Seattle Sutton's Healthy Eating

7-Day 1200 Calorie Plan Vegetarian Menu & Nutrition Averages

	Calories (kcal)	Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Iron (%)	Calcium (%)	Potassium (mg)	Phosphorus (%)	Vitamin D (%)
Menu A				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
Mushroom & Polenta Ragout	320	10	5	25	480	44	9	13	6	12	4	15	20	15	790	15	4
Quesabirria Shiitake	390	17	8	30	570	46	9	9	0	15	20	25	10	20	620	15	8
Fresh Fruit and Cottage Cheese Plate	280	9	4	30	620	31	5	13	0	20	0	25	8	25	470	8	2
Cauliflower Tikka Masala	430	13	2	10	560	64	7	7	0	15	2	90	35	15	980	10	0
Sweet Potato Chili	420	20	7	45	480	49	5	14	11	12	10	15	15	25	440	4	0
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
Chorizo & Egg Breakfast Taco	260	8	2	130	380	37	5	8	2	11	15	20	10	8	530	8	
Broccoli Cheddar Soup & Salad	450	17	7	55	750	56	6.5	15	5	18	6	35	20	30	520	20	10
Chickpea Tagine	390	12	0.5	0	390	64	10	6	0	16	2	20	20	15	590	15	0
Eggplant Goat Cheese Melt	380	24	9	55	350	33	5	21	12	11	6	30	8	10	510	10	0
Egg Salad on Croissant	340	19	7	250	360	31	4	14	1	10	6	6	15	4	190	0	0
Raspberry Goat Cheese Salad	430	27	6	15	200	37	7	23	8.5	14	8	25	25	10	840	20	2
Rustic Zucchini Cavatappi	360	13	4	50	570	50	5.5	9	3	12	2	15	20	6	470	6	0
Spinach Manicotti	430	17.5	5.5	75	660	45	6	14.5	0	23	6	20	15	25	840	8	0
Vegetable Pad Thai	410	20	3.5	220	410	43	5	13	4	18	2	50	15	8	610	15	0
Average Per Meal	**355.2**	**14.5**	**4.5**	**55.0**	**438.1**	**43.2**	**5.9**	**15.1**	**5.2**	**14.7**	**4.6**	**21.4**	**20.2**	**14.8**	**521.0**	**9.8**	**1.5**
Daily Average	**1066**	**43**	**14**	**165**	**1314**	**130**	**17.6**	**45**	**16**	**44.0**	**14**	**64**	**61**	**44**	**1563**	**29**	**5**
Week A/B: 7 Day Average with milk	**1226**	**43**	**14**	**185**	**1514**	**154**	**17.6**	**69**	**16**	**62.0**	**214**	**64**	**61**	**94**	**2363**	**99**	**205**

Seattle Sutton's Healthy Eating

7-Day 1200 Calorie Plan Vegetarian Menu & Nutrition Averages

	Calories (kcal)	Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Iron (%)	Calcium (%)	Potassium (mg)	Phosphorus (%)	Vitamin D (%)
Menu C				11/9/2026													
Peach & Ricotta Toast	280	13	3.5	25	170	30	5	15	4	11	2	20	8	10	460	10	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
Chili Tempeh Salad	380	17	1.5	0	660	41	3	6	1	16	4	60	20	6	530	15	0
Korean Street Sliders	400	14.5	5.5	35	630	49	3.5	10	7	15	0	20	15	15	480	4	0
Pecan Cranberry Salad	420	32	4.5	15	150	25	5	13	10	9	4	8	10	20	220	8	0
Vegetarian Vodka Meatballs	370	11	4	15	600	45	14	6	0	27	2	30	25	15	970	8	2
Genoa Minestrone	280	7	2	10	500	46	5	6	0	9	4	30	20	10	500	6	0
Primavera Alfredo	270	8	4	25	370	40	6.5	10	0	12	2	0	6	20	540	6	10
Menu D				11/12/2026													
Matcha Muffin Top	380	17	7	40	240	52	1.5	32	24	8	2	4	15	10	290	10	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
Three Bean Chili	430	25	4.5	5	490	42	9	8	0	10	2	20	25	15	1190	4	0
BBQ Shiitake Sandwich	350	15	5.5	0	570	41	11	11	8	12	0	15	15	8	350	2	10
Greek Chickpea Feta Fritter	280	4	1.5	5	320	49	8	19	7	11	2	80	15	8	670	8	0
Classic Ratatouille	330	12	3.5	15	430	46	5	5	0	11	8	240	15	15	540	10	0
Sofrito Tofu	340	10	1.5	0	450	47	8	5	0	17	4	20	30	20	720	10	0
Homestyle Macaroni & Cheese	500	15	7	45	710	73	6	18	4.5	20	4	80	15	30	920	25	10
Average Per Meal	**349**	**15**	**4**	**26**	**428**	**42**	**6.3**	**13**	**4**	**13.8**	**2**	**36**	**16**	**15**	**529**	**10**	**2**
Daily Average	**1046**	**44**	**13**	**79**	**1285**	**125**	**18.8**	**38**	**13**	**41.4**	**7**	**109**	**48**	**45**	**1587**	**29**	**6**
Week C/D: 7 Day Average with milk	**1206**	**44**	**13**	**99**	**1485**	**149**	**18.8**	**62**	**13**	**59.4**	**207**	**109**	**48**	**95**	**2387**	**99**	**206**

Seattle Sutton's Healthy Eating

7-Day 1200 Calorie Plan Vegetarian Menu & Nutrition Averages

	Calories (kcal)	Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Iron (%)	Calcium (%)	Potassium (mg)	Phosphorus (%)	Vitamin D (%)
Menu 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
Falafel Bowl	390	11	1	0	520	57	8	6	0	15	2	25	30	15	410	6	0
Asian Potstickers	280	8.5	0	0	750	45	3.5	18	12	10	0	6	15	6	440	4	0
Pumpkin Sweet Potato Bisque & Salad	400	16	5	30	140	59	8	22	14	10	10	20	20	15	640	8	2
Cajun Vegetarian Etouffee	350	14	5	30	290	50	8	10	1	10	4	50	20	8	780	20	2
Tortelloni Pomodoro	260	9	2	50	330	33	5	10	3	12	2	15	15	20	350	4	0
BBQ Loaded Potato	420	16	6.5	40	560	60	6	19	14	12	0	20	20	15	970	6	0
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
Breakfast Burrito	320	14	4.5	285	580	33	12.5	6	1	21	0	45	20	25	580	2	0
Stir Fry Udon	390	9	5.5	25	730	65	8	9	2	12	6	180	20	8	610	6	2
Caesar Salad with Roasted Tomatoes	380	25	4	20	480	28	3	12	10	13	2	8	15	20	290	10	0
Deviled Egg Croast	450	24.5	5.5	170	280	43	8.5	24	6.5	16	2	15	20	15	650	15	2
Chipotle Black Bean Burger	470	25	3.5	5	500	51	11	16	8	16	2	10	20	10	740	2	0
Veggie Seoul Bowl	290	11.5	1.5	0	550	33	8	13	8	14	6	30	30	25	820	15	2
Portobello Fajita	340	11	4	25	590	48	8	6	0	15	2	100	10	15	670	20	4
Butternut Squash Ravioli	450	20	7	70	450	51	9	11	3	17	10	35	20	25	560	15	6
Chile Rellenos	360	10	3	15	580	56	8	7	0	12	8	35	20	20	620	20	2
Average Per Meal	**353**	**14**	**4**	**54**	**455**	**45**	**6.6**	**14**	**6**	**14.5**	**3**	**39**	**20**	**17**	**555**	**10**	**2**
Daily Average	**1060**	**41**	**11**	**161**	**1366**	**135**	**19.9**	**42**	**18**	**43.6**	**9**	**117**	**61**	**50**	**1666**	**30**	**5**
Week E/F: 7 Day Average with milk	**1220**	**41**	**11**	**181**	**1566**	**159**	**19.9**	**66**	**18**	**61.6**	**209**	**117**	**61**	**100**	**2466**	**100**	**205**

Seattle Sutton's Healthy Eating

7-Day 1200 Calorie Plan Vegetarian Menu & Nutrition Averages

	Calories (kcal)	Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Iron (%)	Calcium (%)	Potassium (mg)	Phosphorus (%)	Vitamin D (%)
Menu 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
Four Cheese Egg Tart	330	14	6	235	460	26	2.5	15	6	23	2	6	15	20	440	6	0
Broccoli Cheddar Fritter	340	14	4.5	20	340	46	8.5	22	4	13	2	35	15	15	560	10	2
Poppyseed Sweet Potato Salad	420	16	2	0	240	60	7	25	9	9	20	25	20	8	670	15	0
Sweet Potato Taco	410	22	10.5	90	580	41	5	16	8	13	8	30	8	15	360	10	6
Southwestern Couscous Pilaf	460	19	6	40	650	60	7	16	10.5	16	2	15	15	20	340	15	2
Truffled Mac 'n Cheese	450	20	7	70	530	55	5.5	10	0	17	4	20	20	20	800	25	15
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
Mini Dutch Pancakes	370	21.5	5	50	200	33	2	17	7.5	13	2	8	4	10	330	8	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
Deep Dish Spinach Pie	320	20.5	10.5	70	590	16	4	5	0	19	8	8	15	35	320	20	2
Spinach Artichoke Flatbread Pizza	510	23	11	60	730	60	7	30	9	15	4	6	20	35	460	6	2
Vegetarian Acapulco Taco Pie	330	11	3.5	15	380	46	6	7	1	12	2	25	15	20	560	10	4
Muffuletta Bowl	310	19.5	4.5	20	190	27	4	8	2	9	2	50	8	10	520	10	0
Eggplant Parmesan	230	11	2.5	5	400	33	6	8	0	9	0	10	8	10	560	6	0
Gnocchi Pesto	420	18	4.5	35	570	50	4	7	3	12	2	10	10	15	280	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
Lentil Wellington	470	21	12.5	60	630	53	7	11	0	12	0	10	25	15	1150	10	4
Average Per Meal	**354**	**15**	**6**	**47**	**416**	**43**	**5.3**	**15**	**4**	**12.8**	**4**	**24**	**16**	**15**	**524**	**10**	**2**
Daily Average	**1063**	**46**	**17**	**142**	**1249**	**129**	**15.9**	**46**	**12**	**38.3**	**11**	**71**	**48**	**44**	**1571**	**30**	**6**
Week G/H: 7 Day Average with milk	**1223**	**46**	**17**	**162**	**1449**	**153**	**15.9**	**70**	**12**	**56.3**	**211**	**71**	**48**	**94**	**2371**	**100**	**206**

Seattle Sutton's Healthy Eating

7-Day 1200 Calorie Plan Vegetarian Menu & Nutrition Averages

	Calories (kcal)	Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Iron (%)	Calcium (%)	Potassium (mg)	Phosphorus (%)	Vitamin D (%)
Menu 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 Black Bean Taco	310	14	6	35	460	34	5	4	0	13	2	4	8	20	440	10	2
Beet & Goat Cheese Flatbread	310	19.5	4	10	300	28	4	15	2	7	4	30	10	10	460	10	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
Chimichurri Bowl	280	11	1.5	0	570	36	11	7	0	12	2	70	30	10	560	10	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
Croissant Breakfast Sandwich	380	24	10	155	400	26	5	10	1	15	10	30	15	20	420	2	0
Landry Bay Zucchini Cakes	400	25	7	50	640	35	5	7	1	8	2	35	15	6	570	6	2
Greek Lunch Platter	430	18	2	10	680	53	11	11	0	14	15	20	30	20	990	10	0
Vietnamese Banh Mi	380	15	1.5	0	640	51	6.5	12.5	1	10	4	90	20	10	740	8	0
Loaded Potato Soup	380	15	7	45	450	46	4	6	1	15	4	25	15	25	540	20	10
Spinach Ravioli	240	10	4	55	680	27	4	7	1	10	6	4	8	15	320	4	0
White Bean & Rice ala King	280	8	3	15	330	42	9	6	0	8	4	15	15	10	820	8	0
Honey Garlic Chickpea Bowl	350	13	5.5	25	210	49	8	13	0	9	4	6	15	8	470	8	2
Peppered Lentil Salisbury Steak	360	12	4	10	450	43	8	8	0	20	2	15	30	6	860	15	2
Average Per Meal	**348**	**16**	**5**	**40**	**421**	**41**	**6.5**	**12**	**3**	**11.7**	**3**	**22**	**17**	**12**	**515**	**9**	**1**
Daily Average	**1044**	**47**	**15**	**121**	**1263**	**123**	**19.4**	**36**	**8**	**35.0**	**10**	**67**	**51**	**36**	**1544**	**27**	**4**
Week I/J: 7 Day Average with milk	**1204**	**47**	**15**	**141**	**1463**	**147**	**19.4**	**60**	**8**	**53.0**	**210**	**67**	**51**	**86**	**2344**	**97**	**204**

Seattle Sutton's Healthy Eating

7-Day 1200 Calorie Plan Vegetarian Menu & Nutrition Averages

	Calories (kcal)	Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugars (g)	Protein (g)	Vitamin A (%)	Vitamin C (%)	Iron (%)	Calcium (%)	Potassium (mg)	Phosphorus (%)	Vitamin D (%)
Week A/B: 7 Day Average with milk	1226	43	14	185	1514	154	17.6	69	16	62.0	214	64	61	94	2363	99	205
Week C/D: 7 Day Average with milk	1206	44	13	99	1485	149	18.8	62	13	59.4	207	109	48	95	2387	99	206
Week E/F: 7 Day Average with milk	1220	41	11	181	1566	159	19.9	66	18	61.6	209	117	61	100	2466	100	205
Week G/H: 7 Day Average with milk	1223	46	17	162	1449	153	15.9	70	12	56.3	211	71	48	94	2371	100	206
Week I/J: 7 Day Average with milk	1204	47	15	141	1463	147	19.4	60	8	53.0	210	67	51	86	2344	97	204



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	1216	kcal
Total Fat	44.4	g
Saturated Fat	13.8	g
Trans Fat	0	g
Cholesterol	153.7	mg
Sodium	1495	mg
Total Carbohydrates	152.1	g
Dietary Fiber	18.3	g
Total Sugars	65.4	g
Added Sugars	13.4	g
Protein	58.5	g
Vitamin D	205.1	mcg
Calcium (%)	93.60	%
Iron (%)	53.74	%
Potassium	2386.1	mcg

Macronutrient Breakdown	
Fats	33%
Carbohydrates	50%
Protein	19%

1200 Calorie Plan Daily Average 7 Day Plan WITHOUT MILK SERVINGS		
Calories	1055.7	kcal
Total Fat	44.4	g
Saturated Fat	13.8	g
Trans Fat	0.0	g
Cholesterol	133.7	mg
Sodium	1295.3	mg
Total Carbohydrates	128.1	g
Dietary Fiber	18.3	g
Total Sugars	41.4	g
Includes Added Su	13.4	g
Protein	40.5	g
Vitamin D	5.1	mcg
Calcium (%)	43.6	%
Iron (%)	53.7	%
Potassium	1586.1	mcg

Macronutrient Breakdown	
Fats	38%
Carbohydrates	49%
Protein	15%

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 Su	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