Seattle Sutton's Healthy Eating
7-Day 2000 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	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
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	11.5	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					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
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	**549.0**	**21.5**	**7.0**	**90.7**	**644.0**	**66.1**	**9.1**	**21.8**	**7.3**	**22.9**	**6.4**	**30.7**	**28.0**	**21.6**	**766.0**	**14.1**	**2.6**
Daily Average	**1647**	**65**	**21**	**272**	**1932**	**198**	**27.2**	**65**	**22**	**68.6**	**19**	**92**	**84**	**65**	**2298**	**42**	**8**
Week A/B: 7 Day Average with milk	**1977**	**71**	**25**	**302**	**2232**	**234**	**27.2**	**101**	**22**	**95.6**	**19**	**92**	**84**	**140**	**3498**	**147**	**308**

Seattle Sutton's Healthy Eating
7-Day 2000 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	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
Apple Cider Oatmeal	510	20	3	5	10	76	11.5	42	25	9	2	8	40	8	500	25	0
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	15	4.5	25	650	63	7	12	2.5	13	6	40	30	15	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				11/12/2026													
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	**551**	**22**	**6**	**43**	**689**	**65**	**9.1**	**19**	**7**	**22.6**	**3**	**45**	**27**	**23**	**770**	**14**	**4**
Daily Average	**1654**	**67**	**19**	**129**	**2066**	**196**	**27.2**	**58**	**22**	**67.9**	**9**	**135**	**81**	**68**	**2311**	**43**	**11**
Week C/D: 7 Day Average with milk	**1984**	**74**	**24**	**159**	**2366**	**232**	**27.2**	**94**	**22**	**94.9**	**9**	**135**	**81**	**143**	**3511**	**148**	**311**

Seattle Sutton's Healthy Eating
7-Day 2000 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	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	470	14.5	0	0	940	66	6	20	13	18	0	10	30	10	770	8	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					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
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	**538**	**20**	**5**	**81**	**663**	**68**	**9.0**	**20**	**9**	**21.2**	**4**	**64**	**30**	**23**	**817**	**14**	**2**
Daily Average	**1614**	**60**	**16**	**244**	**1990**	**204**	**27.1**	**60**	**26**	**63.6**	**13**	**191**	**90**	**68**	**2451**	**42**	**6**
Week E/F: 7 Day Average with milk	**1944**	**67**	**20**	**274**	**2290**	**240**	**27.1**	**96**	**26**	**90.6**	**13**	**191**	**90**	**143**	**3651**	**147**	**306**

Seattle Sutton's Healthy Eating
7-Day 2000 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	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	550	28	12.5	460	880	34	3	15	5.5	38.5	2	8	25	30	620	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	14.5	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	6.5	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
Mini Dutch Pancakes	550	30.5	8	80	370	49	2	25	11.5	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	420	24	11.5	75	670	34	6	14	9	20	8	8	20	35	370	20	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	490	17	6.5	25	410	63	13	8.5	0.5	20	6	110	20	15	820	10	2
Lentil Wellington	530	24	12.5	65	760	62	7	11	0	13	0	15	25	15	1380	15	6
Average Per Meal	**533**	**22**	**8**	**71**	**607**	**64**	**7.4**	**21**	**6**	**18.3**	**5**	**39**	**24**	**21**	**780**	**15**	**3**
Daily Average	**1599**	**66**	**23**	**212**	**1822**	**193**	**22.3**	**64**	**19**	**54.9**	**15**	**116**	**72**	**62**	**2341**	**45**	**8**
Week G/H: 7 Day Average with milk	**1929**	**73**	**27**	**242**	**2122**	**229**	**22.3**	**100**	**19**	**81.9**	**15**	**116**	**72**	**137**	**3541**	**150**	**308**

Seattle Sutton's Healthy Eating
7-Day 2000 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	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	1.5	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	460	18	2.5	10	890	60	18	13	0	21	4	120	45	15	920	15	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
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	440	11	4.5	20	500	70	12	9	0	11	6	25	20	15	1160	15	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	540	21	6	10	670	56	11	10	1	32	2	15	45	8	1210	20	2
Average Per Meal	**546**	**24**	**7**	**60**	**633**	**64**	**9.4**	**18**	**5**	**19**	**4.3**	**34**	**25**	**19**	**764**	**14**	**2**
Daily Average	**1637**	**71**	**22**	**181**	**1900**	**192**	**28.3**	**54**	**14**	**57**	**12.9**	**101**	**74**	**58**	**2291**	**43**	**7**
Week I/J: 7 Day Average with milk	**1967**	**77**	**26**	**211**	**2200**	**228**	**28.3**	**90**	**14**	**84**	**12.9**	**101**	**74**	**133**	**3491**	**148**	**307**

Seattle Sutton's Healthy Eating
7-Day 2000 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	1977	71	25	302	2232	234	27.2	101	22	96	19.3	92	84	140	3498	147	308
Week C/D: 7 Day Average with milk	1984	74	24	159	2366	232	27.2	94	22	95	9.1	135	81	143	3511	148	311
Week E/F: 7 Day Average with milk	1944	67	20	274	2290	240	27.1	96	26	91	12.7	191	90	143	3651	147	306
Week G/H: 7 Day Average with milk	1929	73	27	242	2122	229	22.3	100	19	82	15.0	116	72	137	3541	150	308
Week I/J: 7 Day Average with milk	1967	77	26	211	2200	228	28.3	90	14	84	12.9	101	74	133	3491	148	307



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 5 Week Cycle 7 Day Average Including 2 servings of Non-Fat Milk/Day		
Calories	1960	kcal
Total Fat	72.5	g
Saturated Fat	24.4	g
Trans Fat	0	g
Cholesterol	237.7	mg
Sodium	2242	mg
Total Carbohydrates	232.8	g
Dietary Fiber	30.0	g
Total Sugars	96.5	g
Added Sugars	20.5	g
Protein	89.4	g
Vitamin D	307.9	mcg
Calcium (%)	139.06	%
Iron (%)	80.31	%
Potassium	3538.6	mcg
Macronutrient Breakdown		
Fats	33%	
Carbohydrates	47%	
Protein	18%	

2000 Calorie Plan 5 Week Cycle 7 Day Average WITHOUT MILK SERVINGS		
Calories	1630.3	kcal
Total Fat	65.6	g
Saturated Fat	20.2	g
Trans Fat	0	g
Cholesterol	207.7	mg
Sodium	1942	mg
Total Carbohydrates	196.8	g
Dietary Fiber	30.0	g
Total Sugars	60.5	g
Includes Added Su	20.5	g
Protein	62.4	g
Vitamin D	7.9	mcg
Calcium (%)	64.06	%
Iron (%)	80.31	%
Potassium	2338.6	mcg
Macronutrient Breakdown		
Fats	36%	
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