Seattle Sutton's Healthy Eating
7-Day 2000 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	450	8	2.5	10	750	64	7	17	4	26	2	15	25	15	470	6	0
Blueberry Banana Waffle Bites	620	30	12.5	95	520	72	5	43	33	17	2	4	35	10	320	10	8
Berry Colada Parfait	320	2.5	1	5	80	62	10	43	19	12	0	6	8	15	390	2	0
Moroccan Chicken Skewers	710	18	3	120	340	76	12.5	18	7	59	0	15	40	10	930	45	2
Baja Chicken Tinga Wrap	470	14	4.5	60	620	57	10	5	0	30	2	15	15	15	820	8	4
Fresh Fruit and Cottage Cheese Plate	540	17	7	50	990	54	9	21	0	34	2	35	15	45	730	15	2
Crab Stuffed Flounder	440	14	4	65	810	52	6	7	1	27	6	25	15	15	1180	15	4
Roast Turkey in Dijon Cream Sauce	590	9.5	4	145	570	66	10	24	9	55	4	30	25	20	1330	40	6
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					11/5/2026												
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
Biscuits & Sausage Gravy	630	32	10.5	300	800	62	6	28	4	22	2	10	25	30	720	2	4
Broccoli Cheddar Soup & Salad	710	30	12	80	840	82	10	22	5	28	10	60	25	50	820	30	20
Chicken & Dumplings	540	18	6	125	1000	58	7	18	12	41	10	15	20	8	970	6	2
Mushroom Swiss Chicken Burger	500	25	10	125	440	33	5	11	1	39	8	10	20	40	1220	20	2
Chicken Salad on Croissant	570	30	7.5	105	410	50	6	26	7	24	6	6	10	6	420	8	0
Raspberry Salmon Salad	460	24	5.5	95	290	28	4.5	16	8.5	33	4	15	20	8	920	10	0
Rustic Zucchini Cavatappi	610	17	4.5	100	790	93	9	8	3	21	2	20	30	8	710	8	0
Chicken Enchilada Bake	600	24	10	125	820	44	7	8	0	41	2	40	15	35	620	40	4
Sweet & Sour Chicken	700	23	5.5	55	590	99	10	17	5.5	22	2	6	45	10	420	4	2
Average Per Meal	**545.7**	**19.2**	**6.2**	**87.6**	**613.3**	**61.8**	**8.2**	**20.6**	**7.2**	**30.1**	**3.3**	**16.4**	**27.3**	**20.5**	**733.6**	**14.7**	**3.0**
Daily Average	**1637**	**58**	**19**	**263**	**1840**	**185**	**25**	**62**	**22**	**90**	**10**	**49**	**82**	**61**	**2201**	**44**	**9**
Week A/B: 7 Day Average with Milk	**1967**	**64**	**23**	**293**	**2140**	**221**	**25**	**98**	**22**	**117**	**10**	**49**	**82**	**136**	**3401**	**149**	**309**

Seattle Sutton's Healthy Eating
7-Day 2000 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	430	17	5.5	105	410	47	3	21	13	21	4	4	6	6	200	0	0
Cheesy Baked Egg Casserole	580	15	7	40	1000	64	10	18	4	42	2	35	25	35	860	15	2
Apple Cider Oatmeal	510	20	3	5	10	76	11.5	42	25	9	2	8	40	8	500	25	0
Honey Shrimp Salad	360	16	1.5	40	420	40	7	13	1	15	6	100	20	8	570	20	0
Curry Chicken Salad	640	30	4	60	510	65	9.5	31	4.5	28	0	8	15	15	600	10	0
Pecan Cranberry Salad	650	46	7	25	320	43	7	17	12	16	4	8	15	35	260	8	0
Penne Vodka Meatballs	600	20	5.5	70	480	72	14	9	1	33	2	35	30	15	1170	25	6
Genoa Minestrone	440	15	4.5	25	650	63	7	12	2.5	13	6	40	30	15	770	8	0
Chicken Linguini Alfredo	600	19	7	130	990	58	6.5	13	0	50	2	120	15	25	1280	10	15
Menu D				11/12/2026													
Blueberry Almond Torta	520	19	4	90	640	71	10	52	10	19	2	160	15	10	670	4	2
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
Chili Con Carne	660	36	6	50	670	61	11	12	0	27	4	25	35	20	1580	15	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	10	31	2	110	20	10	1230	15	4
Marry Me Chicken	680	17	7	160	1000	85	11	25	5.5	43	2	8	25	30	1500	15	20
Chicken Carnitas	400	10	2.5	100	720	46	7	3	0	30	2	8	25	6	720	6	0
Honey Peach BBQ Chicken	600	16	7	160	760	64	3.5	18	5	52	2	4	20	30	1120	20	8
Average Per Meal	**539**	**21**	**6**	**83**	**627**	**59**	**8.2**	**21**	**6**	**27.1**	**2**	**38**	**22**	**20**	**775**	**13**	**3**
Daily Average	**1617**	**64**	**17**	**249**	**1880**	**178**	**24.6**	**62**	**17**	**81.4**	**7**	**114**	**65**	**59**	**2326**	**39**	**9**
Week C/D: 7 Day Average with milk	**1947**	**71**	**21**	**279**	**2180**	**214**	**24.6**	**98**	**17**	**108.4**	**7**	**114**	**65**	**134**	**3526**	**144**	**309**

Seattle Sutton's Healthy Eating
7-Day 2000 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	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
Chicken Gyro Bowl	750	22	2.5	110	860	81	5	3	0	51	4	45	40	15	500	8	0
Asian Potstickers	470	14.5	0	0	940	66	6	20	13	18	0	10	30	10	770	8	0
Homestyle Roasted Turkey Sandwich	570	11	6	140	430	74	6	31	12	44	6	8	20	10	780	25	4
Cajun Shrimp Etouffee	520	16	6.5	185	730	62	7.5	9	1	32	4	35	15	10	880	15	2
Tortelloni Pomodoro	520	22	6	80	990	59	10	17	3	21	4	40	25	35	840	8	0
BBQ Meatloaf & Cheddar Mash	620	29	6	100	760	55	7	23	11	38	2	15	25	20	1190	35	10
Menu F					11/19/2026												
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
Bacon & Egg Bagel Sandwich	400	15	4	190	700	43	6	12	0	28	2	80	20	8	620	4	0
Bonsai Salmon Bowl	690	17	4.5	125	880	97	5	31	16	34	2	35	30	6	880	10	0
Caesar Salad with Roasted Tomatoes	530	32	5.5	20	540	45	5	23	20	15	2	10	25	20	420	10	0
Croque Monsieur	690	31	10	75	1050	75	4.5	23	8	26	4	2	15	40	710	20	6
Chipotle Black Bean Burger	580	31	4	10	550	63	13	25	15	18	2	15	20	15	890	4	0
Swedish Meatballs	500	16	6	85	630	59	8.5	12	0	31	10	45	25	20	1410	30	10
Pasta Verde with Durango Turkey	440	14	6	90	570	51	6	7	0	29	4	90	15	10	500	6	4
Butternut Squash Ravioli	600	28	10	90	700	66	11	15	4	22	15	40	25	30	700	20	6
Chicken Matzo Ball Soup	650	25	5.5	110	570	63	5	19	10	40	4	6	35	6	970	8	2
Average Per Meal	**553**	**20**	**6**	**98**	**683**	**63**	**6.7**	**21**	**9**	**28.6**	**4**	**43**	**27**	**20**	**768**	**14**	**3**
Daily Average	**1660**	**61**	**17**	**295**	**2050**	**189**	**20.2**	**62**	**26**	**85.9**	**11**	**130**	**82**	**60**	**2304**	**42**	**9**
Week E/F: 7 Day Average with milk	**1990**	**68**	**21**	**325**	**2350**	**225**	**20.2**	**98**	**26**	**112.9**	**11**	**130**	**82**	**135**	**3504**	**147**	**309**

Seattle Sutton's Healthy Eating
7-Day 2000 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	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
Brioche Breakfast Sandwich	520	24	7	295	670	45	6	24	6	30	8	100	25	20	950	10	0
Broccoli Cheddar Fritter	550	22	8	40	660	64	10	26	4	21	2	60	20	25	780	20	2
Pecan & Poppyseed Chicken Salad	590	31	3	90	440	40	6	16	0	34	4	6	15	10	460	6	0
Loaded Quesadilla & Tortilla Soup	550	25	10	70	1170	45	6	5	0	27	2	10	15	35	320	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
Monterey Chicken	530	16	5.5	155	950	47	6.5	22	10	49	2	60	20	15	1000	0	0
Pierogi in Mushroom & Tomato Gravy	600	13	4	40	750	99	6	16	6.5	21	2	60	30	10	950	8	2
Menu H				11/26/2026													
Spinach & Goat Cheese Frittata	350	6	3	10	620	50	4	8	0	21	6	160	60	25	1640	25	0
Cheddar & Egg Biscuit Sandwich	550	26	10	190	930	52	8.5	19	0	24	6	50	25	25	810	2	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
Tuna Melt	570	14	4.5	65	600	59	9.5	9	0	45	8	35	35	25	1270	25	0
Spinach Artichoke Flatbread Pizza	660	32	15	75	760	73	9	38	18	16	4	6	25	45	530	10	4
Acapulco Taco Pie	530	20	6	70	440	56	8	9	2	29	2	35	20	30	690	15	4
Mediterranean Lunch Box	570	27	5	125	760	29	6.5	6	0	51	0	6	20	10	650	30	2
Smoked Cheddar Chicken	460	7	4	70	900	53	9	8	0	39	4	80	10	30	1140	25	8
Picadillo Cubano	600	9	2.5	55	540	99	12	7	0	29	2	10	40	10	1080	10	0
Trattoria Style Penne & Chickpeas	490	17	6.5	25	410	63	13	8.5	0.5	20	6	110	20	15	820	10	2
Herbed Turkey Bake	430	18	5.5	65	510	45	5	12	3	21	2	8	15	4	640	8	4
Average Per Meal	**527**	**19**	**6**	**85**	**647**	**60**	**7.8**	**19**	**4**	**27.1**	**3**	**45**	**26**	**19**	**840**	**13**	**2**
Daily Average	**1580**	**57**	**19**	**256**	**1941**	**179**	**23.4**	**57**	**12**	**81.3**	**10**	**135**	**77**	**56**	**2519**	**40**	**5**
Week G/H: 7 Day Average with milk	**1910**	**64**	**23**	**286**	**2241**	**215**	**23.4**	**93**	**12**	**108.3**	**10**	**135**	**77**	**131**	**3719**	**145**	**305**

Seattle Sutton's Healthy Eating
7-Day 2000 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	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 Fish Taco	590	21	5	70	980	64	8	6	0	34	0	4	15	20	830	6	2
Smoky Chicken Salad	480	14	3	70	810	55	9	12	5	31	2	20	20	8	700	10	0
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
Thai Coconut Chicken	540	16	5.5	50	650	71	3	11	4	27	2	20	35	10	470	4	0
Spaghetti Lentil Bolognese	610	21	5.5	20	700	77	9	12	0	28	4	50	30	30	1270	30	2
Menu J				12/3/2026													
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
English Muffin Breakfast Sandwich	420	19	6	180	730	40	6	13	1	21	6	50	15	25	540	2	0
Landry Bay Crab Cakes	530	26	7	145	990	40	7	8	1	35	4	50	20	10	1080	8	2
Turkey Cobb Salad	400	16	5.5	260	1000	26	6.5	6	0	37	4	6	25	20	520	15	10
BBQ Chicken Pizza	480	16	8	90	520	54	9.5	20	6	30	2	6	8	35	740	20	2
Loaded Potato Soup	490	17	8	50	550	64	5	9	1	19	4	30	20	30	760	25	15
Tuscan Lemon Chicken	620	10.5	4	190	860	72	12	7	0.5	54	4	35	35	8	1220	15	0
Turkey & Rice ala King	470	12.5	4.5	65	830	59	8	7.5	0.5	24	4	15	25	15	870	15	0
Rosemary Chicken	470	5	1	125	560	59	7.5	7	0	45	0	0	15	6	1220	20	0
Salisbury Steak	620	19	5.5	135	690	65	10	12	1	47	4	25	35	10	1510	45	10
Average Per Meal	**547**	**20**	**7**	**105**	**675**	**62**	**8.5**	**17**	**5**	**28.0**	**3**	**22**	**23**	**18**	**782**	**16**	**3**
Daily Average	**1641**	**61**	**20**	**314**	**2026**	**187**	**25.4**	**50**	**15**	**84.1**	**8**	**66**	**70**	**54**	**2345**	**48**	**9**
Week I/J: 7 Day Average with milk	**1971**	**68**	**24**	**344**	**2326**	**223**	**25.4**	**86**	**15**	**111.1**	**8**	**66**	**70**	**129**	**3545**	**153**	**309**

Seattle Sutton's Healthy Eating
7-Day 2000 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	1967	64	23	293	2140	221	24.5	98	22	117.3	10	49	82	136	3401	149	309
Week C/D: 7 Day Average with milk	1947	71	21	279	2180	214	24.6	98	17	108.4	7	114	65	134	3526	144	309
Week E/F: 7 Day Average with milk	1990	68	21	325	2350	225	20.2	98	26	112.9	11	130	82	135	3504	147	309
Week G/H: 7 Day Average with milk	1910	64	23	286	2241	215	23.4	93	12	108.3	10	135	77	131	3719	145	305
Week I/J: 7 Day Average with milk	1971	68	24	344	2326	223	25.4	86	15	111.1	8	66	70	129	3545	153	309



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

1-815-780-2060

Dietitians@sshe.com

2000 Calorie Plan Daily Average 7-Day Plan With Milk Servings		
Calories	1957	kcal
Total Fat	67.1	g
Saturated Fat	22.3	g
Trans Fat	0	g
Cholesterol	305.3	mg
Sodium	2247	mg
Total Carbohydrates	219.5	g
Dietary Fiber	26.9	g
Total Sugars	94.6	g
Added Sugars	18.4	g
Protein	111.6	g
Vitamin D	308.2	mcg
Calcium (%)	133.06	%
Iron (%)	75.23	%
Potassium	3538.9	mcg
Macronutrient Breakdown		
Fats	31%	
Carbohydrates	45%	
Protein	23%	

2000 Calorie Plan Daily Average 7-Day Plan WITHOUT MILK SERVINGS		
Calories	1627.1	kcal
Total Fat	60.2	g
Saturated Fat	18.1	g
Trans Fat	0	g
Cholesterol	275.3	mg
Sodium	1947	mg
Total Carbohydrates	183.5	g
Dietary Fiber	26.9	g
Total Sugars	58.6	g
Includes Added Su	18.4	g
Protein	84.6	g
Vitamin D	8.2	mcg
Calcium (%)	58.06	%
Iron (%)	75.23	%
Potassium	2338.9	mcg
Macronutrient Breakdown		
Fats	33%	
Carbohydrates	45%	
Protein	21%	

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