

Seattle Sutton's Healthy Eating

1500 Calorie Plant-Based Vegetarian Meal Plan

4-Day THURSDAY Menu & Meal Plan Nutrition Averages

Menu B 10/16/2025

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 Fonduta	400	10	4.5	30	700	45	8	18	29	2	0	35	20	30	650	4	0
Wild Blackberry Parfait	420	13	1	10	60	59	7	35	18	18	0	2	80	15	410	15	0
Strawberry Cheesecake French Toast	300	11	4	35	370	40	3	17	9	8	2	2	35	8	170	8	2
Biscuits & Vegetarian Gravy	500	22	8	155	680	62	7	28	16	4	2	10	20	30	640	2	2
Vegetables & Dumplings	290	5	2.5	20	480	54	7	16	10	10	10	20	15	6	510	8	2
Broccoli Cheddar Soup & Salad	520	22	9	65	980	61	7	16	21	5	8	40	20	40	600	20	15
El Pastor Bowl	320	13	2	10	220	38	8.5	5	12	0	4	15	15	15	690	6	4
Egg Salad on Croissant	340	19	7	250	360	31	4	14	10	1	6	6	15	4	190	0	0
Rasperry Goat Cheese Salad	400	24	6	15	170	35	7	24	14	9	6	10	15	10	630	20	2
Rustic Zucchini Cavatappi	360	13	4	50	570	50	5.5	9	12	3	2	15	20	6	470	6	0
Black Bean Enchilada Bake	490	20	9	55	850	51	9	9	19	0	2	30	15	35	510	25	2
Sweet & Sour Tofu	530	21	5.5	20	530	73	5	18	13	6	2	6	20	15	370	4	2
Average	405.8	16.1	5.2	59.6	497.5	49.9	6.5	17.4	15.3	5.5	3.7	15.9	24.2	17.8	486.7	9.8	2.6
Daily Average	1217.5	48.25	15.625	178.75	1492.5	149.75	19.5	52.25	45.75	16.5	11	47.75	72.5	53.5	1460	29.5	7.75
W 24 oz low-fat milk	1535.5	55.15	19.825	208.75	1792.5	188.75	19.5	88.25	70.35	16.5	41	59.75	72.5	143.5	2360	779.5	307.75

Menu D 10/23/2025

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)
Cheddar & Sausage Breakfast Casser	480	26	4.5	20	480	42	7	13	24	0	2	8	20	25	740	20	2
Blueberry Almond Torta	430	13	2.5	15	380	64	7	43	18	13	0	80	15	15	520	4	2
Hashbrown Casserole	270	8	4.5	25	360	31	5	20	18	2	2	4	15	20	700	10	2
Ciabatta Egg Sandwich	300	10	4.5	130	540	40	5	8	14	0	0	60	15	15	140	0	0
Gemelli Pasta Salad	400	29	9.5	90	350	34	4	18	7	8	0	4	8	6	90	6	0
Margherita Pizza	360	19	6	35	670	29	6	6	18	0	2	30	15	30	520	25	2
Three-Bean Chili	500	30	5.5	15	530	47	10	10	13	0	4	20	25	20	900	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
Sofrito Tofu	340	10	1.5	0	450	47	7	5	16	0	4	20	30	15	670	10	0
Marry Me Pasta	450	9	4	85	410	80	9	18	15	6	4	70	15	20	720	15	15
Greek Chickpea-Feta Fritter	450	23	10	45	170	51	8	20	11	8	4	80	15	8	800	10	4
Homestyle Macaroni and Cheese	560	14	6	35	340	91	9	19	23	5	8	100	25	25	1140	35	10
Average	425.0	18.0	5.4	42.1	469.2	51.3	6.8	16.5	17.2	3.8	2.5	40.9	19.4	17.8	641.7	11.9	3.1
Daily Average	1275	54	16.25	126.25	1407.5	153.75	20.5	49.5	51.5	11.25	7.5	122.75	58.25	53.5	1925	35.75	9.25
W 24 oz low-fat milk	1593	60.9	20.45	156.25	1707.5	192.75	20.5	85.5	76.1	11.25	37.5	134.75	58.25	143.5	2825	785.75	309.25

Menu F 10/30/2025																		
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)	
Sunrise Pizza	310	13		5	110	600	32	3	4	17	0	2	40	20	25	620	15	2
Cranberry Oat Bar	470	13		1	5	75	73	7	40	17	25	0	20	90	15	470	15	0
Cheesy Egg Strata	320	13		6.5	40	660	27	3	16	23	0	8	150	15	25	580	15	4
Bagel Breakfast Sandwich	350	13		3	135	790	42	6	12	23	0	2	80	20	6	610	4	0
Mushroom Croque Monsieur	560	33		10	55	750	58	4	18	18	7	4	4	8	35	710	25	8
Caesar Salad with Roasted Tomatoes	390	25		4.5	20	480	28	3	13	13	10	2	10	15	20	330	10	2
Bonsai Bowl	410	13		2.5	20	600	60	6	22	17	11	0	20	30	25	550	6	0
Chipotle Black Bean Burger	580	31		4	10	560	63	13	25	18	15	2	15	20	15	890	4	0
Vegetarian Swedish Meatballs	370	8		4.5	25	850	45	9	9	29	0	2	30	25	15	1230	15	8
Butternut Squash Ravioli	450	20		7	70	450	51	9	11	17	3	10	35	20	25	560	15	6
Pasta Verde with Guajillo Garbanzos	420	13		4.5	25	200	62	10	11	15	0	2	60	15	8	890	4	2
Lentil Matzo Ball Soup	440	16		4	15	700	61	10	18	12	10	2	8	35	6	500	15	2
Average	422.5	17.6	4.7	44.2	559.6	50.2	6.9	16.6	18.3	6.8	3.0	39.3	26.1	18.3	661.7	11.9	2.8	
Daily Average	1267.5	52.75	14.125	132.5	1678.75	150.5	20.75	49.75	54.75	20.25	9	118	78.25	55	1985	35.75	8.5	
W 24 oz low-fat milk	1585.5	59.65	18.325	162.5	1978.75	189.5	20.75	85.75	79.35	20.25	39	130	78.25	145	2885	785.75	308.5	
Menu H 11/06/2025																		
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)	
Spinach & Cheese Frittata	350	6	3	10	400	25	3	6	21	0	4	80	30	15	820	15	0	
Savory Clafoutis	460	22	5.5	25	570	39	3	8	23	0	15	60	30	25	1560	20	10	
Blueberry Smoothie Bowl	360	8	1.5	0	60	60	7	38	12	18	0	30	35	15	480	15	0	
Potato Pancakes with Smoked Veggie	280	15	5	100	650	32	5	12	8	1	2	6	0	6	600	4	0	
Spinach-Artichoke Flatbread Pizza	510	23	11	60	730	60	7	27	15	6	4	4	20	35	400	6	2	
Veggie Melt	320	8	2.5	30	420	38	6	6	18	1	4	20	20	15	740	15	0	
Acapulco Taco Pie	330	11	4.5	50	330	36	5	5	12	1	1	20	15	20	460	10	2	
Poppyseed Sweet Potato Salad	420	16	2.5	10	280	58	6	23	11	9	20	25	20	10	680	15	0	
Eggplant Parmesan	250	11	4	95	490	28	8	17	9	0	2	40	15	8	930	6	0	
Picadillo Cubano	400	3	1.5	35	290	60	7	4	10	1	0	6	20	6	790	6	0	
Pesto Cream Penne	380	14	2.5	15	400	46	10	11	18	0	4	25	20	15	480	15	10	
Butternut & Zucchini Bake	390	13	4.5	30	290	59	4.5	14	11	4	2	15	15	6	670	8	2	
Average	370.8	12.5	4.0	38.3	409.2	45.1	6.0	14.3	14.0	3.4	4.8	27.6	20.0	14.7	717.5	11.3	2.2	
Daily Average	1112.5	37.5	12	115	1227.5	135.25	17.875	42.75	42	10.25	14.5	82.75	60	44	2152.5	33.75	6.5	
W 24 oz low-fat milk	1430.5	44.4	16.2	145	1527.5	174.25	17.875	78.75	66.6	10.25	44.5	94.75	60	134	3052.5	783.75	306.5	
Menu J 11/13/2025																		
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)	
Chocolate Pancake with Citrus Mascarpone	530	23	7	20	230	73	5	31	11	15	0	2	25	15	530	25	4	
Bircher Muesli and Pears	600	27	9	55	30	78	7	41	10	24	4	2	50	10	360	20	6	
Avocado Toast	350	18	3	130	290	35	10	10	13	1	2	50	15	4	480	8	0	
Open-Faced Breakfast Sandwich	330	17	5.5	140	640	22	4	5	21	1	8	15	15	20	480	0	0	
Landry Bay Zucchini Cakes	550	26	7	50	900	63	8	11	15	2	4	60	25	10	930	10	2	
Chickpea Cobb Salad	400	17	5.5	210	680	40	10.5	11	22	0	4	8	20	20	720	20	10	
Vegetarian BBQ Pizza	470	17	8	40	580	56	12	17	26	3	2	8	15	35	750	15	2	
Loaded Potato Soup	470	16	8	45	540	64	5	8	17	1	4	15	20	30	660	25	15	
Spring Vegetable Fricassee	430	14	4	20	260	76	11	20	11	13	20	30	25	8	850	10	2	
Traditional Cottage Pie	310	7	2.5	10	500	51	13	14	13	4	2	50	20	6	890	15	2	
Honey Garlic Chickpea Bowl	420	14	6.5	25	260	62	8	15	12	0	4	6	15	10	590	10	2	
Peppered Lentil Salisbury Steak	390	11	4	10	440	50	13	8	1	22	2	15	30	6	940	20	2	
Average	437.5	17.3	5.8	62.9	445.8	55.8	8.9	15.9	14.3	7.2	4.7	21.8	22.9	14.5	681.7	14.8	3.9	
Daily Average	1312.5	51.75	17.5	188.75	1337.5	167.5	26.625	47.75	43	21.5	14	65.25	68.75	43.5	2045	44.5	11.75	
W 24 oz low-fat milk	1630.5	58.65	21.7	218.75	1637.5	206.5	26.625	83.75	67.6	21.5	44	77.25	68.75	133.5	2945	794.5	311.75	

Seattle Sutton's Healthy Eating

1500 Calorie Plant-Based Vegetarian Meal Plan

4-Day THURSDAY 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 B 10/16/2025	1535.5	55.2	19.8	208.8	1792.5	188.8	19.5	88.3	70.4	16.5	41.0	59.8	72.5	143.5	2360.0	779.5	307.8
Menu D 10/23/2025	1593.0	60.9	20.5	156.3	1707.5	192.8	20.5	85.5	76.1	11.3	37.5	134.8	58.3	143.5	2825.0	785.8	309.3
Menu F 10/30/2025	1585.5	59.7	18.3	162.5	1978.8	189.5	20.8	85.8	79.4	20.3	39.0	130.0	78.3	145.0	2885.0	785.8	308.5
Menu H 11/06/2025	1430.5	44.4	16.2	145.0	1527.5	174.3	17.9	78.8	66.6	10.3	44.5	94.8	60.0	134.0	3052.5	783.8	306.5
Menu J 11/13/2025	1630.5	58.7	21.7	218.8	1637.5	206.5	26.6	83.8	67.6	21.5	44.0	77.3	68.8	133.5	2945.0	794.5	311.8



For questions regarding this
nutritional analysis, please contact
the dietitians at Seattle Sutton's
Healthy Eating
1-815-780-2060
Dietitians@sshe.com

1500 Calorie Plan Daily Average WITH Milk Servings	
Calories	1555.0 kcal
Total Fat	55.8 g
Saturated Fat	19.3 g
Trans Fat	0.0 g
Cholesterol	178.3 mg
Sodium	1728.8 mg
Total Carbohydrates	190.4 g
Dietary Fiber	21.1 g
Total Sugars	84.4 g
Added Sugars	16.0 g
Protein	72.0 g
Vitamin D	308.8 mcg
Calcium (%)	139.9 %
Iron (%)	67.6 %
Potassium	2813.5 mg
Macronutrient Breakdown	
Fats	32%
Carbohydrates	49%
Protein	19%

1500 Calorie Plan Daily Average WITHOUT Milk Servings	
Calories	1237.0 kcal
Total Fat	48.9 g
Saturated Fat	15.1 g
Trans Fat	#REF! g
Cholesterol	148.3 mg
Sodium	1428.8 mg
Total Carbohydrates	151.4 g
Dietary Fiber	21.1 g
Total Sugars	48.4 g
Includes Added Sugar	16.0 g
Protein	47.4 g
Vitamin D	8.8 mcg
Calcium (%)	49.9 %
Iron (%)	67.6 %
Potassium	1913.5 mcg
Macronutrient Breakdown	
Fats	36%
Carbohydrates	49%
Protein	15%

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