

Seattle Sutton's Healthy Eating

2000 Calorie 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	410	10	4.5	30	710	49	9	21	29	2	0	8	20	30	710	4	0
Wild Blackberry Parfait	480	13	1	10	70	70	10	43	21	19	0	2	80	20	490	15	0
Strawberry Cheesecake French Toast	520	20	6.5	95	860	60	7	24	23	11	2	2	50	10	380	10	2
Biscuits & Sausage Gravy	630	32	10.5	300	830	62	6	28	22	4	2	10	25	35	760	2	4
Chicken & Dumplings	540	18	6	125	1000	58	7	18	41	12	10	15	20	8	970	6	2
Broccoli Cheddar Soup & Salad	710	30	12	80	840	81	10	22	28	6	10	60	25	50	820	30	20
El Pastor Bowl	490	21	3.5	100	600	45	12	4	29	0	4	40	20	15	940	6	4
Chicken Salad on Croissant	570	30	7.5	105	410	50	6	26	24	7	6	6	10	6	420	8	0
Raspberrry Salmon Salad	460	24	5.5	95	270	28	4.5	16	32	9	6	8	15	6	790	10	0
Rustic Zucchini Cavatappi	610	17	4.5	100	790	93	9	8	21	3	2	20	30	8	710	8	0
Chicken Enchilada Bake	600	24	10	125	820	44	7	8	41	0	2	40	15	35	620	40	4
Sweet & Sour Chicken	700	23	5.5	55	590	99	10	17	22	6	2	130	45	10	420	4	2
Average	560.0	21.8	6.4	101.7	649.2	61.6	8.1	19.6	27.8	6.6	3.8	28.4	29.6	19.4	669.2	11.9	3.2
Daily Average	1680	65.5	19.25	305	1947.5	184.75	24.375	58.75	83.25	19.75	11.5	85.25	88.75	58.25	2007.5	35.75	9.5
W 24 oz low-fat milk	1998	72.4	23.45	335	2247.5	220.75	24.375	94.75	107.85	19.75	41.5	97.25	88.75	148.25	2907.5	785.75	309.5

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 Casserole	560	29	6	30	630	44	8	14	32	0	2	8	25	30	870	25	2
Blueberry Almond Torta	600	21	4.5	95	660	78	10	56	21	13	2	160	15	15	690	6	2
Hashbrown Casserole	320	9	4.5	25	470	41	6.5	20	21	0	2	4	15	20	660	10	2
Ciabatta Egg Sandwich	550	19	9	260	840	65	6	15	27	0	0	60	30	30	150	0	0
Gemelli Pasta Salad	620	39	9	95	470	55	7	27	10	8	0	6	10	8	160	10	0
Margherita Pizza	620	34	9	50	940	53	10	19	26	8	4	40	20	45	740	35	2
Chili Con Carne	660	36	6	50	670	61	11	12	27	0	4	25	35	20	1580	15	2
Lou's Bleu Burger	550	18	4.5	125	890	70	5.5	25	26	9	0	15	25	15	750	4	0
Chicken Carnitas	450	10	2.5	160	660	48	7	3	43	0	4	10	30	6	540	6	0
Marry Me Chicken	680	17	7	160	1000	85	11	25	43	6	2	8	25	30	1500	15	20
Cider Salmon	400	7	2	95	500	49	10.5	26	32	11	2	110	20	10	1230	15	4
Honey Peach BBQ Chicken	680	21	10.5	175	520	71	5	19	57	8	6	4	20	30	1170	30	10
Average	557.5	21.7	6.2	110.0	687.5	60.0	8.1	21.8	30.4	5.3	2.3	37.5	22.5	21.6	836.7	14.3	3.7
Daily Average	1672.5	65	18.625	330	2062.5	180	24.375	65.25	91.25	15.75	7	112.5	67.5	64.75	2510	42.75	11
W 24 oz low-fat milk	1990.5	71.9	22.825	360	2362.5	216	24.375	101.25	115.85	15.75	37	124.5	67.5	154.75	3410	792.75	311

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	490	20	8	165	890	51	5	6	25	1	2	60	35	35	1000	20	2
Cranberry Oat Bar	560	14.5	1	10	95	85	8.5	45	23	29	0	20	100	20	550	20	0
Cheesy Egg Strata	450	14	7	40	790	53	6.5	29	27	0	6	220	15	30	790	15	4
Bacon & Egg Bagel Sandwich	400	15	4	190	720	43	6	12	28	0	2	80	20	8	620	4	0
Croque Monsieur	710	37	10.5	80	1050	75	4.5	23	27	8	4	2	15	40	720	20	6
Caesar Salad with Roasted Tomatoes	520	28	5.5	20	540	44	5	23	15	20	2	10	25	20	410	10	2
Bonsai Salmon Bowl	700	21	4	120	800	89	5	33	38	17	2	35	25	6	1190	35	0
Chipotle Black Bean Burger	580	31	4	10	560	63	13	25	15	18	2	15	20	15	890	4	0
Swedish Meatballs	500	16	6	85	630	59	8.5	12	31	0	10	45	25	20	1410	30	10
Butternut Squash Ravioli	600	28	10	90	710	66	11	15	22	4	15	40	25	30	700	20	6
Pasta Verde with Durango Turkey	440	14	6	90	570	51	6	7	29	0	4	90	15	10	500	6	4
Chicken Matzo Ball Soup	650	25	5.5	110	570	63	5	19	40	11	4	6	35	6	970	8	2
Average	550.0	22.0	6.0	84.2	660.4	61.8	7.0	20.8	26.7	9.0	4.4	51.9	29.6	20.0	812.5	16.0	3.0
Daily Average	1650	65.875	17.875	252.5	1981.25	185.5	21	62.25	80	27	13.25	155.75	88.75	60	2437.5	48	9
W 24 oz low-fat milk	1968	72.775	22.075	282.5	2281.25	221.5	21	98.25	104.6	27	43.25	167.75	88.75	150	3337.5	798	309

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	620	50	4	8	21	0	6	160	60	25	1640	25	0
Bacon & Cheddar Clafoutis	500	24	6	50	660	42	4	6	24	0	15	60	30	25	1520	20	4
Blueberry Smoothie Bowl	540	11	2.5	10	95	91	10	62	18	28	2	50	50	20	760	20	0
Potato Pancakes with Smoked Veggie C	440	22	8	150	990	48	7	17	12	2	2	10	2	8	900	6	0
Spinach-Artichoke Flatbread Pizza	660	32	15	75	760	73	9	38	16	10	4	6	25	45	530	10	4
Tuna Melt	570	14	4.5	65	600	59	9.5	9	44	1	8	30	30	25	1150	25	0
Acapulco Taco Pie	530	20	6	70	440	56	8	9	29	2	2	35	20	30	690	15	4
Pecan and Poppyseed Chicken Salad	590	31	3	90	440	40	6	16	34	0	4	6	15	10	460	6	0
Chicken Cacciatore	540	19	8	130	640	46	14	31	46	1	2	60	25	10	1210	8	0
Picadillo Cubano	550	9	2.5	55	480	88	11	7	27	1	0	8	35	10	1140	8	0
Pesto Cream Penne	620	22	5.5	30	940	76	16	18	28	0	6	40	30	35	860	30	20
Herbed Turkey Bake	460	19	6.5	85	450	42	4.5	12	29	3	2	8	15	10	580	10	4
Average	529.2	19.1	5.9	68.3	592.9	59.3	8.6	19.4	27.3	4.0	4.4	39.4	28.1	21.1	953.3	15.3	3.0
Daily Average	1587.5	57.25	17.625	205	1778.75	177.75	25.75	58.25	82	12	13.25	118.25	84.25	63.25	2860	45.75	9
W 24 oz low-fat milk	1905.5	64.15	21.825	235	2078.75	213.75	25.75	94.25	106.6	12	43.25	130.25	84.25	153.25	3760	795.75	309

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 Mascarp	620	26	9	30	250	84	6.5	40	12	16	0	2	25	15	580	25	4
Bircher Muesli and Pears	600	27	9	50	30	78	7	41	10	24	4	2	50	10	360	20	6
Avocado Toast	600	27	5	260	540	63	16	19	25	1	2	100	25	8	740	15	0
Egg & Cheese Breakfast Sandwich	420	19	6	180	730	40	6	12	21	1	10	90	15	25	580	2	0
Landry Bay Crab Cakes	530	26	7	145	990	26	7	8	35	1	4	50	20	10	1010	8	2
Turkey Cobb Salad	400	16	5.5	260	1000	30	6.5	6	37	0	4	6	25	20	520	15	10
BBQ Chicken Pizza	480	16	8	90	520	54	9.5	20	30	6	2	8	8	35	740	20	2
Loaded Potato Soup	470	16	8	45	540	64	5	8	17	1	4	15	20	30	660	25	15
Chicken Fricassee	560	16	4.5	145	470	65	8	14	45	13	4	15	20	6	1000	6	2
Traditional Cottage Pie	470	18	5.5	95	530	46	5	19	29	7	2	50	15	6	720	8	2
Honey Garlic Chicken Bowl	640	16	2.5	40	1000	100	9	28	21	1	2	4	40	8	340	10	0
Salisbury Steak	620	19	5.5	135	690	65	10	12	47	1	4	25	35	10	1510	45	10
Average	534.2	20.2	6.3	122.9	607.5	59.6	8.0	18.9	27.4	6.0	3.5	30.6	24.8	15.3	730.0	16.6	4.4
Daily Average	1602.5	60.5	18.875	368.75	1822.5	178.75	23.875	56.75	82.25	18	10.5	91.75	74.5	45.75	2190	49.75	13.25
W 24 oz low-fat milk	1920.5	67.4	23.075	398.75	2122.5	214.75	23.875	92.75	106.85	18	40.5	103.75	74.5	135.75	3090	799.75	313.25

Seattle Sutton's Healthy Eating

2000 Calorie 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	1998.0	72.4	23.5	335.0	2247.5	220.8	24.4	94.8	107.9	19.8	41.5	97.3	88.8	148.3	2907.5	785.8	309.5
Menu D 10/23/2025	1990.5	71.9	22.8	360.0	2362.5	216.0	24.4	101.3	115.9	15.8	37.0	124.5	67.5	154.8	3410.0	792.8	311.0
Menu F 10/30/2025	1968.0	72.8	22.1	282.5	2281.3	221.5	21.0	98.3	104.6	27.0	43.3	167.8	88.8	150.0	3337.5	798.0	309.0
Menu H 11/06/2025	1905.5	64.2	21.8	235.0	2078.8	213.8	25.8	94.3	106.6	12.0	43.3	130.3	84.3	153.3	3760.0	795.8	309.0
Menu J 11/13/2025	1920.5	67.4	23.1	398.8	2122.5	214.8	23.9	92.8	106.9	18.0	40.5	103.8	74.5	135.8	3090.0	799.8	313.3

2000 Calorie Plan Daily Average WITH Milk Servings	
Calories	1956.5 kcal
Total Fat	68.4 g
Saturated Fat	22.2 g
Trans Fat	0.0 g
Cholesterol	322.3 mg
Sodium	2218.5 mg
Total Carbohydrates	217.4 g
Dietary Fiber	23.9 g
Total Sugars	96.3 g
Added Sugars	18.5 g
Protein	108.4 g
Vitamin D	310.4 mcg
Calcium (%)	148.4 %
Iron (%)	80.8 %
Potassium	3301.0 mg
Macronutrient Breakdown	
Fats	30%
Carbohydrates	46%
Protein	22%

2000 Calorie Plan Daily Average WITHOUT Milk Servings	
Calories	1638.5 kcal
Total Fat	61.5 g
Saturated Fat	18.0 g
Trans Fat	0 g
Cholesterol	292.3 mg
Sodium	1903.5 mg
Total Carbohydrates	178.4 g
Dietary Fiber	23.9 g
Total Sugars	60.3 g
Includes Added Sug	18.5 g
Protein	83.8 g
Vitamin D	10.4 mcg
Calcium (%)	58.4 %
Iron (%)	80.8 %
Potassium	2401.0 mcg
Macronutrient Breakdown	
Fats	34%
Carbohydrates	44%
Protein	20%

The 2000 calorie plan is recommended with 3 glasses of Low-Fat Milk

Low-Fat Milk Additions		
Amount	8 oz	24 oz
Calories	106 kcal	318
Total Fat	2.3 g	6.9 g
Saturated Fat	0 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 Sugar	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

For questions regarding this
nutritional analysis, please contact
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Healthy Eating

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