

Seattle Sutton's Healthy Eating
7-Day 2000 Calorie Plan Vegetarian Menu & Nutrition Averages

	<u>Calories</u> <u>(kcal)</u>	<u>Fat</u> <u>(g)</u>	<u>Sat Fat</u> <u>(g)</u>	<u>Cholesterol</u> <u>(mg)</u>	<u>Sodium</u> <u>(mg)</u>	<u>Carbs</u> <u>(g)</u>	<u>Fiber</u> <u>(g)</u>	<u>Sugar</u> <u>(g)</u>	<u>Added Sugars</u> <u>(g)</u>	<u>Protein</u> <u>(g)</u>	<u>Vitamin A</u> <u>(%)</u>	<u>Vitamin C</u> <u>(%)</u>	<u>Iron</u> <u>(%)</u>	<u>Calcium</u> <u>(%)</u>	<u>Potassium</u> <u>(mg)</u>	<u>Phosphorus</u> <u>(%)</u>	<u>Vitamin D</u> <u>(%)</u>
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
Mushroom & Polenta Ragout	430	18.5	7	35	440	50	8	14	5	15	4	15	30	15	950	20	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	12	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 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
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	520	34	12.5	75	510	41	7	24	12	15	8	60	10	15	820	20	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	610	38	10	20	280	52	8	32	12	21	8	25	30	15	1070	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	541.9	21.1	6.2	88.8	623.6	65.2	8.8	20.7	6.1	22.7	6.1	30.4	26.8	20.8	752.1	13.7	2.3
Daily Average	1626	63	19	266	1871	196	26.5	62	18	68.1	18	91	80	62	2256	41	7
Week A/B: 7 Day Average with milk	1956	70	23	296	2171	232	26.5	98	18	95.1	18	91	80	137	3456	146	307

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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 (%)
Menu E																	
5/25/2026																	
Strawberry Poppseed 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 Chopped Salad	420	20	2	0	670	45	11	23	7	17	2	170	30	20	1380	25	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	560	18.5	7	45	660	86	8.5	23	16	16	0	35	25	20	1570	10	0
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
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	535	20	5	81	650	67	9.3	20	8	21.1	4	71	30	23	845	15	2
Daily Average	1606	61	16	244	1951	201	27.8	61	25	63.4	13	214	90	69	2534	44	6
Week E/F: 7 Day Average with milk	1936	68	21	274	2251	237	27.8	97	25	90.4	13	214	90	144	3734	149	306

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Menu G 6/1/2026																	
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	460	18	10	55	750	35	3	17	6	34	2	8	25	25	650	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	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	630	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	21	2	60	30	10	950	8	2
Menu H 6/4/2026																	
Spinach & Goat Cheese Frittata	350	6	3	10	620	50	4	8	0	21	6	160	60	25	1640	25	0
Vegetarian Bacon & Cheddar Clafoutis	420	19	4.5	25	690	39	4	6	0	21	15	60	30	20	1380	20	4
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
Veggie Melt	560	16	5.5	30	730	74	13.5	11	0	30	8	35	35	25	1240	10	0
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
Vegetarian Mediterranean Lunch Box	530	29	4.5	10	1200	35	5.5	6	0	32	0	4	20	15	290	4	0
Eggplant Parmesan	480	19	3.5	5	700	62	8	14	0	14	2	15	15	10	990	8	0
Vegetarian Picadillo Cubano	510	4.5	1	0	550	104	14	8	0	14	0	10	45	10	1030	6	0
Pesto Cream Penne	620	22	5.5	30	940	76	16	18	0	28	6	40	30	35	860	30	20
Butternut & Zucchini Bake	420	15	4.5	30	280	59	7	14	3	11	2	15	15	6	840	8	2
Average Per Meal	530	19	6	43	655	68	8.4	21	5	19.8	5	35	28	20	860	15	4
Daily Average	1591	58	19	128	1965	203	25.3	62	16	59.3	16	106	84	60	2579	45	11
Week G/H: 7 Day Average with milk	1921	65	23	158	2265	239	25.3	98	16	86.3	16	106	84	135	3779	150	311

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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	1956	70	23	296	2171	232	26.5	98	18	95	18.4	91	80	137	3456	146	307
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	1936	68	21	274	2251	237	27.8	97	25	90	13.0	214	90	144	3734	149	306
Week G/H: 7 Day Average with milk	1921	65	23	158	2265	239	25.3	98	16	86	16.3	106	84	135	3779	150	311
Week I/J: 7 Day Average with milk	1953	69	24	220	2076	242	30.7	95	17	88	11.0	78	80	131	3539	151	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 5 Week Cycle 7 Day Average Including 2 servings of Non-Fat Milk/Day		
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 5 Week Cycle 7 Day Average 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