydrates	13 g	39 g
Dietary Fiber	0 g	0 g
Total Sugars	12 g	36 g
Includes Added Sugars	0 g	0 g
Protein	8.2 g	24.6 g
Vitamin D	100 mcg	300 mcg
Calcium (%)	30%	90%
Iron (%)	0%	0%
Potassium	300 mcg	900 mcg