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| <b>Seattle Sutton's Healthy Eating</b><br><b>7-Day 2000 Calorie Plan Vegetarian Menu &amp; Nutrition Averages</b> |
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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 A 7/20/2026                      |          |      |         |             |        |       |       |       |              |         |           |           |      |         |           |            |           |
| 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         |
| Mushroom & Polenta Ragout             | 480      | 17   | 9       | 45          | 710    | 65    | 12    | 16    | 5            | 18      | 6         | 20        | 30   | 20      | 1090      | 25         | 4         |
| Quesabirria Shiitake                  | 740      | 33   | 14.5    | 60          | 945    | 84    | 17    | 16    | 0            | 29      | 35        | 45        | 15   | 35      | 1080      | 30         | 15        |
| 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 7/23/2026                      |          |      |         |             |        |       |       |       |              |         |           |           |      |         |           |            |           |
| 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         |
| Chorizo & Egg Breakfast Taco          | 430      | 14   | 4       | 220         | 670    | 57    | 7     | 10    | 2            | 19      | 15        | 25        | 15   | 10      | 680       | 10         | 0         |
| Broccoli Cheddar Soup & Salad         | 710      | 30   | 12      | 80          | 840    | 82    | 10    | 22    | 5            | 28      | 10        | 60        | 25   | 50      | 820       | 30         | 20        |
| Chickpea Tagine                       | 560      | 12   | 0.5     | 0           | 530    | 93    | 13    | 9     | 0            | 21      | 4         | 30        | 25   | 15      | 830       | 15         | 0         |
| Eggplant Goat Cheese Melt             | 640      | 43   | 17      | 90          | 660    | 47    | 8     | 26    | 13           | 20      | 10        | 60        | 15   | 20      | 980       | 25         | 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           | 620      | 38   | 10      | 20          | 280    | 52    | 8     | 32    | 12           | 21      | 8         | 25        | 30   | 15      | 1080      | 30         | 2         |
| Rustic Zucchini Cavatappi             | 610      | 17   | 4.5     | 100         | 790    | 93    | 9     | 8     | 3            | 21      | 2         | 20        | 30   | 8       | 710       | 8          | 0         |
| Spinach Manicotti                     | 630      | 25   | 8       | 110         | 950    | 67    | 9     | 21    | 0            | 34      | 8         | 30        | 20   | 40      | 1160      | 10         | 0         |
| Vegetable Pad Thai                    | 580      | 24   | 4.5     | 380         | 660    | 66    | 6     | 18    | 6            | 25      | 2         | 80        | 25   | 10      | 850       | 20         | 0         |
| Average Per Meal                      | 550.5    | 21.5 | 6.5     | 90.0        | 643.6  | 66.2  | 9.1   | 20.9  | 6.2          | 23.1    | 6.3       | 30.7      | 27.0 | 21.3    | 766.9     | 14.1       | 2.3       |
| Daily Average                         | 1651     | 65   | 20      | 270         | 1931   | 199   | 27.2  | 63    | 19           | 69.3    | 19        | 92        | 81   | 64      | 2301      | 42         | 7         |
| Week A/B: 7 Day Average with milk     | 1981     | 71   | 24      | 300         | 2231   | 235   | 27.2  | 99    | 19           | 96.3    | 19        | 92        | 81   | 139     | 3501      | 147        | 307       |

Seattle Sutton's Healthy Eating

7-Day 2000 Calorie Plan Vegetarian Menu & Nutrition Averages

|                                       | 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 C                                | 7/27/2026 |     |         |             |        |       |       |       |              |         |           |           |      |         |           |            |           |
| Peach & Ricotta Toast                 | 500       | 20  | 5.5     | 60          | 500    | 60    | 6     | 24    | 9            | 20      | 2         | 20        | 60   | 20      | 620       | 10         | 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           | 1160   | 63    | 5     | 9     | 1            | 26      | 6         | 90        | 35   | 10      | 830       | 20         | 0         |
| Korean Street Sliders                 | 650       | 22  | 6       | 40          | 980    | 86    | 6     | 17    | 13           | 25      | 0         | 30        | 30   | 20      | 800       | 6          | 0         |
| Pecan Cranberry Salad                 | 650       | 46  | 7       | 25          | 320    | 43    | 7     | 17    | 12           | 16      | 4         | 8         | 15   | 35      | 260       | 8          | 0         |
| Vegetarian Vodka Meatballs            | 640       | 16  | 5.5     | 20          | 1110   | 75    | 21    | 9     | 1            | 55      | 2         | 40        | 50   | 20      | 1740      | 15         | 4         |
| Genoa Minestrone                      | 440       | 13  | 4.5     | 25          | 650    | 63    | 6.5   | 13    | 2            | 13      | 6         | 40        | 30   | 10      | 770       | 8          | 0         |
| Primavera Alfredo                     | 570       | 15  | 7       | 45          | 720    | 85    | 8.5   | 18    | 0            | 24      | 2         | 2         | 8    | 35      | 900       | 15         | 20        |
| Menu D                                | 7/30/2026 |     |         |             |        |       |       |       |              |         |           |           |      |         |           |            |           |
| Matcha Muffin Tops                    | 710       | 32  | 12.5    | 65          | 430    | 93    | 3     | 54    | 42           | 14      | 4         | 6         | 30   | 15      | 520       | 20         | 4         |
| 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                 | 560       | 19  | 9       | 260         | 840    | 69    | 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  | 8.5     | 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         |
| BBQ Shiitake Sandwich                 | 550       | 28  | 10      | 5           | 960    | 59    | 18    | 17    | 12           | 18      | 2         | 30        | 20   | 10      | 540       | 2          | 20        |
| Greek Chickpea Feta Fritter           | 450       | 7   | 2       | 10          | 580    | 77    | 13    | 26    | 9            | 19      | 2         | 90        | 25   | 15      | 940       | 15         | 0         |
| Classic Ratatouille                   | 420       | 15  | 4.5     | 20          | 500    | 58    | 6     | 7     | 0            | 13      | 10        | 300       | 20   | 15      | 680       | 15         | 2         |
| 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    | 6            | 25      | 4         | 80        | 20   | 40      | 1000      | 30         | 15        |
| Average Per Meal                      | 550       | 22  | 6       | 43          | 690    | 65    | 9.0   | 19    | 7            | 22.8    | 3         | 47        | 26   | 23      | 778       | 14         | 4         |
| Daily Average                         | 1649      | 66  | 19      | 129         | 2071   | 195   | 27.0  | 57    | 20           | 68.4    | 9         | 141       | 78   | 68      | 2334      | 42         | 13        |
| Week C/D: 7 Day Average with milk     | 1979      | 73  | 24      | 159         | 2371   | 231   | 27.0  | 93    | 20           | 95.4    | 9         | 141       | 78   | 143     | 3534      | 147        | 313       |

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|-------------------------------------------------------------------------------------------------------------------|

|                                     | Calories<br>(kcal) | Fat<br>(g) | Sat Fat<br>(g) | Cholesterol<br>(mg) | Sodium<br>(mg) | Carbs<br>(g) | Fiber<br>(g) | Sugar<br>(g) | Added<br>Sugars<br>(g) | Protein<br>(g) | Vitamin A<br>(%) | Vitamin C<br>(%) | Iron<br>(%) | Calcium<br>(%) | Potassium<br>(mg) | Phosphorus<br>(%) | Vitamin D<br>(%) |
|-------------------------------------|--------------------|------------|----------------|---------------------|----------------|--------------|--------------|--------------|------------------------|----------------|------------------|------------------|-------------|----------------|-------------------|-------------------|------------------|
| Menu E 8/3/2026                     |                    |            |                |                     |                |              |              |              |                        |                |                  |                  |             |                |                   |                   |                  |
| 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 Potstickers                   | 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                 | 520                | 22         | 6              | 80                  | 990            | 59           | 10           | 17           | 3                      | 21             | 4                | 40               | 25          | 35             | 840               | 8                 | 0                |
| BBQ Loaded Potato                   | 570                | 18.5       | 6.5            | 45                  | 660            | 88           | 8.5          | 23           | 16                     | 16             | 0                | 35               | 25          | 20             | 1600              | 15                | 0                |
| Menu F 8/6/2026                     |                    |            |                |                     |                |              |              |              |                        |                |                  |                  |             |                |                   |                   |                  |
| 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                |
| Breakfast Burrito                   | 530                | 21         | 7              | 430                 | 930            | 51           | 7            | 4            | 0                      | 31             | 0                | 60               | 20          | 25             | 660               | 2                 | 0                |
| Stir Fry Udon                       | 520                | 10         | 5.5            | 25                  | 900            | 85           | 12           | 14           | 2                      | 17             | 8                | 260              | 35          | 10             | 880               | 10                | 2                |
| Caesar Salad with Roasted Tomatoes  | 530                | 32         | 5.5            | 20                  | 540            | 45           | 5            | 23           | 20                     | 15             | 2                | 10               | 25          | 20             | 420               | 10                | 0                |
| Deviled Egg Croast                  | 590                | 33         | 8              | 230                 | 430            | 53           | 9.5          | 26           | 7                      | 21             | 2                | 30               | 25          | 20             | 880               | 20                | 2                |
| Chipotle Black Bean Burger          | 580                | 31         | 4              | 10                  | 550            | 63           | 13           | 25           | 15                     | 18             | 2                | 15               | 20          | 15             | 890               | 4                 | 0                |
| Veggie Seoul Bowl                   | 400                | 15.5       | 2              | 0                   | 710            | 44           | 10           | 18           | 12                     | 21             | 10               | 40               | 40          | 35             | 1100              | 20                | 2                |
| Portobello Fajita                   | 480                | 15         | 5              | 25                  | 830            | 68           | 10.5         | 8            | 0                      | 19             | 4                | 180              | 15          | 20             | 870               | 25                | 4                |
| Butternut Squash Ravioli            | 600                | 28         | 10             | 90                  | 700            | 66           | 11           | 15           | 4                      | 22             | 15               | 40               | 25          | 30             | 700               | 20                | 6                |
| Chile Rellenos                      | 500                | 12.5       | 4              | 20                  | 720            | 79           | 9            | 9            | 0                      | 16             | 8                | 40               | 25          | 25             | 780               | 30                | 4                |
| Average Per Meal                    | 536                | 20         | 5              | 81                  | 650            | 67           | 9.3          | 20           | 8                      | 21.1           | 4                | 71               | 30          | 23             | 846               | 15                | 2                |
| Daily Average                       | 1607               | 61         | 16             | 244                 | 1951           | 201          | 27.8         | 61           | 25                     | 63.4           | 13               | 214              | 90          | 69             | 2539              | 45                | 6                |
| Week E/F: 7 Day Average with milk   | 1937               | 68         | 21             | 274                 | 2251           | 237          | 27.8         | 97           | 25                     | 90.4           | 13               | 214              | 90          | 144            | 3739              | 150               | 306              |

# Seattle Sutton's Healthy Eating

## 7-Day 2000 Calorie Plan Vegetarian Menu & Nutrition Averages

|                                    | 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 8/10/2026                   |          |      |         |             |        |       |       |       |              |         |           |           |      |         |           |            |           |
| Wheat Croissant and Brie           | 540      | 19   | 9       | 55          | 450    | 82    | 9     | 49    | 7            | 11      | 2         | 15        | 15   | 4       | 750       | 6          | 0         |
| Superfood Brioche French Toast     | 470      | 22   | 7       | 65          | 440    | 54    | 5     | 29    | 12           | 15      | 4         | 2         | 60   | 15      | 350       | 8          | 4         |
| Four Cheese Egg Tart               | 460      | 18   | 10      | 55          | 750    | 35    | 3     | 17    | 6            | 34      | 2         | 8         | 25   | 25      | 650       | 8          | 2         |
| 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         |
| Sweet Potato Taco                  | 590      | 25   | 11.5    | 90          | 830    | 69    | 9     | 21    | 8            | 18      | 15        | 60        | 15   | 20      | 680       | 10         | 6         |
| Southwestern Couscous Pilaf        | 730      | 28   | 10.5    | 65          | 850    | 89    | 10.5  | 18    | 11           | 29      | 4         | 30        | 20   | 40      | 670       | 30         | 4         |
| Truffled Mac 'n Cheese             | 610      | 26.5 | 10      | 95          | 750    | 75    | 7     | 13    | 0            | 22      | 4         | 25        | 25   | 30      | 1040      | 35         | 20        |
| Pierogi in Mushroom & Tomato Gravy | 600      | 13   | 4       | 40          | 750    | 99    | 6     | 16    | 6            | 21      | 2         | 60        | 30   | 10      | 950       | 8          | 2         |
| Menu H 8/13/2026                   |          |      |         |             |        |       |       |       |              |         |           |           |      |         |           |            |           |
| Spinach & Goat Cheese Frittata     | 350      | 6    | 3       | 10          | 620    | 50    | 4     | 8     | 0            | 21      | 6         | 160       | 60   | 25      | 1640      | 25         | 0         |
| Mini Dutch Pancake                 | 550      | 30.5 | 8       | 80          | 370    | 49    | 2     | 25    | 12           | 19      | 2         | 10        | 4    | 15      | 430       | 10         | 0         |
| 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         |
| Deep Dish Spinach Pie              | 450      | 24   | 11.5    | 75          | 670    | 38    | 6     | 14    | 9            | 21      | 8         | 8         | 20   | 40      | 420       | 25         | 2         |
| 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         |
| Muffuletta Bowl                    | 470      | 28   | 4.5     | 20          | 270    | 41    | 7     | 10    | 2            | 12      | 4         | 80        | 15   | 15      | 690       | 20         | 0         |
| Eggplant Parmesan                  | 480      | 19   | 3.5     | 5           | 700    | 62    | 8     | 14    | 0            | 14      | 2         | 15        | 15   | 10      | 990       | 8          | 0         |
| Gnocchi Pesto                      | 580      | 26   | 6       | 45          | 780    | 67    | 4     | 8     | 3            | 17      | 2         | 10        | 10   | 20      | 320       | 6          | 0         |
| Trattoria Style Penne & Chickpeas  | 410      | 7    | 1       | 0           | 430    | 66    | 13    | 9     | 0            | 21      | 4         | 160       | 20   | 15      | 970       | 10         | 0         |
| Lentil Wellington                  | 540      | 22.5 | 12.5    | 65          | 760    | 65    | 10    | 11    | 0            | 15      | 0         | 15        | 30   | 15      | 1420      | 15         | 6         |
| Average Per Meal                   | 527      | 21   | 7       | 50          | 602    | 65    | 7.6   | 21    | 6            | 18.3    | 5         | 41        | 24   | 21      | 793       | 15         | 3         |
| Daily Average                      | 1580     | 63   | 22      | 151         | 1806   | 195   | 22.7  | 64    | 19           | 54.9    | 15        | 123       | 73   | 62      | 2380      | 46         | 8         |
| Week G/H: 7 Day Average with milk  | 1910     | 70   | 26      | 181         | 2106   | 231   | 22.7  | 100   | 19           | 81.9    | 15        | 123       | 73   | 137     | 3580      | 151        | 308       |

Seattle Sutton's Healthy Eating

7-Day 2000 Calorie Plan Vegetarian Menu & Nutrition Averages

|                                   | 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 I8/17/2026                   |          |      |         |             |        |       |       |       |              |         |           |           |      |         |           |            |           |
| 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         |
| Beet & Goat Cheese Flatbread      | 510      | 29.5 | 6       | 15          | 520    | 48    | 7     | 24    | 2            | 13      | 4         | 30        | 20   | 20      | 720       | 15         | 2         |
| Protein Pasta Carbonara           | 560      | 26   | 14.5    | 80          | 600    | 61    | 12.5  | 6     | 0            | 20      | 4         | 15        | 15   | 15      | 400       | 10         | 2         |
| Italian Sausage Flatbread Pizza   | 790      | 34   | 8       | 40          | 1600   | 86    | 11    | 6     | 2            | 39      | 0         | 2         | 30   | 30      | 1000      | 2          | 0         |
| Chimichurri Bowl                  | 510      | 15   | 2.5     | 10          | 890    | 73    | 26    | 12    | 0            | 26      | 2         | 120       | 50   | 15      | 1080      | 25         | 0         |
| Spaghetti Lentil Bolognese        | 680      | 21   | 5.5     | 20          | 700    | 85    | 16    | 10    | 0            | 33      | 4         | 50        | 40   | 35      | 1440      | 35         | 2         |
| Menu J8/20/2026                   |          |      |         |             |        |       |       |       |              |         |           |           |      |         |           |            |           |
| 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         |
| Croissant Breakfast Sandwich      | 550      | 35   | 14      | 180         | 520    | 31    | 8     | 14    | 1            | 24      | 15        | 50        | 20   | 35      | 670       | 2          | 0         |
| Landry Bay Zucchini Cakes         | 550      | 26   | 7       | 50          | 900    | 63    | 8     | 11    | 2            | 15      | 4         | 60        | 25   | 10      | 980       | 10         | 2         |
| Greek Lunch Platter               | 700      | 28   | 3       | 10          | 980    | 87    | 13    | 12    | 0            | 21      | 15        | 25        | 45   | 25      | 1130      | 10         | 0         |
| Vietnamese Banh Mi                | 460      | 20   | 3       | 0           | 800    | 58    | 8     | 15    | 2            | 12      | 4         | 130       | 20   | 10      | 840       | 10         | 0         |
| Loaded Potato Soup                | 490      | 17   | 8       | 50          | 550    | 64    | 5     | 9     | 1            | 19      | 4         | 30        | 20   | 30      | 760       | 25         | 15        |
| Spinach Ravioli                   | 420      | 17   | 6.5     | 75          | 950    | 39    | 4.5   | 8     | 1            | 14      | 8         | 4         | 10   | 20      | 380       | 6          | 0         |
| White Bean & Rice ala King        | 460      | 13   | 4.5     | 20          | 700    | 75    | 11    | 9     | 0            | 11      | 6         | 30        | 15   | 15      | 930       | 20         | 0         |
| 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                  | 555      | 23   | 7       | 60          | 646    | 66    | 10.5  | 18    | 5            | 20      | 4.2       | 34        | 25   | 20      | 775       | 16         | 2         |
| Daily Average                     | 1666     | 70   | 22      | 181         | 1937   | 198   | 31.6  | 54    | 14           | 59      | 12.6      | 102       | 76   | 59      | 2326      | 47         | 7         |
| Week I/J: 7 Day Average with milk | 1996     | 77   | 26      | 211         | 2237   | 234   | 31.6  | 90    | 14           | 86      | 12.6      | 102       | 76   | 134     | 3526      | 152        | 307       |

# Seattle Sutton's Healthy Eating

## 7-Day 2000 Calorie Plan Vegetarian Menu & Nutrition Averages

|                                   | 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 | 1981     | 71  | 24      | 300         | 2231   | 235   | 27.2  | 99    | 19           | 96      | 19.0      | 92        | 81   | 139     | 3501      | 147        | 307       |
| Week C/D: 7 Day Average with milk | 1979     | 73  | 24      | 159         | 2371   | 231   | 27.0  | 93    | 20           | 95      | 9.1       | 141       | 78   | 143     | 3534      | 147        | 313       |
| Week E/F: 7 Day Average with milk | 1937     | 68  | 21      | 274         | 2251   | 237   | 27.8  | 97    | 25           | 90      | 13.0      | 214       | 90   | 144     | 3739      | 150        | 306       |
| Week G/H: 7 Day Average with milk | 1910     | 70  | 26      | 181         | 2106   | 231   | 22.7  | 100   | 19           | 82      | 14.7      | 123       | 73   | 137     | 3580      | 151        | 308       |
| Week I/J: 7 Day Average with milk | 1996     | 77  | 26      | 211         | 2237   | 234   | 31.6  | 90    | 14           | 86      | 12.6      | 102       | 76   | 134     | 3526      | 152        | 307       |

| 2000 Calorie Plan<br>5 Week Cycle 7 Day Average<br>Including 2 servings of Non-Fat Milk/Day |            |
|---------------------------------------------------------------------------------------------|------------|
| Calories                                                                                    | 1961 kcal  |
| Total Fat                                                                                   | 71.8 g     |
| Saturated Fat                                                                               | 24.0 g     |
| Trans Fat                                                                                   | 0 g        |
| Cholesterol                                                                                 | 225.0 mg   |
| Sodium                                                                                      | 2239 mg    |
| Total Carbohydrates                                                                         | 233.5 g    |
| Dietary Fiber                                                                               | 31.0 g     |
| Total Sugars                                                                                | 95.8 g     |
| Added Sugars                                                                                | 19.3 g     |
| Protein                                                                                     | 90.0 g     |
| Vitamin D                                                                                   | 308.1 mcg  |
| Calcium (%)                                                                                 | 139.37 %   |
| Iron (%)                                                                                    | 79.74 %    |
| Potassium                                                                                   | 3576.0 mcg |
| Macronutrient Breakdown                                                                     |            |
| Fats                                                                                        | 33%        |
| Carbohydrates                                                                               | 48%        |
| Protein                                                                                     | 18%        |

| 2000 Calorie Plan<br>5 Week Cycle 7 Day Average<br>WITHOUT MILK SERVINGS |             |
|--------------------------------------------------------------------------|-------------|
| Calories                                                                 | 1630.6 kcal |
| Total Fat                                                                | 64.9 g      |
| Saturated Fat                                                            | 19.8 g      |
| Trans Fat                                                                | 0 g         |
| Cholesterol                                                              | 195.0 mg    |
| Sodium                                                                   | 1939 mg     |
| Total Carbohydrates                                                      | 197.5 g     |
| Dietary Fiber                                                            | 31.0 g      |
| Total Sugars                                                             | 59.8 g      |
| Includes Added Sugar                                                     | 19.3 g      |
| Protein                                                                  | 63.0 g      |
| Vitamin D                                                                | 8.1 mcg     |
| Calcium (%)                                                              | 64.37 %     |
| Iron (%)                                                                 | 79.74 %     |
| Potassium                                                                | 2376.0 mcg  |
| Macronutrient Breakdown                                                  |             |
| Fats                                                                     | 35%         |
| Carbohydrates                                                            | 48%         |
| Protein                                                                  | 15%         |

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   | 300 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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