

Seattle Sutton's Healthy Eating

7-Day 1200 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	300	6	2.5	10	540	41	5	15	2	21	2	15	20	15	410	6	0
Chocolate Hazelnut Crepe	320	15	1.5	40	260	38	3	13	5	11	0	4	8	2	170	6	0
Berry Colada Parfait	180	1.5	0.5	0	60	37	4	24	12	10	0	25	4	10	210	0	0
Moroccan Chicken Skewers	380	6	1.5	80	240	44	6	13	7	36	0	10	20	4	500	25	2
Baja Chicken Tinga Wrap	310	11	3.5	45	420	36	7	4	0	20	2	10	10	15	600	8	4
Fresh Fruit and Cottage Cheese Plate	280	9	4	30	620	31	5	13	0	20	0	25	8	25	470	8	2
Crab Stuffed Flounder	280	9	2.5	60	490	27	4	4	0	23	4	15	10	10	670	6	2
Roast Turkey in Dijon Cream Sauce	460	7	3	120	460	53	8	22	10	48	2	20	20	15	1040	35	4
Nonna Sutton's Lasagna	360	20	6	45	520	28	5	10	0	17	4	6	15	25	730	15	0
Menu B 3/5/2026																	
Egg Fonduta	300	8	3	20	620	37	6.5	16	2	21	0	6	15	20	490	4	0
Wild Blackberry Parfait	340	11	1	5	40	50	6.5	29	14	13	0	2	70	10	330	10	0
Strawberry Cheesecake French Toast	300	11	4	35	370	40	3	17	8	9	2	2	35	8	170	8	2
Biscuits & Sausage Gravy	350	18	6.5	160	440	38	4	19	2	12	2	8	10	20	450	2	2
Broccoli Cheddar Soup & Salad	450	17	7	55	750	56	6.5	15	5	18	6	35	20	30	520	20	10
Chicken & Dumplings	310	9	3.5	60	570	38	4.5	15	10	21	8	10	10	6	560	6	2
Mushroom Swiss Chicken Burger	380	18	6	105	340	28	4	9	1	30	4	8	15	25	980	15	0
Chicken Salad on Croissant	330	17	6	80	300	27	4	10	1	16	6	4	6	2	210	0	0
Raspberry Salmon Salad	410	21	4.5	95	300	23	4	12	7	33	6	20	20	10	990	15	0
Rustic Zucchini Cavatappi	360	13	4	50	570	50	5.5	9	3	12	2	15	20	6	470	6	0
Chicken Enchilada Bake	340	15	6	70	570	29	4	6	0	22	2	30	8	20	420	25	2
Sweet & Sour Chicken	490	19	4.5	45	420	65	7	12	4	16	2	4	35	6	290	2	2
Average Per Meal	344.3	12.5	3.9	57.6	423.8	38.9	5.1	13.7	4.4	20.4	2.6	13.0	18.0	13.5	508.6	10.6	1.6
Daily Average	1033	37	12	173	1271	117	15	41	13	61	8	39	54	41	1526	32	5
Week A/B: 7 Day Average with milk	1193	37	12	193	1471	141	15	65	13	79	208	39	54	91	2326	102	205

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Menu E 3/16/2026																	
Strawberry Poppyseed Bread	380	6	0	0	290	69	5.5	35	21	13	0	40	25	10	360	10	0
Swiss Cheese Egg Bake	200	5	3	20	420	18	2.5	4	0	20	0	6	10	20	370	0	0
Morning Protein Plate	430	22	6	200	360	45	6	20	3	18	4	30	20	15	440	10	10
Chicken Gyro Bowl	420	13	1.5	65	480	42	3	2	0	30	2	25	20	10	310	4	0
Asian Chopped Salad	300	15	1.5	0	480	32	7	16	6	11	2	100	20	15	860	15	0
Homestyle Roasted Turkey Sandwich	360	6	3	70	340	55	5	22	8	24	2	8	15	6	450	15	2
Cajun Shrimp Etouffee	350	13	4.5	140	550	39	4.5	7	1	23	2	25	10	8	610	10	2
Tortelloni Pomodoro	260	9	2	50	330	33	5	10	3	11	2	15	15	20	350	4	0
BBQ Meatloaf & Cheddar Mash	380	18	3.5	50	420	36	4.5	16	8	20	2	10	15	10	700	20	6
Menu F 3/19/2026																	
Sunrise Pizza	310	13	5	110	600	32	3	4	0	17	2	40	20	25	620	15	2
Cranberry Oat Bar	310	7	0.5	5	60	49	5	30	20	14	0	10	50	15	320	10	0
Cheesy Egg Strata	240	10	5.5	30	500	20	3	11	0	18	4	100	10	20	420	10	2
Bacon & Egg Bagel Sandwich	330	12	3	160	500	42	6	12	0	21	2	80	15	6	540	4	0
Bonsai Salmon Bowl	420	11	2	65	540	56	4.5	22	10	22	2	20	15	4	760	20	0
Caesar Salad with Roasted Tomatoes	380	25	4	20	480	28	3	12	10	13	2	8	15	20	290	10	0
Croque Monsieur	350	16	5.5	35	600	37	2.5	10	1	14	2	2	8	25	400	10	2
Chipotle Black Bean Burger	470	25	3.5	5	500	51	11	16	8	16	2	10	20	10	740	2	0
Swedish Meatballs	300	8	3	50	370	36	7	7	0	20	8	35	20	10	920	20	4
Pasta Verde with Durango Turkey	300	9	4.5	60	400	36	5	6	0	21	2	60	10	6	340	4	2
Butternut Squash Ravioli	450	20	7	70	450	51	9	11	3	17	10	35	20	25	560	15	6
Chicken Matzo Ball Soup	510	20	5.5	95	400	50	4	18	9	33	4	6	30	4	830	8	2
Average Per Meal	355	13	4	62	432	41	5	14	5	19	3	32	18	14	533	10	2
Daily Average	1064	40	11	186	1296	122	15	42	16	57	8	95	55	41	1599	31	6
Week E/F: 7 Day Average with milk	1224	40	11	206	1496	146	15	66	16	75	208	95	55	91	2399	101	206

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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	250	12	6.5	105	270	27	4	14	0	8	2	6	6	10	250	6	0
Chocolate Chia Bowl	370	18	4.5	0	70	48	8	32	13	11	0	20	15	15	570	20	4
Orange Berry Waffle	350	13	4	65	540	46	3	22	6	10	0	4	4	10	55	0	0
Tex Mex Fish Taco	340	13	3.5	40	550	37	5	4	0	22	0	4	10	15	520	6	2
Smoky Chicken Salad Pita	330	11	2	60	420	38	7	9	0	25	2	20	15	10	630	8	0
Genoa Minestrone	290	6	2	10	440	48	4	6	1	10	2	10	20	4	270	2	0
Italian Sausage Flatbread Pizza	460	20	4.5	20	950	51	7	4	1	23	0	2	15	20	590	0	0
Thai Coconut Chicken	350	10	3.5	40	450	44	2	6	2	19	2	10	20	6	320	2	0
Spaghetti Lentil Bolognese	300	8	1.5	0	260	45	8	6	0	13	2	30	20	6	790	10	0
Menu J 4/2/2026																	
Chocolate Pistachio Pancake	330	15	5	20	135	45	3.5	22	13	7	0	2	15	8	300	10	2
Bircher Muesli and Pears	420	20	5.5	30	15	57	6.5	31	16	9	2	2	50	8	330	15	4
Avocado Toast	350	18	3	130	290	35	10	10	0	13	2	50	15	4	480	8	0
English Muffin Breakfast Sandwich	370	19	6	180	730	31	4	7	1	20	6	15	15	20	410	0	0
Landry Bay Crab Cakes	390	25	7	95	680	24	4	5	1	18	2	30	10	8	630	6	2
Verde Chicken Taco	310	15	6.5	35	590	35	5	6	0	13	2	20	8	15	300	15	8
BBQ Chicken Pizza	320	11	5	60	350	39	7	15	4	20	2	6	6	20	530	15	0
Loaded Potato Soup	380	15	7	45	450	46	4	6	1	15	4	25	15	25	540	20	10
Chicken Fricassee	440	13	3.5	110	400	48	5	12	11	35	2	10	10	4	780	4	2
Traditional Cottage Pie	410	16	5	65	540	38	8	22	1	25	2	50	8	4	600	6	2
Honey Garlic Chicken Bowl	440	12	1.5	30	800	74	7	24	0	16	2	2	30	6	250	8	0
Salisbury Steak	330	10	3	65	380	36	7	9	1	26	2	15	20	6	760	25	6
Average Per Meal	359	14	4	57	443	42	6	13	3	17	2	16	16	11	472	9	2
Daily Average	1076	43	13	172	1330	127	17	39	10	51	5	48	47	32	1415	27	6
Week I/J: 7 Day Average with milk	1236	43	13	192	1530	151	17	63	10	69	205	48	47	82	2215	97	206

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Week A/B: 7 Day Average with milk	1193	37	12	193	1471	141	15	65	13	79	208	39	54	91	2326	102	205
Week C/D: 7 Day Average with milk	1249	44	13	194	1561	144	18	67	10	76	204	81	46	91	2517	97	208
Week E/F: 7 Day Average with milk	1224	40	11	206	1496	146	15	66	16	75	208	95	55	91	2399	101	206
Week G/H: 7 Day Average with milk	1221	42	13	183	1574	142	17	64	7	77	207	86	51	91	2591	101	206
Week I/J: 7 Day Average with milk	1236	43	13	192	1530	151	17	63	10	69	205	48	47	82	2215	97	206



1200 Calorie Plan Thursday 4-Day Plan Including 2 servings of Non-Fat Milk/Day	
Calories	1225 kcal
Total Fat	41.2 g
Saturated Fat	12 g
Trans Fat	0 g
Cholesterol	193.4 mg
Sodium	1526 mg
Total Carbohydrates	144.9 g
Dietary Fiber	16.5 g
Total Sugars	64.8 g
Added Sugars	11.2 g
Protein	75.2 g
Vitamin D	206.1 mcg
Calcium (%)	88.97 %
Iron (%)	50.40 %
Potassium	2409.6 mcg
Macronutrient Breakdown	
Fats	13%
Carbohydrates	47%
Protein	25%

1200 Calorie Plan Monday 4-Day Plan WITHOUT MILK SERVINGS	
Calories	1064.6 kcal
Total Fat	41.2 g
Saturated Fat	12.1 g
Trans Fat	0.0 g
Cholesterol	173.4 mg
Sodium	1326.4 mg
Total Carbohydrates	120.9 g
Dietary Fiber	16.5 g
Total Sugars	40.8 g
Includes Added Sug:	11.2 g
Protein	57.2 g
Vitamin D	6.1 mcg
Calcium (%)	39.0 %
Iron (%)	50.4 %
Potassium	1609.6 mcg
Macronutrient Breakdown	
Fats	15%
Carbohydrates	45%
Protein	22%

The 1200 calorie plan is recommended with 2 glasses of Skim/Nonfat Milk

Skim Milk Additions		
Amount	8 oz	16 oz
Calories	80 kcal	160 kcal
Total Fat	0 g	0 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	10 mg	20 mg
Sodium	100mg	200 mg
Total Carbohydrates	12 g	24 g
Dietary Fiber	0 g	0 g
Total Sugars	12 g	24 g
Includes Added Sug:	0 g	0 g
Protein	9 g	18 g
Phosphorus	35	70 %
Vitamin D	100 mcg	200 mcg
Calcium (%)	25%	50 %
Iron (%)	0%	0 %
Potassium	400 mcg	800 mcg

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

1-815-780-2060

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