

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 3/2/2026																	
Open Faced Asparagus & Gruyere Omelet	450	8	2.5	10	750	64	7	17	4	26	2	15	25	15	470	6	0
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 3/5/2026																	
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	6	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	9	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	6.2	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	19	91	10	50	79	61	2215	45	8
Week A/B: 7 Day Average with Milk	1971	65	21	291	2155	222	25	95	19	406	10	50	79	136	3415	150	308

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Menu C 3/9/2026																	
Peach Berry Blintz	460	18	5.5	105	410	53	3	26	15	21	6	6	6	6	260	2	0
Cheesy Baked Egg Casserole	580	15	7	40	1000	64	10	18	4	42	2	35	25	35	860	15	2
Strawberry Chia Oatmeal	470	16	3	5	50	69	10.5	35	10	13	2	50	20	15	660	15	15
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	5	28	0	8	15	15	600	10	0
Tuscan Bean Soup & Crostata	530	23	6	25	1000	61	12.5	10	3	20	4	20	20	25	1860	6	0
Penne Vodka Meatballs	600	20	5.5	70	480	72	14	9	1	33	2	35	30	15	1170	25	6
Garden Tamale Bowl	520	25	11	25	630	58	13	29	0	13	2	20	25	20	470	10	2
Chicken Linguini Alfredo	600	19	7	130	990	58	6.5	14	0	50	2	120	15	25	1280	10	15
Menu D 3/12/2026																	
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	550	19	9	260	840	65	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	9	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	6	43	2	8	25	30	1500	15	20
Chicken Carnitas	460	9	2.5	160	660	48	7	3	0	43	4	10	30	6	540	6	0
Honey Peach BBQ Chicken	600	16	7	160	760	64	3.5	18	10	52	2	4	20	25	1080	20	8
Average Per Meal	539	21	6	86	657	60	9	21	5	28	2	40	21	20	837	13	4
Daily Average	1617	62	18	257	1971	179	26	64	14	84	7	120	63	59	2511	38	12
Week C/D: 7 Day Average with milk	1947	69	22	287	2286	215	26	100	14	399	7	120	63	134	3711	143	312

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Menu E																	
3/16/2026																	
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	490	17	5.5	80	1000	62	10	20	3	21	4	35	30	35	700	8	0
BBQ Meatloaf & Cheddar Mash	620	29	6	100	760	55	7	23	12	38	2	15	25	20	1190	35	10
Menu F																	
3/19/2026																	
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	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	551	21	6	98	667	62	7	21	8	29	4	51	27	20	806	16	3
Daily Average	1653	63	17	295	2001	185	21	63	25	86	12	152	82	61	2417	48	9
Week E/F: 7 Day Average with milk	1983	70	21	325	2316	221	21	99	25	401	12	152	82	136	3617	153	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 (%)
Menu G 3/23/2026																	
Wheat Croissant and Brie	590	19	9	55	450	92	13	53	7	12	0	15	15	10	640	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
Capri Chicken with Quinoa Pilaf	650	31	6	145	1040	43	13	13	0	58	2	180	25	30	1490	20	2
Pierogi in Mushroom & Tomato Gravy	600	13	4	40	750	99	6	16	6	21	2	60	30	10	950	8	2
Menu H 3/26/2026																	
Spinach & Goat Cheese Frittata	350	6	3	10	620	50	4	8	0	21	6	160	60	25	1640	25	0
Bacon & Cheddar Clafoutis	500	24	6	50	660	42	4	6	0	24	15	60	30	25	1520	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
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	28	5	125	800	29	5	6	0	51	0	4	20	10	640	30	2
Chicken Cacciatore	540	18	8	125	620	44	14	31	1	46	2	60	25	10	1190	6	0
Picadillo Cubano	600	9	2.5	55	540	99	12	7	0	29	2	10	40	10	1080	10	0
Pesto Cream Penne	620	22	5.5	30	940	76	16	18	0	28	6	40	30	35	860	30	20
Herbed Turkey Bake	430	18	5.5	65	510	45	5	12	3	21	2	8	15	4	640	8	4
Average Per Meal	542	20	6	81	652	60	8	20	4	28	4	47	27	20	895	15	3
Daily Average	1627	61	19	243	1956	179	25	59	11	85	11	140	82	59	2686	45	8
Week G/H: 7 Day Average with milk	1957	68	23	273	2271	215	25	95	11	400	11	140	82	134	3886	150	308

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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 I 3/30/2026																	
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 Pita	460	13	2	70	640	55	11	10	1	32	4	20	25	20	830	10	0
Genoa Minestrone	520	10	3	20	820	86	6.5	10	2	19	4	20	35	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 4/2/2026																	
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
Verde Chicken Taco	580	24	10	100	880	60	7	8	0	36	2	25	15	20	700	15	8
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	561	21	6	89	663	67	9	19	6	27	3	24	24	18	745	15	3
Daily Average	1684	63	19	266	1990	200	26	57	17	81	8	72	73	54	2234	45	9
Week I/J: 7 Day Average with milk	2014	70	24	296	2305	236	26	93	17	396	8	72	73	129	3434	150	309

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	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	Vitamin A	Vitamin C	Iron	Calcium	Potassium	Phosphorus	Vitamin D
	(kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(%)
Week A/B: 7 Day Average with milk	1971	65	21	291	2155	222	25	95	19	406	10	50	79	136	3415	150	308
Week C/D: 7 Day Average with milk	1947	69	22	287	2286	215	26	100	14	399	7	120	63	134	3711	143	312
Week E/F: 7 Day Average with milk	1983	70	21	325	2316	221	21	99	25	401	12	152	82	136	3617	153	309
Week G/H: 7 Day Average with milk	1957	68	23	273	2271	215	25	95	11	400	11	140	82	134	3886	150	308
Week I/J: 7 Day Average with milk	2014	70	24	296	2305	236	26	93	17	396	8	72	73	129	3434	150	309



2000 Calorie Plan Monday 7-Day Plan With Milk Servings	
Calories	1975 kcal
Total Fat	68.1 g
Saturated Fat	22 g
Trans Fat	0 g
Cholesterol	294.4 mg
Sodium	2267 mg
Total Carbohydrates	221.6 g
Dietary Fiber	27.8 g
Total Sugars	96.4 g
Added Sugars	17.1 g
Protein	400.5 g
Vitamin D	309.0 mcg
Calcium (%)	133.77 %
Iron (%)	75.80 %
Potassium	3612.6 mcg
Macronutrient Breakdown	
Fats	31%
Carbohydrates	45%
Protein	81%

2000 Calorie Plan Monday 7-Day Plan WITHOUT MILK SERVINGS	
Calories	1644.6 kcal
Total Fat	61.2 g
Saturated Fat	18 g
Trans Fat	0 g
Cholesterol	264.4 mg
Sodium	1952 mg
Total Carbohydrates	185.6 g
Dietary Fiber	27.8 g
Total Sugars	60.4 g
Includes Added Su	17.1 g
Protein	373.5 g
Vitamin D	9.0 mcg
Calcium (%)	58.77 %
Iron (%)	75.80 %
Potassium	2412.6 mcg
Macronutrient Breakdown	
Fats	33%
Carbohydrates	45%
Protein	91%

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	315 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

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

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