

Seattle Sutton's Healthy Eating

7-Day 2000 Calorie Plan Signature Menu & Nutrition Averages

Menu A

Week of: 11/17/2025

Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	Vitamin A	Vitamin C	Iron	Calcium	Potassium	Phosphorus	Vitamin D
Unit of Measure	(kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(%)
Open Faced Asparagus & Gruyere Omelet	450	8	2.5	10	750	64	7	17	4	26	2	15	25	15	470	6	0
Moroccan Chicken Skewers	710	18	3	120	340	76	12.5	18	7	59	0	15	40	10	930	45	2
Crab Stuffed Flounder	440	14	4	65	810	52	6	7	1	27	6	25	15	15	1180	15	4
Chocolate Hazelnut Crepe	650	30	3.5	80	510	74	5	21	7	22	0	4	10	4	290	10	0
Baja Chicken Tinga Wrap	470	14	4.5	60	620	57	10	5	0	30	2	15	15	15	820	8	4
Roast Turkey in Dijon Cream Sauce	590	10	4	145	570	66	10	24	10	55	4	30	25	20	1330	40	6
Berry Colada Parfait	320	2.5	1	5	80	62	10	43	19	12	0	6	8	15	390	2	0
Fresh Fruit and Cottage Cheese Plate	440	23	7	105	410	34	5	14	1	21	2	35	8	2	310	2	2
Nonna Sutton's Lasagna	590	24	7.5	45	580	67	11.5	13	0	28	4	6	35	30	700	10	0
Average Per Meal	517.8	15.9	4.1	70.6	518.9	61.3	8.6	18.0	5.4	31.1	2.2	16.8	20.1	14.0	713.3	15.3	2.0
Daily Average	1553	47.8	12.3	211.7	1556.7	184.0	25.7	54.0	16.3	93.3	6.7	50.3	60.3	42.0	2140.0	46.0	6.0
Menu A: 3 Day Average w/ 24 oz lowfat milk	1883.3	54.7	16.5	241.7	1856.7	223.0	25.7	90.0	16.3	117.9	36.7	62.3	60.3	132.0	3040.0	796.0	306.0

Menu B

Week of: 11/20/2025

Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	Vitamin A	Vitamin C	Iron	Calcium	Potassium	Phosphorus	Vitamin D
Unit of Measure	(kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(%)
Egg Fonduta	410	10	4.5	30	710	49	9	21	2	29	0	8	20	30	710	4	0
Broccoli Cheddar Soup & Salad	710	30	12	80	840	82	10	22	6	28	10	60	25	50	820	30	20
Raspberry Salmon Salad	460	24	5.5	95	270	28	4.5	16	9	32	6	8	15	6	790	10	0
Wild Blackberry Parfait	480	13	1	10	70	70	10	43	19	21	0	2	80	20	490	15	0
Chicken & Dumplings	540	18	6	125	1000	58	7	18	12	41	10	15	20	8	970	6	2
Rustic Zucchini Cavatappi	610	17	4.5	100	790	93	9	8	3	21	2	20	30	8	710	8	0
Strawberry Cheesecake French Toast	520	20	6.5	95	860	60	4	24	11	23	2	2	50	10	390	10	2
El Pastor Bowl	490	21	3.5	100	600	45	12	4	0	29	4	40	20	15	940	6	4
Chicken Enchilada Bake	600	24	10	125	820	44	7	8	0	41	2	40	15	35	620	40	4
Biscuits & Sausage Gravy	630	32	10.5	300	800	62	6	28	4	22	2	10	25	30	720	2	2
Chicken Salad on Croissant	430	23	7	105	410	34	4	14	1	21	6	6	8	6	310	2	0
Sweet & Sour Chicken	700	23	5.5	55	590	99	10	17	6	22	2	6	45	10	420	4	2
Average	548.3	21.3	6.4	101.7	646.7	60.3	7.7	18.6	6.1	27.5	3.8	18.1	29.4	19.0	657.5	11.4	3.0
Daily Average	1645	63.8	19.1	305.0	1940.0	181.0	23.1	55.8	18.3	82.5	11.5	54.3	88.3	57.0	1972.5	34.3	9.0
Menu B: 4 Day Average w/ 24 oz lowfat milk	1975.0	70.7	23.3	335.0	2240.0	220.0	23.1	91.8	18.3	107.1	41.5	66.3	88.3	147.0	2872.5	784.3	309.0

Menu C

Week of: 11/24/2025

Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	Vitamin A	Vitamin C	Iron	Calcium	Potassium	Phosphorus	Vitamin D
Unit of Measure	(kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(%)
Peach Berry Blintz	460	18	5.5	105	410	53	3	26	15	21	6	6	6	6	260	2	0
Honey Shrimp Salad	360	16	1.5	40	420	40	7	13	1	15	6	100	20	8	570	20	0
Thanksgiving Turkey Dinner	640	19	7	135	610	74	9	30	16	42	2	10	25	8	670	2	0
Cheesy Baked Egg Casserole	580	15	7	40	1000	64	10	18	4	42	2	35	25	35	860	15	2
Curry Chicken Salad	640	30	4	60	510	65	9.5	31	5	28	0	8	15	15	600	10	0
Garden Tamale Bowl	520	25	11	25	630	58	13	29	0	13	2	20	25	20	470	10	2
Strawberry Chia Oatmeal	470	16	3	5	50	69	10.5	35	10	13	2	50	20	15	660	15	15
Tuscan Bean Soup & Crostata	530	23	6	25	1000	61	12.5	10	3	20	4	20	20	25	1860	6	0
Chicken Linguini Alfredo	600	19	7	130	990	58	6.5	14	0	50	2	120	15	25	1280	10	15
Ciabatta Egg Sandwich	560	19	9	260	840	69	6	15	0	27	0	80	30	30	180	0	0
Lou's Bleu Burger	550	18	4.5	125	730	70	5.5	25	9	26	0	8	25	15	770	4	0
Honey Peach BBQ Chicken	610	17	7	165	860	66	3.5	19	8	52	2	4	20	30	1120	20	8
Average Per Meal	533.3	20.1	5.8	62.8	624.4	60.2	9.0	22.9	6.0	27.1	2.9	41.0	19.0	17.4	803.3	10.0	3.8
Daily Average	1600	60.3	17.3	188.3	1873.3	180.7	27.0	68.7	18.0	81.3	8.7	123.0	57.0	52.3	2410.0	30.0	11.3
Menu C: 3 Day Average w/ 24 oz lowfat milk	1930.0	67.2	21.5	218.3	2173.3	219.7	27.0	104.7	18.0	105.9	38.7	135.0	57.0	142.3	3310.0	780.0	311.3

Menu D

Week of: 11/27/2025

Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	Vitamin A	Vitamin C	Iron	Calcium	Potassium	Phosphorus	Vitamin D
Unit of Measure	(kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(%)
Blueberry Almond Torta	520	19	4	90	640	71	10	52	10	19	2	160	15	10	670	4	2
Lou's Bleu Burger	550	18	4.5	125	730	71	5.5	25	9	26	0	8	25	15	770	4	0
Cider Salmon	400	7	2	95	500	49	10.5	26	11	32	2	110	20	10	1230	15	4
Hashbrown Casserole	320	9	4.5	25	470	41	6.5	20	0	21	2	4	15	20	660	10	2
Margherita Flatbread Pizza	620	34	9	50	940	53	10	19	8	26	4	40	20	45	740	35	2
Marry Me Chicken	680	17	7	160	1000	85	11	25	6	43	2	8	25	30	1500	15	20
Cheddar & Sausage Breakfast Casserole	560	29	6	30	630	44	8	14	0	32	2	8	25	30	870	25	2
Chili Con Carne	660	36	6	50	670	61	11	13	0	27	4	25	35	20	1580	15	2
Chicken Carnitas	450	9	2.5	160	660	48	7	3	0	43	4	10	30	6	540	6	0
Ciabatta Egg Sandwich	550	19	9	260	840	65	6	15	0	27	0	60	30	30	150	0	0
Gemelli Pasta Salad	620	39	9	95	470	55	7	27	8	10	0	6	10	8	160	10	0
Honey Peach BBQ Chicken	610	17	7	165	860	58	3	19	8	52	2	4	20	30	1120	20	8
Average	545.0	21.1	5.9	108.8	700.8	58.4	8.0	21.5	5.0	29.8	2.0	36.9	22.5	21.2	832.5	13.3	3.5
Daily Average	1635	63.3	17.6	326.3	2102.5	175.3	23.9	64.5	15.0	89.5	6.0	110.8	67.5	63.5	2497.5	39.8	10.5
Menu D: 4 Day Average w/ 24 oz lowfat milk	1965.0	70.2	21.8	356.3	2402.5	214.3	23.9	100.5	15.0	114.1	36.0	122.8	67.5	153.5	3397.5	789.8	310.5

Menu E

Week of: 12/1/2025

Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	Vitamin A	Vitamin C	Iron	Calcium	Potassium	Phosphorus	Vitamin D
Unit of Measure	(kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(%)
Strawberry Poppyseed Bread	460	7	0	5	300	82	5.5	50	32	17	0	60	25	15	470	10	0
Chicken Gyro Bowl	750	22	2.5	110	860	81	5.5	3	0	51	4	45	40	15	500	8	0
Cajun Shrimp Etouffee	520	16	6.5	190	730	62	7.5	9	1	32	4	35	15	10	880	15	2
Morning Protein Plate	680	39	11	400	590	55	7	27	3	25	6	60	20	25	730	15	10
Pecan Cranberry Mixed Green Salad	650	46	7	25	320	43	9	17	11	16	4	8	15	35	260	8	0
Tortelloni Pomodoro	490	17	5.5	80	1000	62	9.5	20	3	21	4	35	30	35	700	8	0
Swiss Cheese Egg Bake	420	10	6.5	35	820	35	3.5	5	0	37	0	15	15	40	530	0	0
Homestyle Roasted Turkey Sandwich	570	11	6	140	430	74	6	31	12	44	6	8	20	10	780	25	4
BBQ Meatloaf & Cheddar Mash	670	31	7	115	840	58	7	20	9	43	2	15	30	20	1280	40	10
Average Per Meal	578.9	22.1	5.8	122.2	654.4	61.3	6.7	20.2	7.9	31.8	3.3	31.2	23.3	22.8	681.1	14.3	2.9
Daily Average	1737	66.3	17.3	366.7	1963.3	184.0	20.2	60.7	23.7	95.3	10.0	93.7	70.0	68.3	2043.3	43.0	8.7
Menu E: 3 Day Average w/ 24 oz lowfat milk	2066.7	73.2	21.5	396.7	2263.3	223.0	20.2	96.7	23.7	119.9	40.0	105.7	70.0	158.3	2943.3	793.0	308.7

Menu F

Week of: 12/4/2025

Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	Vitamin A	Vitamin C	Iron	Calcium	Potassium	Phosphorus	Vitamin D
Unit of Measure	(kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(%)
Cranberry Oat Bar	560	14.5	1	10	95	85	8.5	45	29	23	0	20	100	20	550	20	0
Bonsai Salmon Bowl	700	21	4	120	800	89	5	33	17	38	2	35	25	6	1190	35	0
Swedish Meatballs	500	16	6	85	630	59	8.5	12	0	31	10	45	25	20	1410	30	10
Sunrise Pizza	490	20	8	165	890	51	5	6	1	25	2	60	35	35	1000	20	2
Caesar Salad with Roasted Tomatoes	520	28	5.5	20	540	44	5	23	20	15	2	10	25	20	410	10	2
Butternut Squash Ravioli	600	28	10	90	700	66	11	15	4	22	15	40	25	30	700	20	6
Cheesy Egg Strata	450	14	7	40	750	53	6.5	29	0	27	6	220	15	30	790	15	4
Croque Monsieur	710	37	10.5	80	1050	75	4.5	23	8	27	4	2	15	40	720	20	6
Chicken Matzo Ball Soup	650	25	5.5	110	570	63	5	19	11	40	4	6	35	4	970	8	2
Bacon & Egg Bagel Sandwich	390	15	4	190	700	43	6	12	0	28	2	80	20	8	620	4	0
Chipotle Black Bean Burger	580	31	4	10	550	63	13	25	15	18	2	15	20	15	890	4	0
Pasta Verde with Durango Turkey	440	14	6	90	570	51	6	7	0	29	4	90	15	10	500	6	4
Average	549.2	22.0	6.0	84.2	653.8	61.8	7.0	20.8	8.8	26.9	4.4	51.9	29.6	19.8	812.5	16.0	3.0
Daily Average	1648	65.9	17.9	252.5	1961.3	185.5	21.0	62.3	26.3	80.8	13.3	155.8	88.8	59.5	2437.5	48.0	9.0
Menu F: 4 Day Average w/ 24 oz lowfat milk	1977.5	72.8	22.1	282.5	2261.3	224.5	21.0	98.3	26.3	105.4	43.3	167.8	88.8	149.5	3337.5	798.0	309.0

Menu G

Week of: 12/8/2025

Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	Vitamin A	Vitamin C	Iron	Calcium	Potassium	Phosphorus	Vitamin D
Unit of Measure	(kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(%)
Wheat Croissant and Brie	590	19	9	55	450	92	13	53	7	12	0	15	15	10	640	6	0
Broccoli Cheddar Fritter	550	22	8	40	660	64	10	26	7	21	2	60	20	25	780	20	2
Grilled Salmon with Creamy Dill Sauce	520	17	5	70	500	56	6	9	0	36	2	70	15	10	1140	15	4
Superfood Brioche French Toast	470	22	7	65	440	54	5	29	13	15	4	2	60	15	350	8	4
Mediterranean Lunch Box	570	28	5.5	125	800	29	6.5	6	2	51	0	4	20	10	620	30	2
Capri Chicken with Quinoa Pilaf	520	19	4.5	145	850	33	7.5	7	0	53	4	50	20	25	1160	15	2
Brioche Breakfast Sandwich	510	22	7	270	500	45	8	24	6	25	8	100	20	20	790	6	0
Loaded Quesadilla & Tortilla Soup	550	25	10	70	1170	45	6	5	0	27	2	10	15	35	320	20	2
Pierogi in Mushroom & Tomato Gravy	600	13	4	40	750	99	6	16	7	21	2	60	30	10	950	8	2
Average Per Meal	542.2	20.8	6.7	97.8	680.0	57.4	7.6	19.4	4.7	29.0	2.7	41.2	23.9	17.8	750.0	14.2	2.0
Daily Average	1627	62.3	20.0	293.3	2040.0	172.3	22.7	58.3	14.0	87.0	8.0	123.7	71.7	53.3	2250.0	42.7	6.0
Menu G: 3 Day Average w/ 24 oz lowfat milk	1956.7	69.2	24.2	323.3	2340.0	211.3	22.7	94.3	14.0	111.6	38.0	135.7	71.7	143.3	3150.0	792.7	306.0

Menu H

Week of: 12/11/2025

Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	Vitamin A	Vitamin C	Iron	Calcium	Potassium	Phosphorus	Vitamin D
Unit of Measure	(kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(%)
Spinach & Goat Cheese Frittata	350	6	3	10	620	50	4	9	0	21	6	160	60	25	1640	25	0
Tuna Melt	570	14	4.5	65	600	59	9.5	9	1	44	8	30	30	25	1150	25	0
Chicken Cacciatore	540	18	8	125	620	44	14	31	1	46	2	60	25	10	1190	6	0
Bacon & Cheddar Clafoutis	500	24	6	50	660	42	4	6	0	24	15	60	30	25	1520	20	4
Spinach Artichoke Flatbread Pizza	660	32	15	75	760	73	9	38	10	16	4	6	25	45	530	10	4
Picadillo Cubano	600	9	2.5	55	600	99	12	7	1	29	2	10	40	10	1080	10	0
Blueberry Smoothie Bowl	540	11	2.5	10	95	91	10	62	28	18	2	50	50	20	760	20	0
Acapulco Taco Pie	530	20	6	70	440	56	8	9	2	29	2	35	20	30	690	15	4
Pesto Cream Penne	620	22	5.5	30	940	76	16	18	0	28	6	40	30	35	860	30	20
Potato & Onion Pancakes	440	22	8	150	990	48	7.5	17	2	12	2	10	2	8	900	6	0
Pecan & Poppyseed Chicken Salad	590	31	3.5	90	460	40	5	16	0	34	4	6	15	10	460	6	0
Herbed Turkey Bake	460	19	6.5	85	460	42	4.5	12	3	29	2	8	15	10	580	10	4
Average	533.3	19.0	5.9	67.9	603.8	60.0	8.6	19.5	4.0	27.5	4.6	39.6	28.5	21.1	946.7	15.3	3.0
Daily Average	1600	57.0	17.8	203.8	1811.3	180.0	25.9	58.5	12.0	82.5	13.8	118.8	85.5	63.3	2840.0	45.8	9.0
Menu H: 4 Day Average w/ 24 oz lowfat milk	1930.0	63.9	22.0	233.8	2111.3	219.0	25.9	94.5	12.0	107.1	43.8	130.8	85.5	153.3	3740.0	795.8	309.0

Menu I Week of: 12/15/2025																		
Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	Vitamin A	Vitamin C	Iron	Calcium	Potassium	Phosphorus	Vitamin D	
Unit of Measure	(kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(%)	
Egg & Feta Tart	580	28	11.5	210	790	57	8	28	0	23	2	15	15	20	510	10	0	
Tex Mex Fish Taco	590	21	5	70	980	64	8	6	0	34	0	4	15	20	830	6	2	
Italian Sausage Flatbread Pizza	640	32	6	30	1150	55	10	5	3	34	4	45	20	35	920	4	0	
Chocolate Chia Bowl	600	25	7	0	135	82	12.5	55	23	16	0	2	30	30	850	30	8	
Smoky Chicken Salad Pita	460	13	2	70	640	55	11	10	2	32	4	20	25	20	830	10	0	
Thai Coconut Chicken	540	16	5.5	50	650	71	3	11	4	27	2	20	35	10	470	4	0	
Orange Berry Waffle	420	15	5.5	75	600	56	3.5	29	9	13	0	4	4	15	85	0	0	
Pear & Gorgonzola Salad	550	37	7	45	460	41	6.5	21	10	15	4	10	15	15	390	10	0	
Spaghetti Lentil Bolognese	670	21	5.5	20	700	85	14	10	1	31	4	15	35	30	1000	30	2	
Average Per Meal	561.1	23.1	6.1	63.3	678.3	62.9	8.5	19.4	5.8	25.0	2.2	15.0	21.6	21.7	653.9	11.6	1.3	
Daily Average	1683	69.3	18.3	190.0	2035.0	188.7	25.5	58.3	17.3	75.0	6.7	45.0	64.7	65.0	1961.7	34.7	4.0	
Menu I: 3 Day Average w/ 24 oz lowfat milk	2013.3	76.2	22.5	220.0	2335.0	227.7	25.5	94.3	17.3	99.6	36.7	57.0	64.7	155.0	2861.7	784.7	304.0	

Menu J Week of: 12/18/2025																		
Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	Vitamin A	Vitamin C	Iron	Calcium	Potassium	Phosphorus	Vitamin D	
Unit of Measure	(kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(%)	
Chocolate Pistachio Pancake	620	26	9	30	250	84	6.5	40	16	12	0	2	25	15	580	25	4	
Landry Bay Crab Cakes	530	26	7	145	990	40	7	8	1	35	4	50	20	10	1080	8	2	
Chicken Fricassee	560	16	4.5	145	470	65	8	14	13	45	4	15	20	6	980	6	2	
Bircher Muesli and Pears	600	27	9	55	30	78	7	41	24	10	4	2	50	10	360	20	6	
Turkey Cobb Salad	400	16	5.5	260	1000	26	6.5	6	0	37	4	6	25	20	520	15	10	
Traditional Cottage Pie	470	18	6	80	600	44	9	26	2	30	2	50	10	6	710	8	2	
Avocado Toast	600	27	5	260	540	63	16	19	1	25	2	100	25	8	740	15	0	
BBQ Chicken Pizza	480	16	8	90	520	54	9.5	20	6	30	2	6	8	35	740	20	2	
Honey Garlic Chicken Bowl	640	16	2.5	40	1000	100	9	28	1	21	2	4	40	8	340	10	0	
English Muffin Breakfast Sandwich	420	19	6	180	730	40	6	12	1	21	10	50	15	25	580	2	0	
Loaded Potato Soup	490	17	8	50	550	64	5	9	1	19	4	30	20	30	760	25	15	
Salisbury Steak	620	19	5.5	135	690	65	10	12	1	47	4	25	35	10	1510	45	10	
Average	535.8	20.3	6.3	122.5	614.2	60.3	8.3	19.6	5.6	27.7	3.5	28.3	24.4	15.3	741.7	16.6	4.4	
Daily Average	1608	60.8	19.0	367.5	1842.5	180.8	24.9	58.8	16.8	83.0	10.5	85.0	73.3	45.8	2225.0	49.8	13.3	
Menu J: 4 Day Average w/ 24 oz lowfat milk	1937.5	67.7	23.2	397.5	2142.5	219.8	24.9	94.8	16.8	107.6	40.5	97.0	73.3	135.8	3125.0	799.8	313.3	

Seattle Sutton's Healthy Eating

7-Day 2000 Calorie Plan Signature Menu & Nutrition Averages

Weekly Averages with Milk Unit of Measure	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 A: 3 Day Average w/ 24 oz lowfat milk	1883.3	54.7	16.5	241.7	1856.7	223.0	25.7	90.0	16.3	117.9	36.7	62.3	60.3	132.0	3040.0	796.0	306.0
Menu B: 4 Day Average w/ 24 oz lowfat milk	1975.0	70.7	23.3	335.0	2240.0	220.0	23.1	91.8	18.3	107.1	41.5	66.3	88.3	147.0	2872.5	784.3	309.0
Menu A & B Average	1922.6	61.6	19.4	281.7	2021.0	221.7	24.6	90.8	17.2	113.3	38.7	64.0	72.3	138.4	2968.2	791.0	307.3
Menu C: 3 Day Average w/ 24 oz lowfat milk	1930.0	67.2	21.5	218.3	2173.3	219.7	27.0	104.7	18.0	105.9	38.7	135.0	57.0	142.3	3310.0	780.0	311.3
Menu D: 4 Day Average w/ 24 oz lowfat milk	1965.0	70.2	21.8	356.3	2402.5	214.3	23.9	100.5	15.0	114.1	36.0	122.8	67.5	153.5	3397.5	789.8	310.5
Menu C & D Average	1945.0	68.5	21.7	277.4	2271.5	217.3	25.7	102.9	16.7	109.4	37.5	129.8	61.5	147.1	3347.5	784.2	311.0
Menu E: 3 Day Average w/ 24 oz lowfat milk	2066.7	73.2	21.5	396.7	2263.3	223.0	20.2	96.7	23.7	119.9	40.0	105.7	70.0	158.3	2943.3	793.0	308.7
Menu F: 4 Day Average w/ 24 oz lowfat milk	1977.5	72.8	22.1	282.5	2261.3	224.5	21.0	98.3	26.3	105.4	43.3	167.8	88.8	149.5	3337.5	798.0	309.0
Menu E & F Average	2028.5	73.0	21.8	347.7	2262.4	223.6	20.5	97.3	24.8	113.7	41.4	132.3	78.0	154.5	3112.3	795.1	308.8
Menu G: 3 Day Average w/ 24 oz lowfat milk	1956.7	69.2	24.2	323.3	2340.0	211.3	22.7	94.3	14.0	111.6	38.0	135.7	71.7	143.3	3150.0	792.7	306.0
Menu H: 4 Day Average w/ 24 oz lowfat milk	1930.0	63.9	22.0	233.8	2111.3	219.0	25.9	94.5	12.0	107.1	43.8	130.8	85.5	153.3	3740.0	795.8	309.0
Menu G & H Average	1945.2	66.9	23.2	284.9	2242.0	214.6	24.0	94.4	13.1	109.7	40.5	133.6	77.6	147.6	3402.9	794.0	307.3
Menu I: 3 Day Average w/ 24 oz lowfat milk	2013.3	76.2	22.5	220.0	2335.0	227.7	25.5	94.3	17.3	99.6	36.7	57.0	64.7	155.0	2861.7	784.7	304.0
Menu J: 4 Day Average w/ 24 oz lowfat milk	1937.5	67.7	23.2	397.5	2142.5	219.8	24.9	94.8	16.8	107.6	40.5	97.0	73.3	135.8	3125.0	799.8	313.3
Menu I & J Average	1980.8	72.6	22.8	296.1	2252.5	224.3	25.2	94.5	17.1	103.0	38.3	74.1	68.3	146.8	2974.5	791.1	308.0



For questions regarding this nutritional analysis, please contact the dietitians at Seattle

Sutton's Healthy Eating

1-815-780-2060

Dietitians@sshe.com

2000 Calorie Plan Daily Average WITH Milk Servings	
Calories	1964 kcal
Total Fat	67.5 g
Saturated Fat	22 g
Trans Fat	0 g
Cholesterol	297.6 mg
Sodium	2210 mg
Total Carbohydrates	220.3 g
Dietary Fiber	24.0 g
Total Sugars	96.0 g
Added Sugars	17.8 g
Protein	109.8 g
Vitamin D	308.5 mcg
Calcium (%)	146.89 %
Iron (%)	71.55 %
Potassium	3161.1 mcg
Macronutrient Breakdown	
Fats	31%
Carbohydrates	45%
Protein	22%

2000 Calorie Plan Daily Average WITHOUT Milk Servings	
Calories	1634.4 kcal
Total Fat	60.6 g
Saturated Fat	18 g
Trans Fat	0 g
Cholesterol	267.6 mg
Sodium	1895 mg
Total Carbohydrates	181.3 g
Dietary Fiber	24.0 g
Total Sugars	60.0 g
Includes Added Sugars	17.8 g
Protein	84.8 g
Vitamin D	8.5 mcg
Calcium (%)	56.89 %
Iron (%)	71.55 %
Potassium	2261.1 mcg
Macronutrient Breakdown	
Fats	33%
Carbohydrates	44%
Protein	21%

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

Low-Fat Milk Additions		
Amount	8 oz	24 oz
Calories	110 kcal	330 kcal
Total Fat	2.3 g	6.9 g
Saturated Fat	1.4g	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