

Seattle Sutton's Healthy Eating

7-Day 2000 Calorie Plan Vegetarian 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 Kofta Bowl	620	30	6	0	620	56	14	13	7	31	0	15	45	6	780	8	0
Cauliflower Tikka Masala	540	19	3	15	810	73	10	12	0	21	2	140	45	20	1420	10	0
Chocolate Hazelnut Crepe	650	30	3.5	80	510	74	5	21	7	22	0	4	10	4	290	10	0
Baja Zucchini Tinga Wrap	520	17	6.5	30	820	71	11	8	0	25	2	15	20	25	1000	15	8
Chipotle Sweet Potato Chili	430	7	1	35	440	83	11	10	6	12	15	30	20	8	690	6	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	540	18	8	50	990	54	9	21	0	34	2	35	15	45	730	15	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	17.3	4.3	30.0	622.2	67.1	9.8	17.6	4.8	23.4	3.0	29.6	24.8	18.7	718.9	9.1	1.1
Daily Average	1553	51.8	13.0	90.0	1866.7	201.3	29.5	52.7	14.3	70.3	9.0	88.7	74.3	56.0	2156.7	27.3	3.3
Menu A: 3 Day Average w/ 24 oz lowfat milk	1883.3	58.7	17.2	120.0	2166.7	240.3	29.5	88.7	14.3	94.9	39.0	100.7	74.3	146.0	3056.7	777.3	303.3

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 Goat Cheese Salad	610	38	10	20	250	52	8	32	12	20	6	15	25	10	870	30	2
Wild Blackberry Parfait	480	13	1	10	70	70	10	43	19	21	0	2	80	20	490	15	0
Vegetables & Dumplings	360	8	2	40	650	68	9	17	10	14	15	25	20	10	730	10	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
Vegetarian El Pastor Bowl	430	17	2.5	10	270	54	15	6	0	15	4	25	20	15	950	6	4
Black Bean Enchilada Bake	490	20	9	55	850	51	9	9	0	19	2	30	15	35	510	25	2
Biscuits & Vegetarian Gravy	660	33	12.5	300	940	67	7	30	4	25	2	10	25	35	790	4	4
Egg Salad on Croissant	440	26	9	400	520	33	4	15	1	15	6	6	20	6	250	8	0
Sweet & Sour Tofu	650	23	5.5	20	610	96	6	21	8	16	2	6	25	15	460	6	2
Average	530.8	21.3	6.6	96.7	613.3	64.6	8.3	20.7	6.3	20.5	4.3	17.4	29.6	20.3	640.0	13.0	3.2
Daily Average	1593	63.8	19.8	290.0	1840.0	193.8	25.0	62.0	19.0	61.5	12.8	52.3	88.8	61.0	1920.0	39.0	9.5
Menu B: 4 Day Average w/ 24 oz lowfat milk	1922.5	70.7	24.0	320.0	2140.0	232.8	25.0	98.0	19.0	86.1	42.8	64.3	88.8	151.0	2820.0	789.0	309.5

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)	(%)	(%)
Vegetarian Peach Berry Blintz	470	18	4.5	65	310	54	3.5	24	15	22	0	6	10	8	360	2	0
Chili Tempeh Salad	550	22	2.5	0	1300	63	5	9	1	26	6	90	35	10	830	20	0
Thanksgiving Faux Turkey Dinner	700	30	9	65	1040	80	7	24	12	26	2	6	35	10	570	2	2
Cheesy Baked Egg Casserole	580	15	7	40	1000	64	10	18	4	42	2	35	25	35	860	15	2
Curry Chickpea Salad	640	31	3.5	15	500	73	11.5	33	5	17	0	8	15	15	640	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
Primavera Alfredo	570	15	7	45	720	85	8.5	18	0	24	2	2	8	35	900	15	20
Ciabatta Egg Sandwich	560	19	9	260	840	69	6	15	0	27	0	80	30	30	180	0	0
Lou's Bleu Veggie Burger	630	25	7	15	870	72	8	23	4	29	0	8	35	15	730	2	0
Homestyle Macaroni & Cheese	600	18	9	55	880	86	6.5	20	6	25	4	80	20	40	1000	30	15
Average Per Meal	558.9	21.7	5.9	31.7	727.8	67.4	9.1	22.2	5.6	22.6	2.2	26.3	21.4	19.2	794.4	10.6	4.6
Daily Average	1677	65.0	17.8	95.0	2183.3	202.3	27.2	66.7	16.7	67.7	6.7	79.0	64.3	57.7	2383.3	31.7	13.7
Menu C: 3 Day Average w/ 24 oz lowfat milk	2006.7	71.9	22.0	125.0	2483.3	241.3	27.2	102.7	16.7	92.3	36.7	91.0	64.3	147.7	3283.3	781.7	313.7

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)	(%)	(%)
Vegetarian Blueberry Almond Torta	590	18	2	15	630	85	10	56	13	28	0	150	25	15	890	6	2
Gemelli Pasta Salad	620	39	9	95	470	55	7	27	8	10	0	6	10	8	160	10	0
Cauliflower Tikka Masala	540	19	3	15	810	73	10	12	0	21	2	140	45	20	1420	10	0
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 Pasta	550	11	4.5	105	530	96	9.5	22	6	19	6	80	15	25	870	20	20
Cheddar & Sausage Breakfast Casserole	560	29	6	30	630	44	8	14	0	32	2	8	25	30	870	25	2
Three Bean Chili	600	35	9	30	690	53	12.5	12	0	18	4	25	25	25	1770	10	2
Sofrito Tofu	450	12	2	0	600	65	8	5	0	20	2	25	35	20	790	15	0
Ciabatta Egg Sandwich	550	19	9	260	840	65	6	15	0	27	0	60	30	30	150	0	0
Lou's Bleu Veggie Burger	620	25	7	15	870	72	8	23	4	29	0	8	35	15	730	2	0
Homestyle Macaroni & Cheese	600	18	9	55	880	86	6.5	20	6	25	4	80	20	40	1000	30	15
Average	551.7	22.3	6.2	57.9	696.7	65.7	8.5	20.4	3.8	23.0	2.2	52.2	25.0	24.4	837.5	14.4	3.8
Daily Average	1655	67.0	18.5	173.8	2090.0	197.0	25.5	61.3	11.3	69.0	6.5	156.5	75.0	73.3	2512.5	43.3	11.3
Menu D: 4 Day Average w/ 24 oz lowfat milk	1985.0	73.9	22.7	203.8	2390.0	236.0	25.5	97.3	11.3	93.6	36.5	168.5	75.0	163.3	3412.5	793.3	311.3

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
Falafel Bowl	700	20	1.5	0	940	106	16	9	0	26	4	50	60	20	630	10	0
Cajun Vegetarian Etouffee	630	22	7	40	460	98	12	17	1	17	6	70	20	10	1330	25	2
Swiss Cheese Egg Bake	420	10	6.5	35	820	35	3.5	5	0	37	0	15	15	40	530	0	0
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
Morning Protein Plate	680	39	11	400	590	55	7	27	3	25	6	60	20	25	730	15	10
Pumpkin Sweet Potato Bisque & Salad	590	20	7	40	180	95	14	33	23	13	10	20	30	15	740	8	2
BBQ Veggie Meatloaf & Cheddar Mash	470	24	5.5	10	710	45	5	17	9	21	2	15	25	15	870	15	6
Average Per Meal	565.6	22.8	5.7	70.6	591.1	69.0	9.1	21.7	9.1	21.4	4.0	37.0	26.7	23.3	695.6	11.0	2.2
Daily Average	1697	68.3	17.0	211.7	1773.3	207.0	27.2	65.0	27.3	64.3	12.0	111.0	80.0	70.0	2086.7	33.0	6.7
Menu E: 3 Day Average w/ 24 oz lowfat milk	2026.7	75.2	21.2	241.7	2073.3	246.0	27.2	101.0	27.3	88.9	42.0	123.0	80.0	160.0	2986.7	783.0	306.7

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)	(%)	(%)
Sunrise Pizza	490	20	8	165	890	51	5	6	1	25	2	60	35	35	1000	20	2
Bonsai Tofu Bowl	730	26	5	40	850	95	10	34	18	32	2	35	50	45	900	10	0
Vegetarian Swedish Meatballs	470	9	4.5	20	1000	54	14	11	0	45	10	45	40	25	1690	15	8
Cranberry Oat Bar	560	14.5	1	10	95	85	8.5	45	29	23	0	20	100	20	550	20	0
Caesar Salad with Roasted Tomatoes	520	28	5.5	20	540	44	5	23	20	15	2	10	25	20	410	10	2
Pasta Verde with Guajillo Garbanzos	550	25	10.5	65	250	66	9	12	0	16	6	100	15	10	1030	8	6
Cheesy Egg Strata	450	14	7	40	750	53	6.5	29	0	27	6	220	15	30	790	15	4
Mushroom Croque Monsieur	710	41	13.5	75	950	68	4.5	20	7	25	4	6	10	50	890	35	10
Butternut Squash Ravioli	600	28	10	90	700	66	11	15	4	22	15	40	25	30	700	20	6
Vegetarian Bacon & Egg Bagel Sandwich	410	16	3	135	1050	42	6	12	0	30	2	80	25	8	760	4	0
Chipotle Black Bean Burger	580	31	4	10	550	63	13	25	15	18	2	15	20	15	890	4	0
Lentil Matzo Ball Soup	540	20	4.5	15	950	74	10	22	12	14	2	10	40	6	600	15	2
Average	550.8	22.7	6.4	57.1	714.6	63.4	8.5	21.2	8.8	24.3	4.4	53.4	33.3	24.5	850.8	14.7	3.3
Daily Average	1653	68.1	19.1	171.3	2143.8	190.3	25.6	63.5	26.5	73.0	13.3	160.3	100.0	73.5	2552.5	44.0	10.0
Menu F: 4 Day Average w/ 24 oz lowfat milk	1982.5	75.0	23.3	201.3	2443.8	229.3	25.6	99.5	26.5	97.6	43.3	172.3	100.0	163.5	3452.5	794.0	310.0

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
Southwestern Couscous Pilaf	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
Vegetarian Mediterranean Lunch Box	570	28	5.5	125	800	29	6.5	6	2	51	0	4	20	10	620	30	2
Capri Style Roasted Eggplant	520	19	4.5	145	850	33	7.5	7	0	53	4	50	20	25	1160	15	2
Brioche Vegetarian Breakfast Sandwich	510	22	7	270	500	45	8	24	6	25	8	100	20	20	790	6	0
Loaded Veg 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
Veggie Melt	560	16	5.5	30	730	74	13.5	11	1	30	8	35	35	25	1240	10	0
Eggplant Parmesan	480	19	3.5	5	700	62	8	14	0	14	2	15	15	10	990	8	0
Vegetarian Bacon & Cheddar Clafoutis	460	22	5.5	25	600	41	4	9	0	23	15	60	30	25	1590	20	10
Spinach Artichoke Flatbread Pizza	660	32	15	75	760	73	9	38	10	16	4	6	25	45	530	10	4
Vegetarian Picadillo Cubano	510	4.5	1	0	550	104	14	8	1	14	0	10	45	10	1030	6	0
Blueberry Smoothie Bowl	540	11	2.5	10	95	91	10	62	28	18	2	50	50	20	760	20	0
Vegetarian Acapulco Taco Pie	410	13	4	15	420	57	8	8	2	13	2	35	20	2	700	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
Poppyseed Sweet Potato Salad	630	24	3	0	310	89	36	36	15	14	30	40	30	10	1020	25	0
Butternut & Zucchini Bake	410	13	4.5	30	290	60	5	14	4	12	2	15	15	6	670	8	2
Average	505.8	17.0	5.1	31.7	583.8	68.8	11.3	20.3	5.3	17.9	6.6	39.7	29.8	18.4	994.2	15.3	3.3
Daily Average	1518	51.1	15.3	95.0	1751.3	206.3	33.8	61.0	15.8	53.8	19.8	119.0	89.3	55.3	2982.5	45.8	10.0
Menu H: 4 Day Average w/ 24 oz lowfat milk	1847.5	58.0	19.5	125.0	2051.3	245.3	33.8	97.0	15.8	78.4	49.8	131.0	89.3	145.3	3882.5	795.8	310.0

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 Black Bean Taco	490	22	9	50	740	55	7	7	0	18	2	4	10	25	610	10	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 Chick'n Salad Pita	480	17	3	20	750	57	13	14	2	24	2	25	25	15	880	6	0
Vegetarian Thai Coconut Curry	730	20	8	0	660	114	5	18	5	18	2	25	50	15	670	6	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	573.3	24.1	6.9	50.0	665.0	66.9	8.8	20.8	5.9	21.3	2.2	16.1	22.7	22.2	657.2	11.8	1.3
Daily Average	1720	72.3	20.8	150.0	1995.0	200.7	26.5	62.3	17.7	64.0	6.7	48.3	68.0	66.7	1971.7	35.3	4.0
Menu I: 3 Day Average w/ 24 oz lowfat milk	2050.0	79.2	25.0	180.0	2295.0	239.7	26.5	98.3	17.7	88.6	36.7	60.3	68.0	156.7	2871.7	785.3	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 Zucchini Cakes	550	26	7	50	900	63	8	11	2	15	4	60	25	10	980	10	2
Spring Vegetable Fricassee	520	15	4	20	310	91	14	25	13	14	25	40	40	10	1200	20	2
Bircher Muesli and Pears	600	27	9	55	30	78	7	41	24	10	4	2	50	10	360	20	6
Chickpea Cobb Salad	400	17	5.5	210	680	40	10.5	11	0	22	4	8	20	20	720	20	10
Vegetarian Cottage Pie	390	11	4	0	580	60	17	26	2	14	2	60	20	6	960	15	2
Avocado Toast	600	27	5	260	540	63	16	19	1	25	2	100	25	8	740	15	0
Vegetarian BBQ Pizza	480	17	8	40	580	56	12	17	3	26	2	6	15	35	750	15	2
Honey Garlic Chickpea Bowl	510	6	1.5	0	890	100	9	41	1	13	2	8	20	10	680	10	2
Veggie Sausage & Egg Breakfast Sandwich	400	18	5.5	140	720	34	6	6	1	24	8	15	20	25	540	0	0
Loaded Potato Soup	490	17	8	50	550	64	5	9	1	19	4	30	20	30	760	25	15
Peppered Lentil Salisbury Steak	600	20	6	10	730	70	20	10	1	37	2	20	50	8	1360	30	4
Average	513.3	18.9	6.0	72.1	563.3	66.9	10.9	21.3	5.4	19.3	4.9	29.3	27.5	15.6	802.5	17.1	4.1
Daily Average	1540	56.8	18.1	216.3	1690.0	200.8	32.8	64.0	16.3	57.8	14.8	87.8	82.5	46.8	2407.5	51.3	12.3
Menu J: 4 Day Average w/ 24 oz lowfat milk	1870.0	63.7	22.3	246.3	1990.0	239.8	32.8	100.0	16.3	82.4	44.8	99.8	82.5	136.8	3307.5	801.3	312.3

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	58.7	17.2	120.0	2166.7	240.3	29.5	88.7	14.3	94.9	39.0	100.7	74.3	146.0	3056.7	777.3	303.3
Menu B: 4 Day Average w/ 24 oz lowfat milk	1922.5	70.7	24.0	320.0	2140.0	232.8	25.0	98.0	19.0	86.1	42.8	64.3	88.8	151.0	2820.0	789.0	309.5
Menu A & B Average	1900.1	63.8	20.1	205.7	2155.2	237.1	27.6	92.7	16.3	91.1	40.6	85.1	80.5	148.1	2955.2	782.3	306.0
Menu C: 3 Day Average w/ 24 oz lowfat milk	2006.7	71.9	22.0	125.0	2483.3	241.3	27.2	102.7	16.7	92.3	36.7	91.0	64.3	147.7	3283.3	781.7	313.7
Menu D: 4 Day Average w/ 24 oz lowfat milk	1985.0	73.9	22.7	203.8	2390.0	236.0	25.5	97.3	11.3	93.6	36.5	168.5	75.0	163.3	3412.5	793.3	311.3
Menu C & D Average	1997.4	72.8	22.3	158.8	2443.3	239.0	26.5	100.3	14.3	92.8	36.6	124.2	68.9	154.3	3338.7	786.6	312.6
Menu E: 3 Day Average w/ 24 oz lowfat milk	2026.7	75.2	21.2	241.7	2073.3	246.0	27.2	101.0	27.3	88.9	42.0	123.0	80.0	160.0	2986.7	783.0	306.7
Menu F: 4 Day Average w/ 24 oz lowfat milk	1982.5	75.0	23.3	201.3	2443.8	229.3	25.6	99.5	26.5	97.6	43.3	172.3	100.0	163.5	3452.5	794.0	310.0
Menu E & F Average	2007.7	75.1	22.1	224.3	2232.1	238.8	26.5	100.4	27.0	92.6	42.5	144.1	88.6	161.5	3186.3	787.7	308.1
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	1847.5	58.0	19.5	125.0	2051.3	245.3	33.8	97.0	15.8	78.4	49.8	131.0	89.3	145.3	3882.5	795.8	310.0
Menu G & H Average	1909.9	64.4	22.2	238.3	2216.3	225.9	27.4	95.5	14.8	97.4	43.0	133.7	79.2	144.2	3463.9	794.0	307.7
Menu I: 3 Day Average w/ 24 oz lowfat milk	2050.0	79.2	25.0	180.0	2295.0	239.7	26.5	98.3	17.7	88.6	36.7	60.3	68.0	156.7	2871.7	785.3	304.0
Menu J: 4 Day Average w/ 24 oz lowfat milk	1870.0	63.7	22.3	246.3	1990.0	239.8	32.8	100.0	16.3	82.4	44.8	99.8	82.5	136.8	3307.5	801.3	312.3
Menu I & J Average	1972.9	72.6	23.9	208.4	2164.3	239.7	29.2	99.0	17.1	85.9	40.1	77.2	74.2	148.1	3058.5	792.2	307.5



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	1958 kcal
Total Fat	68.7 g
Saturated Fat	22 g
Trans Fat	0 g
Cholesterol	207.1 mg
Sodium	2242 mg
Total Carbohydrates	236.1 g
Dietary Fiber	27.4 g
Total Sugars	97.6 g
Added Sugars	17.9 g
Protein	92.0 g
Vitamin D	308.4 mcg
Calcium (%)	151.25 %
Iron (%)	78.28 %
Potassium	3200.5 mcg
Macronutrient Breakdown	
Fats	32%
Carbohydrates	48%
Protein	19%

2000 Calorie Plan Daily Average WITHOUT Milk Servings	
Calories	1627.6 kcal
Total Fat	61.8 g
Saturated Fat	18 g
Trans Fat	0 g
Cholesterol	177.1 mg
Sodium	1927 mg
Total Carbohydrates	197.1 g
Dietary Fiber	27.4 g
Total Sugars	61.6 g
Includes Added Sugars	17.9 g
Protein	67.0 g
Vitamin D	8.4 mcg
Calcium (%)	61.25 %
Iron (%)	78.28 %
Potassium	2300.5 mcg
Macronutrient Breakdown	
Fats	34%
Carbohydrates	48%
Protein	16%

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