Seattle Sutton's Healthy Eating

7-Day 1200 Calorie Plan Signature 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					11/2/2026												
Open Faced Asparagus & Gruyere Omelet	300	6	2.5	10	540	41	5	15	2	21	2	15	20	15	410	6	0
Blueberry Banana Waffle Bites	390	20	7.5	50	270	44	4	26	20	10	0	2	30	6	200	8	4
Berry Colada Parfait	180	1.5	0.5	0	60	37	4	24	12	10	0	25	4	10	210	0	0
Moroccan Chicken Skewers	380	6	1.5	80	240	44	6	13	7	36	0	10	20	4	500	25	2
Baja Chicken Tinga Wrap	310	11	3.5	45	420	36	7	4	0	20	2	10	10	15	600	8	4
Fresh Fruit and Cottage Cheese Plate	280	9	4	30	620	31	5	13	0	20	0	25	8	25	470	8	2
Crab Stuffed Flounder	280	9	2.5	60	490	27	4	4	0	23	4	15	10	10	670	6	2
Roast Turkey in Dijon Cream Sauce	450	6.5	3	120	440	50	8	20	9	48	2	20	20	15	1040	35	4
Nonna Sutton's Lasagna	360	20	6	45	520	28	5	10	0	17	4	6	15	25	730	15	0
Menu B					11/5/2026												
Egg Fonduta	300	8	3	20	620	37	6.5	16	2	21	0	6	15	20	490	4	0
Wild Blackberry Parfait	340	11	1	5	40	50	6.5	29	14	13	0	2	70	10	330	10	0
Strawberry Cheesecake French Toast	300	11	4	35	370	40	3	17	6.5	9	2	2	35	8	170	8	2
Biscuits & Sausage Gravy	350	18	6.5	160	440	38	4	19	2	12	2	8	10	20	450	2	2
Broccoli Cheddar Soup & Salad	450	17	7	55	750	56	6.5	15	5	18	6	35	20	30	520	20	10
Chicken & Dumplings	310	9	3.5	60	570	38	4.5	15	10	21	8	10	10	6	560	6	2
Mushroom Swiss Chicken Burger	380	18	6	105	340	28	4	9	1	30	4	8	15	25	980	15	0
Chicken Salad on Croissant	330	17	6	80	300	27	4	10	1	16	6	4	6	2	210	0	0
Raspberry Salmon Salad	410	21	4.5	95	290	22	4	12	6	33	4	15	20	8	910	10	0
Rustic Zucchini Cavatappi	360	13	4	50	570	50	5.5	9	3	12	2	15	20	6	470	6	0
Chicken Enchilada Bake	340	15	6	70	570	29	4	6	0	22	2	30	8	20	420	25	2
Sweet & Sour Chicken	490	19	4.5	45	420	65	7	12	4	16	2	4	35	6	290	2	2
Average Per Meal	**347.1**	**12.7**	**4.1**	**58.1**	**422.9**	**39.0**	**5.1**	**14.2**	**5.0**	**20.4**	**2.5**	**12.7**	**19.1**	**13.6**	**506.2**	**10.4**	**1.8**
Daily Average	**1041**	**38**	**12**	**174**	**1269**	**117**	**15**	**43**	**15**	**61**	**7**	**38**	**57**	**41**	**1519**	**31**	**5**
Week A/B: 7 Day Average with milk	**1201**	**38**	**12**	**194**	**1469**	**141**	**15**	**67**	**15**	**79**	**207**	**38**	**57**	**91**	**2319**	**101**	**205**

Seattle Sutton's Healthy Eating

7-Day 1200 Calorie Plan Signature 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 C			11/9/2026														
Peach Berry Blintz	240	9	3	55	210	29	2	15	8	11	2	4	4	2	160	2	0
Cheesy Baked Egg Casserole	300	8	3.5	20	480	37	7	13	2	21	0	30	15	15	560	8	2
Apple Cider Oatmeal	300	10.5	2	0	5	46	7	26	15	5	2	4	20	4	290	10	0
Honey Shrimp Salad	260	14	1.5	25	320	28	5	8	1	10	4	60	15	4	390	15	0
Curry Chicken Salad	470	22	2.5	45	400	48	6	19	3	21	0	6	15	10	390	6	0
Pecan Cranberry Salad	420	32	4.5	15	150	25	5	13	10	9	4	8	10	20	220	8	0
Penne Vodka Meatballs	410	14	4.5	55	350	49	9	7	0	24	2	30	20	10	890	20	4
Genoa Minestrone	280	7	2	10	500	46	5	6	0	9	4	30	20	10	500	6	0
Chicken Linguini Alfredo	350	11	4.5	65	560	39	5	10	0	25	2	110	8	20	720	6	10
Menu D			11/12/2026														
Blueberry Almond Torta	360	12	2.5	50	350	49	7	35	10	13	0	60	10	8	370	4	2
Hashbrown Casserole	180	6	3	20	250	20	4	12	0	13	0	2	10	15	490	8	0
Cheddar & Sausage Breakfast Casserole	480	26	4.5	20	480	42	8	18	1	24	2	8	20	25	640	20	2
Ciabatta Egg Sandwich	300	10	4.5	130	490	40	5	8	0	14	0	60	15	15	140	0	0
Gemelli Pasta Salad	400	29	10	90	350	34	4	18	8	7	0	4	8	6	90	6	0
Margherita Flatbread Pizza	350	17	6	35	650	29	6	6	0	18	2	30	15	30	520	25	2
Chili Con Carne	450	26	4.5	30	490	40	8	9	0	17	2	20	25	15	1050	8	2
Lou's Bleu Burger	490	17	4.5	120	700	61	5	19	7	25	0	10	25	15	650	4	0
Cider Salmon	280	6	2	95	370	28	5	16	7	28	0	60	15	6	830	6	2
Marry Me Chicken	440	11	4.5	105	600	60	7	18	5.5	26	2	4	15	20	930	8	10
Chicken Carnitas	280	8	2	85	550	31	4	2	0	23	2	6	15	4	500	4	0
Honey Peach BBQ Chicken	500	15	6.5	130	700	51	3	13	5	42	2	4	10	20	910	15	6
Average Per Meal	**359**	**15**	**4**	**57**	**426**	**40**	**5.6**	**14**	**4**	**18.3**	**2**	**26**	**15**	**13**	**535**	**9**	**2**
Daily Average	**1077**	**44**	**12**	**171**	**1279**	**119**	**16.7**	**42**	**12**	**55.0**	**5**	**79**	**44**	**39**	**1606**	**27**	**6**
Week C/D: 7 Day Average with milk	**1237**	**44**	**12**	**191**	**1479**	**143**	**16.7**	**66**	**12**	**73.0**	**205**	**79**	**44**	**89**	**2406**	**97**	**206**

Seattle Sutton's Healthy Eating

7-Day 1200 Calorie Plan Signature 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 E			11/16/2026														
Strawberry Poppyseed Bread	380	6	0	0	290	69	5.5	35	21	13	0	40	25	10	360	10	0
Swiss Cheese Egg Bake	200	5	3	20	420	18	2.5	4	0	20	0	6	10	20	370	0	0
Morning Protein Plate	430	22	6	200	360	45	6	20	3	18	4	30	20	15	440	10	10
Chicken Gyro Bowl	420	13	1.5	65	480	42	3	2	0	30	2	25	20	10	310	4	0
Asian Potstickers	280	8.5	0	0	750	45	3.5	18	12	10	0	6	15	6	440	4	0
Homestyle Roasted Turkey Sandwich	360	6	3	70	340	55	5	22	8	24	2	8	15	6	450	15	2
Cajun Shrimp Etouffee	350	13	4.5	140	550	39	4.5	7	1	23	2	25	10	8	610	10	2
Tortelloni Pomodoro	260	9	2	50	330	33	5	10	3	12	2	15	15	20	350	4	0
BBQ Meatloaf & Cheddar Mash	380	18	3.5	50	420	36	4.5	16	8	20	2	10	15	10	700	20	6
Menu F			11/19/2026														
Sunrise Pizza	310	13	5	110	600	32	3	4	0	17	2	40	20	25	620	15	2
Cranberry Oat Bar	310	7	0.5	5	60	49	5	30	20	14	0	10	50	15	320	10	0
Cheesy Egg Strata	240	10	5.5	30	500	20	3	11	0	18	4	100	10	20	420	10	2
Bacon & Egg Bagel Sandwich	330	12	3	160	500	42	6	12	0	21	2	80	15	6	540	4	0
Bonsai Salmon Bowl	450	12	3	105	680	57	4.5	21	10	29	0	20	20	6	730	8	0
Caesar Salad with Roasted Tomatoes	380	25	4	20	480	28	3	12	10	13	2	8	15	20	290	10	0
Croque Monsieur	350	16	5.5	35	600	37	2.5	10	1	14	2	2	8	25	400	10	2
Chipotle Black Bean Burger	470	25	3.5	5	500	51	11	16	8	16	2	10	20	10	740	2	0
Swedish Meatballs	300	8	3	50	370	36	7	7	0	20	8	35	20	10	920	20	4
Pasta Verde with Durango Turkey	300	9	4.5	60	400	36	5	6	0	21	2	60	10	6	340	4	2
Butternut Squash Ravioli	450	20	7	70	450	51	9	11	3	17	10	35	20	25	560	15	6
Chicken Matzo Ball Soup	510	20	5.5	95	400	50	4	18	9	33	4	6	30	4	830	8	2
Average Per Meal	**355**	**13**	**4**	**64**	**451**	**41**	**4.9**	**14**	**6**	**19.2**	**2**	**27**	**18**	**13**	**511**	**9**	**2**
Daily Average	**1066**	**40**	**11**	**191**	**1354**	**124**	**14.6**	**42**	**17**	**57.6**	**7**	**82**	**55**	**40**	**1534**	**28**	**6**
Week E/F: 7 Day Average with milk	**1226**	**40**	**11**	**211**	**1554**	**148**	**14.6**	**66**	**17**	**75.6**	**207**	**82**	**55**	**90**	**2334**	**98**	**206**

Seattle Sutton's Healthy Eating

7-Day 1200 Calorie Plan Signature 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 G			11/23/2026														
Wheat Croissant and Brie	360	13	6	40	340	57	6	37	3	8	2	8	10	2	640	4	0
Superfood Brioche French Toast	230	11	3.5	30	200	33	3	18	6	8	2	2	30	6	190	4	2
Brioche Breakfast Sandwich	410	19	6.5	180	500	35	5	14	6	25	4	50	15	20	590	10	0
Broccoli Cheddar Fritter	340	14	4.5	20	340	46	8.5	22	4	13	2	35	15	15	560	10	2
Pecan & Poppyseed Chicken Salad	360	20	2	60	290	26	3	10	0	23	2	4	10	6	300	4	0
Loaded Quesadilla & Tortilla Soup	380	19	7	55	990	37	4.5	4	0	21	2	8	10	25	270	15	2
Grilled Salmon with Creamy Dill Sauce	360	13	4.5	65	430	33	4	5	0	30	2	40	10	6	820	10	4
Monterey Chicken	450	14	4.5	125	840	46	6	16	10	41	2	45	8	15	1000	6	0
Pierogi in Mushroom & Tomato Gravy	270	6	3	20	300	46	3	7	4	9	2	35	15	4	370	2	0
Menu H			11/26/2026														
Spinach & Goat Cheese Frittata	220	5	3	10	400	25	3	6	0	17	4	80	30	15	820	15	0
Cheddar & Egg Biscuit Sandwich	450	24.5	10	165	780	40	5.5	10	0	19	6	30	20	20	520	2	0
Blueberry Smoothie Bowl	360	8	1.5	0	60	60	7	38	11	12	0	30	35	15	460	15	0
Potato & Onion Pancakes	280	15	5	100	660	32	5	12	1	8	2	6	0	6	600	4	0
Tuna Melt	320	7	2.5	30	410	38	6	6	0	25	4	20	20	15	780	15	0
Spinach Artichoke Flatbread Pizza	510	23	11	60	730	60	7	30	9	15	4	6	20	35	460	6	2
Acapulco Taco Pie	350	14	4.5	50	330	36	5	5	1	20	2	20	15	20	460	10	2
Mediterranean Lunch Box	410	21	3.5	85	550	20	5.5	4	0	35	0	4	15	8	460	20	2
Smoked Cheddar Chicken	290	5	3	65	600	32	6	4	0	30	2	60	6	20	340	15	6
Picadillo Cubano	350	6	1.5	35	320	60	7	4	0	16	0	6	20	6	700	6	0
Trattoria Style Penne & Chickpeas	350	15.5	6	25	290	42	9	5.5	0.5	14	4	80	15	10	570	8	2
Herbed Turkey Bake	290	13	4	40	310	32	4	9	3	13	2	4	10	4	370	4	2
Average Per Meal	**350**	**14**	**5**	**60**	**460**	**40**	**5.4**	**13**	**3**	**19.1**	**2**	**27**	**16**	**13**	**537**	**9**	**1**
Daily Average	**1049**	**41**	**14**	**180**	**1381**	**119**	**16.1**	**38**	**8**	**57.4**	**7**	**82**	**47**	**39**	**1611**	**26**	**4**
Week G/H: 7 Day Average with milk	**1209**	**41**	**14**	**200**	**1581**	**143**	**16.1**	**62**	**8**	**75.4**	**207**	**82**	**47**	**89**	**2411**	**96**	**204**

Seattle Sutton's Healthy Eating

7-Day 1200 Calorie Plan Signature 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 I			11/30/2026														
Egg & Feta Tart	250	12	6.5	105	270	27	4	14	0	8	2	6	6	10	250	6	0
Chocolate Chia Bowl	370	18	4.5	0	70	48	8	32	13	11	0	20	15	15	570	20	4
Orange Berry Waffle	350	13	4	65	540	46	3	22	5.5	10	0	4	4	10	55	0	0
Tex Mex Fish Taco	340	13	3.5	40	550	37	5	4	0	22	0	4	10	15	520	6	2
Smoky Chicken Salad	360	11	2.5	60	530	37	6	10	3	25	2	15	15	6	560	8	0
Protein Pasta Carbonara	410	22	12	70	500	40	8	5	0	13	4	10	10	10	340	8	0
Italian Sausage Flatbread Pizza	460	20	4.5	20	950	51	7	4	1	23	0	2	15	20	590	0	0
Thai Coconut Chicken	350	10	3.5	40	450	44	2	6	2	19	2	10	20	6	320	2	0
Spaghetti Lentil Bolognese	270	8	1.5	0	260	39	5	6	0	10	2	30	15	6	700	10	0
Menu J			12/3/2026														
Chocolate Pistachio Pancake	330	15	5	20	135	45	3.5	22	13	7	0	2	15	8	300	10	2
Bircher Muesli and Pears	420	20	5.5	30	15	57	6.5	31	16	9	2	2	50	8	330	15	4
Avocado Toast	350	18	3	130	290	35	10	10	0	13	2	50	15	4	480	8	0
English Muffin Breakfast Sandwich	370	19	6	180	730	31	4	7	1	20	6	15	15	20	410	0	0
Landry Bay Crab Cakes	390	25	7	95	680	24	4	5	1	18	2	30	10	8	630	6	2
Turkey Cobb Salad	340	16	5.5	245	900	20	5	5	0	31	4	6	20	15	450	15	10
BBQ Chicken Pizza	320	11	5	60	350	39	7	15	4	20	2	6	6	20	530	15	0
Loaded Potato Soup	380	15	7	45	450	46	4	6	1	15	4	25	15	25	540	20	10
Tuscan Lemon Chicken	390	8	2.5	130	560	41	7.5	4.5	0	39	2	25	15	6	890	8	0
Turkey & Rice ala King	280	8	3	40	520	33	5	5	0	15	2	8	15	10	560	8	0
Rosemary Chicken	330	5	0.5	95	450	37	4.5	4.5	0	35	0	0	4	4	940	10	0
Salisbury Steak	330	10	3	65	380	36	7	9	1	26	2	15	20	6	760	25	6
Average Per Meal	**352**	**14**	**5**	**73**	**456**	**39**	**5.5**	**11**	**3**	**18.5**	**2**	**14**	**15**	**11**	**511**	**10**	**2**
Daily Average	**1056**	**42**	**14**	**219**	**1369**	**116**	**16.6**	**32**	**9**	**55.6**	**6**	**41**	**44**	**33**	**1532**	**29**	**6**
Week I/J: 7 Day Average with milk	**1216**	**42**	**14**	**239**	**1569**	**140**	**16.6**	**56**	**9**	**73.6**	**206**	**41**	**44**	**83**	**2332**	**99**	**206**

Seattle Sutton's Healthy Eating

7-Day 1200 Calorie Plan Signature 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 (%)
Week A/B: 7 Day Average with milk	1201	38	12	194	1469	141	15.4	67	15	79.1	207	38	57	91	2319	101	205
Week C/D: 7 Day Average with milk	1237	44	12	191	1479	143	16.7	66	12	73.0	205	79	44	89	2406	97	206
Week E/F: 7 Day Average with milk	1226	40	11	211	1554	148	14.6	66	17	75.6	207	82	55	90	2334	98	206
Week G/H: 7 Day Average with milk	1209	41	14	200	1581	143	16.1	62	8	75.4	207	82	47	89	2411	96	204
Week I/J: 7 Day Average with milk	1216	42	14	239	1569	140	16.6	56	9	73.6	206	41	44	83	2332	99	206



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

1-815-780-2060

Dietitians@sshe.com

1200 Calorie Plan Daily Average 7-Day Plan Including 2 servings of Non-Fat Milk/Day		
Calories	1218	kcal
Total Fat	41.1	g
Saturated Fat	12.4	g
Trans Fat	0	g
Cholesterol	207.3	mg
Sodium	1530	mg
Total Carbohydrates	143.1	g
Dietary Fiber	15.9	g
Total Sugars	63.3	g
Added Sugars	12.1	g
Protein	75.3	g
Vitamin D	205.3	mcg
Calcium (%)	88.34	%
Iron (%)	49.51	%
Potassium	2360.4	mcg
Macronutrient Breakdown		
Fats	30%	
Carbohydrates	47%	
Protein	25%	

1200 Calorie Plan Daily Average 7-Day Plan WITHOUT MILK SERVINGS		
Calories	1057.7	kcal
Total Fat	41.1	g
Saturated Fat	12.4	g
Trans Fat	0.0	g
Cholesterol	187.3	mg
Sodium	1330.4	mg
Total Carbohydrates	119.1	g
Dietary Fiber	15.9	g
Total Sugars	39.3	g
Includes Added Sug	12.1	g
Protein	57.3	g
Vitamin D	5.3	mcg
Calcium (%)	38.3	%
Iron (%)	49.5	%
Potassium	1560.4	mcg
Macronutrient Breakdown		
Fats	35%	
Carbohydrates	45%	
Protein	22%	

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

Skim Milk Additions		
Amount	*8 oz*	*16 oz*
Calories	80 kcal	160 kcal
Total Fat	0 g	0 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	10 mg	20 mg
Sodium	100mg	200 mg
Total Carbohydrates	12 g	24 g
Dietary Fiber	0 g	0 g
Total Sugars	12 g	24 g
Includes Added Sug	0 g	0 g
Protein	9 g	18 g
Phosphorus	35	70 %
Vitamin D	100 mcg	200 mcg
Calcium (%)	25%	50 %
Iron (%)	0%	0 %
Potassium	400 mcg	800 mcg