

Seattle Sutton's Healthy Eating
7-Day 2000 Calorie Plan Vegetarian Menu & Nutrition Averages

	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 3/2/2026																	
Open Faced Asparagus & Gruyere Omelet	450	8	2.5	10	750	64	7	17	4	26	2	15	25	15	470	6	0
Chocolate Hazelnut Crepe	650	30	3.5	80	510	74	5	24	10	22	0	4	15	4	340	10	2
Berry Colada Parfait	320	2.5	1	5	80	62	10	43	19	12	0	6	8	15	390	2	0
Moroccan Kofta Bowl	620	30	6	0	620	56	14	13	7	31	0	15	45	6	780	8	0
Baja Garbanzo Tinga Wrap	540	17	6.5	30	700	71	11	8	0	25	2	15	20	25	1000	15	8
Fresh Fruit and Cottage Cheese Plate	540	17	7	50	990	54	9	21	0	34	2	35	15	45	730	15	2
Cauliflower Tikka Masala	540	19	3	15	810	73	10	12	0	21	2	140	45	20	1420	10	0
Sweet Potato Chili	490	21	7.5	45	580	63	7	17	12	14	15	25	20	25	700	4	0
Nonna Sutton's Lasagna	590	24	7.5	45	580	67	11.5	13	0	28	4	6	35	30	825	10	0
Menu B 3/5/2026																	
Egg Fonduta	410	10	4.5	30	710	49	9	21	2	29	0	8	20	30	710	4	0
Wild Blackberry Parfait	480	13	1	10	70	70	10	43	19	21	0	2	80	20	490	15	0
Strawberry Cheesecake French Toast	520	20	6.5	95	860	60	7	24	11	23	2	2	50	10	390	10	2
Biscuits & Vegetarian Gravy	670	33	11	300	940	67	7	30	4	25	2	10	25	35	790	4	4
Broccoli Cheddar Soup & Salad	710	30	12	80	840	82	10	22	6	28	10	60	25	50	820	30	20
Vegetables & Dumplings	430	8	2	40	850	78	10	19	10	14	15	25	20	10	730	10	2
Mushroom Swiss Veggie Burger	600	34	12.5	45	760	36	6	10	1	42	8	8	35	40	1050	4	2
Egg Salad on Croissant	570	34	9	400	540	49	6	26	7	19	6	6	25	10	360	8	0
Raspberry Goat Cheese Salad	610	38	10	20	280	52	8	32	12	21	8	25	30	15	1070	30	2
Rustic Zucchini Cavatappi	610	17	4.5	100	790	93	9	8	3	21	2	20	30	8	710	8	0
Black Bean Enchilada Bake	490	20	9	55	850	51	9	9	0	19	2	30	15	35	510	25	2
Sweet & Sour Tofu	650	23	5.5	20	610	96	6	21	8	16	2	6	25	15	460	6	2
Average Per Meal	547.1	21.4	6.3	70.2	653.3	65.1	8.6	20.6	6.4	23.4	4.0	22.0	29.0	22.0	702.1	11.1	2.3
Daily Average	1641	64	19	211	1960	195	26	62	19	70	12	66	87	66	2106	33	7
Week A/B: 7 Day Average with milk	1971	71	23	241	2275	231	26	98	19	385	12	66	87	141	3306	138	307

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	(kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(%)
Menu C																	
3/9/2026																	
Vegetarian Peach Berry Blintz	470	18	4.5	65	310	54	3.5	24	15	22	0	6	10	8	360	2	0
Cheesy Baked Egg Casserole	580	15	7	40	1000	64	10	18	4	42	2	35	25	35	860	15	2
Strawberry Chia Oatmeal	470	16	3	5	50	69	10.5	35	10	13	2	50	20	15	660	15	15
Chili Tempeh Salad	550	22	2.5	0	1180	63	5	9	1	26	6	90	35	10	830	20	0
Curry Chickpea Salad	640	31	3.5	15	500	73	11.5	33	5	17	0	8	15	15	640	10	0
Tuscan Bean Soup & Crostata	530	23	6	25	1000	61	12.5	10	3	20	4	20	20	25	1860	6	0
Vegetarian Vodka Meatballs	640	16	5.5	20	1110	75	21	9	1	55	2	40	50	20	1740	15	4
Garden Tamale Bowl	520	25	11	25	630	58	13	29	0	13	2	20	25	20	470	10	2
Primavera Alfredo	570	15	7	45	720	85	8.5	18	0	24	2	2	8	35	900	15	20
Menu D																	
3/12/2026																	
Vegetarian Blueberry Almond Torta	590	18	2	15	630	85	10	56	13	28	0	150	25	15	890	6	2
Hashbrown Casserole	320	9	4.5	25	470	41	6.5	20	0	21	2	4	15	20	660	10	2
Cheddar & Sausage Breakfast Casserole	580	29	6	30	630	51	9	19	1	31	2	8	20	30	770	20	2
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	11	95	470	55	7	27	8	10	0	6	10	8	160	10	0
Margherita Flatbread Pizza	620	34	9	50	940	53	10	19	8	26	4	40	20	45	740	35	2
Three Bean Chili	600	35	9	30	690	53	12.5	12	0	18	4	25	25	25	1770	10	2
Lou's Bleu Veggie Burger	620	25	7	15	870	72	8	23	4	29	0	8	35	15	730	2	0
Greek Chickpea Feta Fritter	450	7	2	10	580	77	13	26	9	19	2	90	25	15	940	15	0
Marry Me Pasta	550	9	4.5	105	530	96	9.5	22	6	19	6	80	15	25	870	20	20
Sofrito Tofu	460	14	2	0	630	63	11	7	0	23	4	25	40	25	970	15	0
Homestyle Macaroni & Cheese	600	18	9	55	870	86	6.5	19	8	25	4	80	20	40	1000	30	15
Average Per Meal	549	21	6	44	698	67	10	21	5	24	2	40	23	23	856	13	4
Daily Average	1647	62	18	133	2093	200	29	64	14	73	7	121	70	68	2567	40	13
Week C/D: 7 Day Average with milk	1977	69	22	163	2408	236	29	100	14	388	7	121	70	143	3767	145	313

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	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 E																	
3/16/2026																	
Strawberry Poppyseed Bread	460	7	0	5	300	82	5.5	50	31	17	0	60	25	15	470	10	0
Swiss Cheese Egg Bake	440	10	6.5	35	820	35	3.5	5	0	37	0	15	15	40	530	0	0
Morning Protein Plate	680	39	11	400	590	55	7	27	4	25	6	60	20	25	730	15	10
Falafel Bowl	700	20	1.5	0	940	106	16	9	0	26	4	50	60	20	630	10	0
Asian Chopped Salad	420	20	2	0	670	45	11	23	7	17	2	170	30	20	1380	25	0
Pumpkin Sweet Potato Bisque & Salad	590	20	7	40	180	95	14	33	22	13	10	20	30	15	740	8	2
Cajun Vegetarian Etouffee	630	22	7	40	460	98	12	17	1	17	6	70	20	10	1330	25	2
Tortelloni Pomodoro	490	17	5.5	80	1000	62	10	20	3	21	4	35	30	35	700	8	0
BBQ Veggie Meatloaf & Cheddar Mash	740	40	9	15	1220	66	7	24	13	37	2	15	40	20	1340	20	8
Menu F																	
3/19/2026																	
Sunrise Pizza	490	20	8	165	890	51	5	6	1	25	2	60	35	35	1000	20	2
Cranberry Oat Bar	570	14.5	1	10	100	85	8.5	45	33	23	0	20	100	20	550	20	0
Cheesy Egg Strata	450	14	7	40	750	53	6.5	29	0	27	6	220	15	30	790	15	4
Vegetarian Bacon & Egg Bagel Sandwich	410	16	3	135	1050	42	6	12	0	30	2	80	25	8	760	4	0
Bonsai Tofu Bowl	730	26	5	40	850	95	10	34	12	32	2	35	50	45	900	10	0
Caesar Salad with Roasted Tomatoes	530	32	5.5	20	540	45	5	23	20	15	2	10	25	20	420	10	0
Mushroom Croque Monsieur	710	41	13.5	75	950	68	4.5	20	7	25	4	6	10	50	890	35	10
Chipotle Black Bean Burger	580	31	4	10	550	63	13	25	15	18	2	15	20	15	890	4	0
Vegetarian Swedish Meatballs	470	9	4.5	20	1000	54	14	11	0	45	10	45	40	25	1690	15	8
Pasta Verde with Guajillo Garbanzos	550	25	10.5	65	250	66	9	12	0	16	6	100	15	10	1030	8	6
Butternut Squash Ravioli	600	28	10	90	700	66	11	15	4	22	15	40	25	30	700	20	6
Lentil Matzo Ball Soup	540	20	4.5	15	950	74	10	22	10	14	2	10	40	6	600	15	2
Average Per Meal	561	22	6	62	703	67	9	22	9	24	4	54	32	24	860	14	3
Daily Average	1683	67	18	186	2109	201	27	66	26	72	12	162	96	71	2581	42	9
Week E/F: 7 Day Average with milk	2013	74	22	216	2424	237	27	102	26	387	12	162	96	146	3781	147	309

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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	590	19	9	55	450	92	13	53	7	12	0	15	15	10	640	6	0
Superfood Brioche French Toast	470	22	7	65	440	54	5	29	12	15	4	2	60	15	350	8	4
Brioche Vegetarian Breakfast Sandwich	600	30	9	250	850	49	9	24	6	33	8	100	35	20	960	2	0
Broccoli Cheddar Fritter	550	22	8	40	660	64	10	26	4	21	2	60	20	25	780	20	2
Poppyseed Sweet Potato Salad	630	24	3	0	300	89	11	36	14	14	30	40	30	10	1020	25	0
Veggie Quesadilla & Tortilla Soup	520	27	11.5	55	950	46	6	6	0	22	2	20	10	35	430	25	4
Southwestern Couscous Pilaf	730	28	10.5	65	850	89	10.5	18	11	29	4	30	20	40	670	30	4
Capri Style Roasted Eggplant	600	33	8	40	1050	51	15	15	0	30	4	200	20	45	1030	30	2
Pierogi in Mushroom & Tomato Gravy	600	13	4	40	750	99	6	16	6	21	2	60	30	10	950	8	2
Menu H																	
3/26/2026																	
Spinach & Goat Cheese Frittata	350	6	3	10	620	50	4	8	0	21	6	160	60	25	1640	25	0
Vegetarian Bacon & Cheddar Clafoutis	420	19	4.5	25	690	39	4	6	0	21	15	60	30	20	1380	20	4
Blueberry Smoothie Bowl	540	11	2.5	10	95	91	10	62	16	18	2	50	50	20	760	20	0
Potato & Onion Pancakes	440	22	8	150	990	48	7.5	17	2	12	2	10	2	8	900	6	0
Veggie Melt	560	16	5.5	30	730	74	13.5	11	0	30	8	35	35	25	1240	10	0
Spinach Artichoke Flatbread Pizza	660	32	15	75	760	73	9	38	18	16	4	6	25	45	530	10	4
Vegetarian Acapulco Taco Pie	410	13	4	15	420	57	8	8	2	13	2	35	20	25	700	15	4
Vegetarian Mediterranean Lunch Box	530	29	4.5	10	1200	35	5.5	6	0	32	0	4	20	15	290	4	0
Eggplant Parmesan	480	19	3.5	5	700	62	8	14	0	14	2	15	15	10	990	8	0
Vegetarian Picadillo Cubano	510	4.5	1	0	550	104	14	8	0	14	0	10	45	10	1030	6	0
Pesto Cream Penne	620	22	5.5	30	940	76	16	18	0	28	6	40	30	35	860	30	20
Butternut & Zucchini Bake	420	15	4.5	30	280	59	7	14	3	11	2	15	15	6	840	8	2
Average Per Meal	535	20	6	48	680	67	9	21	5	20	5	46	28	22	857	15	2
Daily Average	1604	61	19	143	2039	200	27	62	14	61	15	138	84	65	2570	45	7
Week G/H: 7 Day Average with milk	1934	68	23	173	2354	236	27	98	14	376	15	138	84	140	3770	150	307

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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	480	23	11.5	210	550	51	7	25	0	17	2	2	10	20	460	10	0
Chocolate Chia Bowl	700	35	9	0	140	87	14	55	27	21	2	25	35	35	1070	40	8
Orange Berry Waffle	420	15	5.5	75	600	56	3.5	29	9	13	0	4	4	15	85	0	0
Tex Mex Black Bean Taco	500	22	9	50	740	60	8	7	0	19	2	6	10	30	690	10	2
Smoky Chick'n Salad Pita	480	17	3	20	750	57	13	14	1	24	2	25	25	15	880	6	0
Genoa Minestrone	520	10	3	20	820	86	6.5	10	2	19	4	20	35	8	420	6	0
Italian Sausage Flatbread Pizza	790	34	8	40	1600	86	11	6	2	39	0	2	30	30	1000	2	0
Vegetarian Thai Coconut Curry	730	20	8	0	660	114	5	18	5	18	2	25	50	15	670	6	0
Spaghetti Lentil Bolognese	680	21	5.5	20	700	85	16	10	0	33	4	50	40	35	1440	35	2
Menu J																	
4/2/2026																	
Chocolate Pistachio Pancake	620	26	9	30	250	83	6.5	39	24	12	0	2	25	15	570	25	4
Bircher Muesli and Pears	600	27	9	55	30	78	7	41	23	10	4	2	50	10	360	20	6
Avocado Toast	600	27	5	260	540	63	16	19	1	25	2	100	25	8	740	15	0
Veggie Sausage & Egg Sandwich	430	18	5.5	140	720	43	6	13	1	24	6	50	20	25	640	2	0
Landry Bay Zucchini Cakes	550	26	7	50	900	63	8	11	2	15	4	60	25	10	980	10	2
Vegetarian Verde Taco	560	23	9	40	850	68	10	8	0	28	2	25	20	20	650	15	8
Vegetarian BBQ Pizza	480	17	8	40	580	56	12	17	3	26	2	6	15	35	750	15	2
Loaded Potato Soup	490	17	8	50	550	64	5	9	1	19	4	30	20	30	760	25	15
Spring Vegetable Fricassee	520	15	4	20	310	91	14	25	12	14	25	40	40	10	1200	20	2
Vegetarian Cottage Pie	390	11	4	0	580	60	17	26	2	14	2	60	20	6	960	15	2
Honey Garlic Chickpea Bowl	460	15	6	25	270	68	9	17	0	13	4	8	15	10	620	10	2
Peppered Lentil Salisbury Steak	600	20	6	10	730	70	20	10	1	37	2	20	50	8	1360	30	4
Average Per Meal	552	21	7	55	613	71	10	19	6	21	4	27	27	19	776	15	3
Daily Average	1657	63	20	165	1839	213	31	58	17	63	11	80	81	56	2329	45	8
Week I/J: 7 Day Average with milk	1987	70	25	195	2154	249	31	94	17	378	11	80	81	131	3529	150	308

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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	1971	71	23	241	2275	231	26	98	19	385	12	66	87	141	3306	138	307
Week C/D: 7 Day Average with milk	1977	69	22	163	2408	236	29	100	14	388	7	121	70	143	3767	145	313
Week E/F: 7 Day Average with milk	2013	74	22	216	2424	237	27	102	26	387	12	162	96	146	3781	147	309
Week G/H: 7 Day Average with milk	1934	68	23	173	2354	236	27	98	14	376	15	138	84	140	3770	150	307
Week I/J: 7 Day Average with milk	1987	70	25	195	2154	249	31	94	17	378	11	80	81	131	3529	150	308



2000 Calorie Plan 5 Week Cycle Weekly Average Including 2 servings of Non-Fat Milk/Day	
Calories	1977 kcal
Total Fat	70.4 g
Saturated Fat	23 g
Trans Fat	0 g
Cholesterol	197.4 mg
Sodium	2323 mg
Total Carbohydrates	237.8 g
Dietary Fiber	31.9 g
Total Sugars	98.5 g
Added Sugars	18.0 g
Protein	382.7 g
Vitamin D	308.8 mcg
Calcium (%)	140.06 %
Iron (%)	83.34 %
Potassium	3630.9 mcg
Macronutrient Breakdown	
Fats	32%
Carbohydrates	48%
Protein	77%

2000 Calorie Plan 5 Week Cycle Weekly Average WITHOUT MILK SERVINGS	
Calories	1646.6 kcal
Total Fat	63.5 g
Saturated Fat	19 g
Trans Fat	0 g
Cholesterol	167.4 mg
Sodium	2008 mg
Total Carbohydrates	201.8 g
Dietary Fiber	31.9 g
Total Sugars	62.5 g
Includes Added Sugar	18.0 g
Protein	355.7 g
Vitamin D	8.8 mcg
Calcium (%)	65.06 %
Iron (%)	83.34 %
Potassium	2430.9 mcg
Macronutrient Breakdown	
Fats	34%
Carbohydrates	49%
Protein	86%

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

Low-Fat Milk Additions		
Amount	8 oz	24 oz
Calories	110kcal	330 kcal
Total Fat	2.3g	6.9 g
Saturated Fat	1.4g	4.2 g
Trans Fat	0 g	0 g
Cholesterol	10 mg	30 mg
Sodium	105mg	315 mg
Total Carbohydrates	12 g	36 g
Dietary Fiber	0 g	0 g
Total Sugars	12 g	36 g
Added Sugars	0 g	0 g
Protein	9 g	27 g
Phosphorus	35%	105 %
Vitamin D	100 mcg	300 mcg
Calcium (%)	25%	75 %
Iron (%)	0%	0 %
Potassium	400 mcg	1200 mcg

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

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