



FAQ'S

Nutrient Breakdown

At Seattle Sutton's Healthy Eating, every dietitian-designed meal plan is carefully created to meet specific calorie and nutrient goals while emphasizing balance, variety, and real ingredients.

PLAN AND MENU TYPE	1200 Calorie Dietitian-Designed Meal Plan		2000 Calorie Dietitian-Designed Meal Plan	
	Signature Menu	Plant-Based Vegetarian Menu	Signature Menu	Plant-Based Vegetarian Menu
Calories (kcal)	1223	1230	1973	1976
Fat (g)	40	41.5	66.5	68.5
Saturated Fat (g)	12	13	22	22
Trans Fat (g)	0	0	0	0
Cholesterol (mg)	185	115	287	200
Sodium (mg)	1514	1550	2260	2330
Total Carbs (g)	141	158	225	238
Dietary Fiber (g)	18	19	26	28
Added Sugar (g)	10.5	12	17	17
Protein (g)	76	62	110	95
Potassium (mg)	2387	2342	3161	3320

Need help deciding which plan is right for you?

Our registered dietitians are here to help! Scan the QR code to schedule a free 15-minute phone consultation, or send an email to one of our dietitians at your convenience.



Still have questions? Visit www.seattlesutton.com or call 800-442-3438