

For the most consistent daily calorie intake, enjoy meals in this suggested order.
Nutrition information is averaged with the addition of 2 servings of non-fat dairy for the 1200 calorie plan and 3 servings of low fat dairy for the 2000 calorie plan. Meals Prepared for Pickup/Ship Date of 06/18/26. Best consumed by 06/25/26.

Day 1

- **Breakfast - Wild Blackberry Parfait**
 - Enjoy meal cold. Top yogurt with blackberry coulis and granola.
- **Lunch - Chicken & Dumplings**
 - Remove items from container. Heat chicken and dumplings with peas & carrots in microwave for 1 - 1 ½ minutes. Enjoy with dessert.
- **Dinner - Raspberry Salmon Salad**
 - Remove items from container. Heat salmon in microwave 1 ½ - 2 minutes. Arrange spinach on plate, top with dressing, pistachio mix, and salmon. Enjoy with cookie.

Day 2

- **Breakfast - Egg Fonduta**
 - Remove items from container. Heat fonduta in microwave for 1 ½ minutes. Toast bread.
 - If preferred, heat the fonduta in a toaster oven 1 ½ minutes or air fryer for 4 - 5 minutes at 375 degrees.
- **Lunch - Mushroom Swiss Chicken Burger**
 - Remove items from container. Heat burger and mushrooms in microwave for 1 - 1 ½ minutes. Top with Swiss cheese and heat for 10 seconds. Place on top of bun and enjoy with slaw on the side.
- **Dinner - Rustic Zucchini Cavatappi**
 - Remove items from container. Mix pasta and sauce together; heat in microwave 2 - 2 ½ minutes. Top with cheese. Toast roll. Enjoy with dessert.

Day 3

- **Breakfast - Strawberry Cheesecake French Toast**
 - Remove items from container. Heat French toast in microwave for 30 seconds, or toast if preferred. Top toast with gelee and cream.
- **Lunch - Broccoli Cheddar Soup & Salad**
 - Remove items from container. Heat soup in microwavable bowl for 2 minutes. Briefly warm roll or toast, if desired. Enjoy grain salad cold.
- **Dinner - Chicken Enchilada Bake**
 - Remove items from container. Heat enchilada in microwave for 1 ½ minutes. Enjoy corn salad cold.
 - If preferred, heat enchilada in air fryer for 4-5 minutes at 375 degrees.

Day 4

- **Breakfast - Biscuits & Sausage Gravy**
 - Remove items from container. Toast biscuit, if desired. Heat gravy and egg in microwave for 1 - 1 ½ minutes. Pour gravy over biscuit and enjoy with egg and fruit.
- **Lunch - Chicken Salad on Croissant**
 - Slice and toast croissant. Assemble as chicken salad sandwich and enjoy with fresh fruit.
- **Dinner - Sweet & Sour Chicken**
 - Remove items from container. Heat in microwave for 1 ½ - 2 minutes.
 - If preferred, warm chicken in air fryer for 4 minutes at 375 degrees.

Check out our upcoming menus by clicking on the QR Code!



Men's Health Month

7 Simple Habits For Busy Men

1. *Take a short walk after meals*

A quick 10-minute walk after eating may support digestion, blood sugar, heart health, and weight management.

2. *Improve one meal at a time*

Focus on upgrading just one meal each day by adding more protein, vegetables, fruit, or whole grains.

3. *Prioritize preventative care*

Schedule important health appointments like you would a work meeting.

4. *Keep balanced snacks nearby*

Having nutritious snacks on hand can help prevent impulsive fast-food choices.

Busy schedules often push healthy habits to the bottom of the list, but improving your health doesn't have to mean overhauling your life. Small, realistic changes can make a big difference over time.



5. *Make sleep a priority*

Sleep affects energy, mood, metabolism, heart health, and recovery.

6. *Check on your mental health*

Stress and burnout affect physical and mental health. Take time to pause, go outside, connect with others, and ask for help.

7. *Focus on simple swaps*

Make realistic changes: choose more fish, beans or plant proteins; drink more water and less alcohol and sugary drinks; balance eating over unnecessary supplements.



Join the Seattle Sutton's Healthy Eating Facebook Community Group!



SCAN NOW



FAQ'S | Added Sugars

DIETARY GUIDELINES FOR AMERICANS



HOW WE COMPARE

Daily averages on the Dietitian-Designed Meal Plans are well below the recommended 10 g per meal.

1200 Calorie Dietitian-Designed Meal Plans

3.5g/meal
AVERAGE

2000 Calorie Dietitian-Designed Meal Plans

5.5g/meal
AVERAGE

Our Approach

Seattle Sutton's Healthy Eating meals average below the guidelines from the Dietary Guidelines and the American Heart Association and focuses on whole, nutrient-dense foods. When small amounts of added sugar are used, they're balanced with fiber and protein to support stable energy and blood sugar.

WE **SALUTE**

THANK YOU *Veterans!*

Seattle Sutton's Healthy Eating is proud to honor our US Military, with a 10% off for 5 orders of our fresh, healthy meals.



The We Salute Benefits Program is a nationwide benefits program created to provide rewards to the members of those who have served in the United States Military including active military members, retired veterans, members of the National Guard and Reserves.

Our Healthy Eating Blog

Read more about Busy Men's Health Tips by scanning the QR code.



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