

Seattle Sutton's Healthy Eating

7-Day 2000 Calorie Plan Signature Menu & Nutrition Averages

Menu A

Week of: 12/22/2025

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
Herbed Cornish Hen	690	38	8	210	600	67	11	23	17	33	10	15	25	10	1110	8	0
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
Biscuits & Sausage Gravy	630	32	10.5	300	830	62	6	28	4	22	2	10	25	35	720	2	4
Chicken Salad on Croissant	570	18	8	105	410	54	9	21	7	34	2	35	15	6	730	8	0
Sweet & Sour Chicken	700	23	5.5	55	590	99	10	17	6	22	2	6	45	10	420	4	2
Average	555.0	20.4	5.4	96.7	544.2	64.0	8.6	18.9	6.1	28.0	2.7	15.6	22.2	13.9	672.5	10.0	1.5
Daily Average	1665	61.1	16.3	290.0	1632.5	192.0	25.8	56.8	18.3	84.0	8.0	46.8	66.5	41.8	2017.5	30.0	4.5
Menu A: 4 Day Average w/ 24 oz lowfat milk	1995.0	68.0	20.5	320.0	1932.5	231.0	25.8	92.8	18.3	108.6	38.0	58.8	66.5	131.8	2917.5	780.0	304.5
Average Per Meal	528.9	19.1	4.6	77.8	522.2	61.4	8.7	17.9	6.2	28.7	2.9	15.1	20.1	12.9	688.9	11.8	1.3
Daily Average	1587	57.2	13.7	233.3	1566.7	184.3	26.0	53.7	18.7	86.0	8.7	45.3	60.3	38.7	2066.7	35.3	4.0
Menu A: 3 Day Average w/ 24 oz lowfat milk	1916.7	64.1	17.9	263.3	1866.7	223.3	26.0	89.7	18.7	110.6	38.7	57.3	60.3	128.7	2966.7	785.3	304.0

Menu B

Week of: 12/25/2025

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: 12/29/2025

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
Chicken Wellington	510	21	11	90	660	51	7.5	9	0	26	0	8	25	15	1140	20	4
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	532.5	19.8	6.4	89.2	675.0	60.3	7.9	20.3	4.6	27.8	2.2	38.3	20.5	19.9	814.2	11.0	3.8
Daily Average	1598	59.3	19.1	267.5	2025.0	181.0	23.6	61.0	13.8	83.3	6.5	114.8	61.5	59.8	2442.5	33.0	11.5
Menu C: 4 Day Average w/ 24 oz lowfat milk	1927.5	66.2	23.3	297.5	2325.0	220.0	23.6	97.0	13.8	107.9	36.5	126.8	61.5	149.8	3342.5	783.0	311.5
Average Per Meal	518.9	20.3	6.2	57.8	630.0	57.7	8.8	20.6	4.2	25.3	2.7	40.8	19.0	18.2	855.6	12.0	4.2
Daily Average	1557	61.0	18.7	173.3	1890.0	173.0	26.5	61.7	12.7	76.0	8.0	122.3	57.0	54.7	2566.7	36.0	12.7
Menu C: 3 Day Average w/ 24 oz lowfat milk	1886.7	67.9	22.9	203.3	2190.0	212.0	26.5	97.7	12.7	100.6	38.0	134.3	57.0	144.7	3466.7	786.0	312.7

Menu D

Week of: 1/1/2026

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	31	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	12	0	27	4	25	35	20	1580	15	2
Chicken Carnitas	460	10	2.5	160	660	47	7	3	0	43	2	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	16	7	165	860	66	3	19	8	52	2	4	20	30	1120	20	8
Average	545.8	21.1	5.9	108.8	700.8	59.0	8.0	21.4	5.0	29.8	1.8	36.9	22.5	21.2	832.5	13.3	3.5
Daily Average	1638	63.3	17.6	326.3	2102.5	177.0	23.9	64.3	15.0	89.3	5.5	110.8	67.5	63.5	2497.5	39.8	10.5
Menu D: 4 Day Average w/ 24 oz lowfat milk	1967.5	70.2	21.8	356.3	2402.5	216.0	23.9	100.3	15.0	113.9	35.5	122.8	67.5	153.5	3397.5	789.8	310.5

Menu E

Week of: 1/5/2026

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	620	29	6	100	760	55	7	23	12	38	2	15	25	20	1190	35	10
Bacon & Egg Bagel Sandwich	400	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
Chicken Matzo Ball Soup	650	25	5.5	110	570	63	5	19	11	40	4	6	35	6	970	8	2
Average	565.8	22.3	5.4	116.3	635.8	59.8	7.0	20.1	8.3	30.6	3.2	31.8	23.3	19.5	710.0	11.7	2.3
Daily Average	1698	67.0	16.1	348.8	1907.5	179.5	21.1	60.3	25.0	91.8	9.5	95.5	70.0	58.5	2130.0	35.0	7.0
Menu E: 4 Day Average w/ 24 oz lowfat milk	2027.5	73.9	20.3	378.8	2207.5	218.5	21.1	96.3	25.0	116.4	39.5	107.5	70.0	148.5	3030.0	785.0	307.0
Average Per Meal	573.3	21.9	5.7	120.6	645.6	61.0	6.7	20.6	8.2	31.2	3.3	31.2	22.8	22.8	671.1	13.8	2.9
Daily Average	1720	65.7	17.0	361.7	1936.7	183.0	20.2	61.7	24.7	93.7	10.0	93.7	68.3	68.3	2013.3	41.3	8.7
Menu E: 3 Day Average w/ 24 oz lowfat milk	2050.0	72.6	21.2	391.7	2236.7	222.0	20.2	97.7	24.7	118.3	40.0	105.7	68.3	158.3	2913.3	791.3	308.7

Menu F

Week of: 1/8/2026

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	570	14.5	1	10	100	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	6	970	8	2
Bacon & Egg Bagel Sandwich	400	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	550.8	22.0	6.0	84.2	654.2	61.8	7.0	20.8	8.8	26.9	4.4	51.9	29.6	20.0	812.5	16.0	3.0
Daily Average	1653	65.9	17.9	252.5	1962.5	185.5	21.0	62.3	26.3	80.8	13.3	155.8	88.8	60.0	2437.5	48.0	9.0
Menu F: 4 Day Average w/ 24 oz lowfat milk	1982.5	72.8	22.1	282.5	2262.5	224.5	21.0	98.3	26.3	105.4	43.3	167.8	88.8	150.0	3337.5	798.0	309.0

Menu G

Week of: 1/12/2026

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	7	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
Potato & Onion Pancakes	440	22	8	150	990	48	7	17	2	12	2	10	2	8	900	6	0
Pecan & Poppyseed Chicken Salad	590	31	3	90	440	40	6	16	0	34	4	6	15	10	460	6	0
Herbed Turkey Bake	430	18	5.5	65	510	45	5	12	3	21	2	8	15	4	640	8	4
Average	528.3	21.5	6.4	98.8	671.7	54.2	7.3	18.3	3.9	27.3	2.7	32.9	20.6	15.2	729.2	12.3	1.8
Daily Average	1585	64.5	19.1	296.3	2015.0	162.5	21.8	55.0	11.8	82.0	8.0	98.8	61.8	45.5	2187.5	37.0	5.5
Menu G: 4 Day Average w/ 24 oz lowfat milk	1915.0	71.4	23.3	326.3	2315.0	201.5	21.8	91.0	11.8	106.6	38.0	110.8	61.8	135.5	3087.5	787.0	305.5
Average Per Meal	542.2	20.8	6.7	97.8	680.0	57.4	7.7	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	23.0	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	23.0	94.3	14.0	111.6	38.0	135.7	71.7	143.3	3150.0	792.7	306.0

Menu H

Week of: 1/15/2026

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	8	0	21	6	160	60	25	1640	25	0
Tuna Melt	570	14	4.5	65	600	59	9.5	9	1	44	8	35	35	25	1270	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	540	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	90	440	40	6	16	0	34	4	6	15	10	460	6	0
Herbed Turkey Bake	430	18	5.5	65	510	45	5	12	3	21	2	8	15	4	640	8	4
Average	530.8	18.9	5.8	66.3	601.3	60.3	8.8	19.4	4.0	26.8	4.6	40.0	28.9	20.6	961.7	15.1	3.0
Daily Average	1593	56.8	17.4	198.8	1803.8	180.8	26.3	58.3	12.0	80.5	13.8	120.0	86.8	61.8	2885.0	45.3	9.0
Menu H: 4 Day Average w/ 24 oz lowfat milk	1922.5	63.7	21.6	228.8	2103.8	219.8	26.3	94.3	12.0	105.1	43.8	132.0	86.8	151.8	3785.0	795.3	309.0

Menu I Week of: 1/19/2026																	
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	480	23	11.5	210	550	51	7	25	0	17	2	2	10	20	460	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	700	35	9	0	140	89	14	55	23	21	2	25	35	35	1070	40	8
Smoky Chicken Salad Pita	470	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	510	37	7	45	460	30	6	15	10	15	2	6	15	15	290	10	0
Spaghetti Lentil Bolognese	670	21	5.5	20	700	85	14	10	1	31	4	15	35	30	1000	30	2
English Muffin Breakfast Sandwich	400	18	5.5	140	670	36	6	9	1	24	6	40	20	25	540	2	0
Loaded Potato Soup	460	18	9	50	550	58	6	9	1	18	4	25	20	30	680	25	15
Salisbury Steak	610	19	5.5	135	870	61	10	12	1	47	4	25	30	10	1450	45	10
Average	540.8	22.3	6.4	74.6	663.3	59.3	8.2	16.3	4.6	26.1	2.8	19.3	22.0	22.1	718.8	15.5	3.1
Daily Average	1623	67.0	19.3	223.8	1990.0	177.8	24.6	49.0	13.8	78.3	8.5	57.8	66.0	66.3	2156.3	46.5	9.3
Menu I: 4 Day Average w/ 24 oz lowfat milk	1952.5	73.9	23.5	253.8	2290.0	216.8	24.6	85.0	13.8	102.9	38.5	69.8	66.0	156.3	3056.3	796.5	309.3
Average Per Meal	557.8	23.7	6.3	63.3	652.2	61.8	8.5	18.4	5.8	24.9	2.2	15.7	21.6	22.2	661.7	12.7	1.3
Daily Average	1673	71.0	19.0	190.0	1956.7	185.3	25.5	55.3	17.3	74.7	6.7	47.0	64.7	66.7	1985.0	38.0	4.0
Menu I: 3 Day Average w/ 24 oz lowfat milk	2003.3	77.9	23.2	220.0	2256.7	224.3	25.5	91.3	17.3	99.3	36.7	59.0	64.7	156.7	2885.0	788.0	304.0
Menu J Week of: 1/22/2026																	
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	14	1	21	8	50	15	25	550	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	19.8	5.6	27.7	3.3	28.3	24.4	15.3	739.2	16.6	4.4
Daily Average	1608	60.8	19.0	367.5	1842.5	180.8	24.9	59.3	16.8	83.0	10.0	85.0	73.3	45.8	2217.5	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	95.3	16.8	107.6	40.0	97.0	73.3	135.8	3117.5	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	1916.7	64.1	17.9	263.3	1866.7	223.3	26.0	89.7	18.7	110.6	38.7	57.3	60.3	128.7	2966.7	785.3	304.0
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	1941.7	66.9	20.2	294.0	2026.7	221.9	24.8	90.6	18.5	109.1	39.9	61.2	72.3	136.5	2926.3	784.9	306.1
Menu C: 3 Day Average w/ 24 oz lowfat milk	1886.7	67.9	22.9	203.3	2190.0	212.0	26.5	97.7	12.7	100.6	38.0	134.3	57.0	144.7	3466.7	786.0	312.7
Menu D: 4 Day Average w/ 24 oz lowfat milk	1967.5	70.2	21.8	356.3	2402.5	216.0	23.9	100.3	15.0	113.9	35.5	122.8	67.5	153.5	3397.5	789.8	310.5
Menu C & D Average	1921.3	68.9	22.4	268.9	2281.1	213.7	25.4	98.8	13.7	106.3	36.9	129.4	61.5	148.5	3437.0	787.6	311.7
Menu E: 3 Day Average w/ 24 oz lowfat milk	2050.0	72.6	21.2	391.7	2236.7	222.0	20.2	97.7	24.7	118.3	40.0	105.7	68.3	158.3	2913.3	791.3	308.7
Menu F: 4 Day Average w/ 24 oz lowfat milk	1982.5	72.8	22.1	282.5	2262.5	224.5	21.0	98.3	26.3	105.4	43.3	167.8	88.8	150.0	3337.5	798.0	309.0
Menu E & F Average	2021.1	72.7	21.6	344.9	2247.7	223.1	20.5	97.9	25.3	112.7	41.4	132.3	77.1	154.8	3095.1	794.2	308.8
Menu G: 3 Day Average w/ 24 oz lowfat milk	1956.7	69.2	24.2	323.3	2340.0	211.3	23.0	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	1922.5	63.7	21.6	228.8	2103.8	219.8	26.3	94.3	12.0	105.1	43.8	132.0	86.8	151.8	3785.0	795.3	309.0
Menu G & H Average	1942.0	66.8	23.1	282.8	2238.8	214.9	24.4	94.3	13.1	108.8	40.5	134.1	78.1	146.9	3422.1	793.8	307.3
Menu I: 3 Day Average w/ 24 oz lowfat milk	2003.3	77.9	23.2	220.0	2256.7	224.3	25.5	91.3	17.3	99.3	36.7	59.0	64.7	156.7	2885.0	788.0	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	95.3	16.8	107.6	40.0	97.0	73.3	135.8	3117.5	799.8	313.3
Menu I & J Average	1975.1	73.5	23.2	296.1	2207.7	222.4	25.2	93.0	17.1	102.8	38.1	75.3	68.3	147.7	2984.6	793.0	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	1960 kcal
Total Fat	68.8 g
Saturated Fat	22 g
Trans Fat	0 g
Cholesterol	297.3 mg
Sodium	2200 mg
Total Carbohydrates	219.2 g
Dietary Fiber	24.1 g
Total Sugars	94.9 g
Added Sugars	17.5 g
Protein	108.0 g
Vitamin D	308.4 mcg
Calcium (%)	146.88 %
Iron (%)	71.47 %
Potassium	3173.0 mcg
Macronutrient Breakdown	
Fats	32%
Carbohydrates	45%
Protein	22%

2000 Calorie Plan Daily Average WITHOUT Milk Servings	
Calories	1630.2 kcal
Total Fat	61.9 g
Saturated Fat	18 g
Trans Fat	0 g
Cholesterol	267.3 mg
Sodium	1885 mg
Total Carbohydrates	180.2 g
Dietary Fiber	24.1 g
Total Sugars	58.9 g
Includes Added Sugars	17.5 g
Protein	83.0 g
Vitamin D	8.4 mcg
Calcium (%)	56.88 %
Iron (%)	71.47 %
Potassium	2273.0 mcg
Macronutrient Breakdown	
Fats	34%
Carbohydrates	44%
Protein	20%

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