

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 5/11/2026																	
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
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	10	4	145	570	66	10	24	10	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 5/14/2026																	
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	300	28	4.5	16	8	33	6	20	20	10	1000	15	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	6	22	2	6	45	10	420	4	2
Average Per Meal	547.1	19.2	5.7	86.9	613.3	61.9	8.2	19.7	6.1	30.3	3.3	16.7	26.3	20.3	738.3	14.9	2.7
Daily Average	1641	58	17	261	1840	186	25	59	18	91	10	50	79	61	2215	45	8
Week A/B: 7 Day Average with Milk	1971	65	21	291	2140	222	25	95	18	118	10	50	79	136	3415	150	308

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Menu E																	
5/25/2026																	
Strawberry Poppysseed 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 Chopped Salad	420	20	2	0	670	45	11	23	7	17	2	170	30	20	1380	25	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																	
5/28/2026																	
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	700	21	4	120	800	89	5	33	12	38	2	35	25	6	1190	35	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	710	37	10.5	80	1050	75	4.5	23	7	27	4	2	15	40	720	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	552	21	6	98	667	61	7.0	21	8	28.8	4	51	27	20	812	16	3
Daily Average	1657	63	17	295	2000	184	20.9	62	24	86.4	12	153	81	61	2437	48	9
Week E/F: 7 Day Average with milk	1987	70	21	325	2300	220	20.9	98	24	113.4	12	153	81	136	3637	153	309

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Menu I 6/8/2026																	
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 Pita	460	13	2	70	640	55	11	10	1	32	4	20	25	20	830	10	0
Genoa Minestrone	440	13	4.5	25	550	66	6.5	11	4	14	4	20	30	8	420	6	0
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	680	21	5.5	20	700	85	16	10	0	33	4	50	40	35	1440	35	2
Menu J 6/11/2026																	
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
Chicken Fricassee	560	16	4.5	145	470	65	8	14	12	45	4	15	20	6	980	6	2
Traditional Cottage Pie	470	18	6	80	600	44	9	26	2	30	2	50	10	6	710	8	2
Honey Garlic Chicken Bowl	640	16	2.5	40	1000	100	9	28	0	21	2	4	40	8	340	10	0
Salisbury Steak	620	19	5.5	135	690	65	10	12	1	47	4	25	35	10	1510	45	10
Average Per Meal	549	21	6	97	656	64	8.5	19	6	26.8	3	23	25	18	736	15	3
Daily Average	1647	62	19	290	1969	192	25.6	57	17	80.3	8	70	74	54	2208	45	9
Week I/J: 7 Day Average with milk	1977	69	23	320	2269	228	25.6	93	17	107.3	8	70	74	129	3408	150	309

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	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	1971	65	21	291	2140	222	24.5	95	18	118.0	10	50	79	136	3415	150	308
Week C/D: 7 Day Average with milk	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A
Week E/F: 7 Day Average with milk	1987	70	21	325	2300	220	20.9	98	24	113.4	12	153	81	136	3637	153	309
Week G/H: 7 Day Average with milk	1950	68	23	273	2251	213	24.8	95	11	111.7	11	140	82	133	3903	150	308
Week I/J: 7 Day Average with milk	1977	69	23	320	2269	228	25.6	93	17	107.3	8	70	74	129	3408	150	309



For questions regarding this nutritional analysis, please contact the 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	#N/A	kcal
Total Fat	#N/A	g
Saturated Fat	#N/A	g
Trans Fat	0	g
Cholesterol	#N/A	mg
Sodium	#N/A	mg
Total Carbohydrates	#N/A	g
Dietary Fiber	#N/A	g
Total Sugars	#N/A	g
Added Sugars	#N/A	g
Protein	#N/A	g
Vitamin D	#N/A	mcg
Calcium (%)	#N/A	%
Iron (%)	#N/A	%
Potassium	#N/A	mcg
Macronutrient Breakdown		
Fats	#N/A	
Carbohydrates	#N/A	
Protein	#N/A	

2000 Calorie Plan Daily Average 7-Day Plan WITHOUT MILK SERVINGS		
Calories	#N/A	kcal
Total Fat	#N/A	g
Saturated Fat	#N/A	g
Trans Fat	0	g
Cholesterol	#N/A	mg
Sodium	#N/A	mg
Total Carbohydrates	#N/A	g
Dietary Fiber	#N/A	g
Total Sugars	#N/A	g
Includes Added Sugar	#N/A	g
Protein	#N/A	g
Vitamin D	#N/A	mcg
Calcium (%)	#N/A	%
Iron (%)	#N/A	%
Potassium	#N/A	mcg
Macronutrient Breakdown		
Fats	#N/A	
Carbohydrates	#N/A	
Protein	#N/A	

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