

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 8/24/2026																	
Open Faced Asparagus & Gruyere Omelet	300	6	2.5	10	540	41	5	15	2	21	2	15	20	15	410	6	0
Blueberry Banana Waffle Bites	390	20	7.5	50	270	44	4	26	20	10	0	2	30	6	200	8	4
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	450	6.5	3	120	440	50	8	20	9	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 8/27/2026																	
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	6.5	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	290	22	4	12	6	33	4	15	20	8	910	10	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	347.1	12.7	4.1	58.1	422.9	39.0	5.1	14.2	5.0	20.4	2.5	12.7	19.1	13.6	506.2	10.4	1.8
Daily Average	1041	38	12	174	1269	117	15	43	15	61	7	38	57	41	1519	31	5
Week A/B: 7 Day Average with milk	1201	38	12	194	1469	141	15	67	15	79	207	38	57	91	2319	101	205

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Menu C 8/31/2026																	
Peach Berry Blintz	240	9	3	55	210	29	2	15	8	11	2	4	4	2	160	2	0
Cheesy Baked Egg Casserole	300	8	3.5	20	480	37	7	13	2	21	0	30	15	15	560	8	2
Strawberry Chia Oatmeal	300	11	2	0	35	44	6.5	21	6	9	2	30	15	10	420	10	8
Honey Shrimp Salad	260	14	1.5	25	320	28	5	8	1	10	4	60	15	4	390	15	0
Curry Chicken Salad	470	22	2.5	45	400	48	6	19	3	21	0	6	15	10	390	6	0
Pecan Cranberry Salad	420	32	4.5	15	150	25	5	13	10	9	4	8	10	20	220	8	0
Penne Vodka Meatballs	410	14	4.5	55	350	49	9	7	0	24	2	30	20	10	890	20	4
Genoa Minestrone	270	5	2	10	500	46	4	7	0.5	10	4	30	25	6	500	6	0
Chicken Linguini Alfredo	350	11	4.5	65	560	39	5	10	0	25	2	110	8	20	720	6	10
Menu D 9/3/2026																	
Blueberry Almond Torta	360	12	2.5	50	350	49	7	35	10	13	0	60	10	8	370	4	2
Hashbrown Casserole	180	6	3	20	250	20	4	12	0	13	0	2	10	15	490	8	0
Cheddar & Sausage Breakfast Casserole	480	26	4.5	20	480	42	8	18	1	24	2	8	20	25	640	20	2
Ciabatta Egg Sandwich	300	10	4.5	130	490	40	5	8	0	14	0	60	15	15	140	0	0
Gemelli Pasta Salad	400	29	10	90	350	34	4	18	8	7	0	4	8	6	90	6	0
Margherita Flatbread Pizza	350	17	6	35	650	29	6	6	0	18	2	30	15	30	520	25	2
Chili Con Carne	450	26	4.5	30	490	40	8	9	0	17	2	20	25	15	1050	8	2
Lou's Bleu Burger	490	17	4.5	120	700	61	5	19	7	25	0	10	25	15	650	4	0
Cider Salmon	280	6	2	95	370	28	5	16	7	28	0	60	15	6	830	6	2
Marry Me Chicken	440	11	4.5	105	600	60	7	18	5.5	26	2	4	15	20	930	8	10
Chicken Carnitas	280	8	2	85	550	31	4	2	0	23	2	6	15	4	500	4	0
Honey Peach BBQ Chicken	500	15	6.5	130	700	51	3	13	5	42	2	4	10	20	910	15	6
Average Per Meal	359	15	4	57	428	40	5.5	14	4	18.6	2	27	15	13	541	9	2
Daily Average	1076	44	12	171	1284	119	16.5	41	11	55.7	5	82	44	39	1624	27	7
Week C/D: 7 Day Average with milk	1236	44	12	191	1484	143	16.5	65	11	73.7	205	82	44	89	2424	97	207

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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 9/7/2026																	
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 Potstickers	280	8.5	0	0	750	45	3.5	18	12	10	0	6	15	6	440	4	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	12	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 9/10/2026																	
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	450	12	3	105	680	57	4.5	21	10	29	0	20	20	6	730	8	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	64	451	41	4.9	14	6	19.2	2	27	18	13	511	9	2
Daily Average	1066	40	11	191	1354	124	14.6	42	17	57.6	7	82	55	40	1534	28	6
Week E/F: 7 Day Average with milk	1226	40	11	211	1554	148	14.6	66	17	75.6	207	82	55	90	2334	98	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 G 9/14/2026																	
Wheat Croissant and Brie	360	13	6	40	340	57	6	37	3	8	2	8	10	2	640	4	0
Superfood Brioche French Toast	230	11	3.5	30	200	33	3	18	6	8	2	2	30	6	190	4	2
Brioche Breakfast Sandwich	410	19	6.5	180	500	35	5	14	6	25	4	50	15	20	590	10	0
Broccoli Cheddar Fritter	340	14	4.5	20	340	46	8.5	22	4	13	2	35	15	15	560	10	2
Pecan & Poppyseed Chicken Salad	360	20	2	60	290	26	3	10	0	23	2	4	10	6	300	4	0
Loaded Quesadilla & Tortilla Soup	380	19	7	55	990	37	4.5	4	0	21	2	8	10	25	270	15	2
Grilled Salmon with Creamy Dill Sauce	360	13	4.5	65	430	33	4	5	0	30	2	40	10	6	820	10	4
Capri Chicken with Quinoa Pilaf	510	24	5	115	930	30	9	9	0	46	2	130	15	25	1130	20	2
Pierogi in Mushroom & Tomato Gravy	270	6	3	20	300	46	3	7	4	9	2	35	15	4	370	2	0
Menu H 9/17/2026																	
Spinach & Goat Cheese Frittata	220	5	3	10	400	25	3	6	0	17	4	80	30	15	820	15	0
Cheddar & Egg Biscuit Sandwich	450	24.5	10	165	780	40	5.5	10	0	19	6	30	20	20	520	2	0
Blueberry Smoothie Bowl	360	8	1.5	0	60	60	7	38	11	12	0	30	35	15	460	15	0
Potato & Onion Pancakes	280	15	5	100	660	32	5	12	1	8	2	6	0	6	600	4	0
Tuna Melt	320	7	2.5	30	410	38	6	6	0	25	4	20	20	15	780	15	0
Spinach Artichoke Flatbread Pizza	510	23	11	60	730	60	7	30	9	15	4	6	20	35	460	6	2
Acapulco Taco Pie	350	14	4.5	50	330	36	5	5	1	20	2	20	15	20	460	10	2
Mediterranean Lunch Box	410	21	3.5	85	550	20	5.5	4	0	35	0	4	15	8	460	20	2
Chicken Cacciatore	370	12	4	95	490	28	8	17	1	36	2	40	15	8	930	6	0
Picadillo Cubano	350	6	1.5	35	320	60	7	4	0	16	0	6	20	6	700	6	0
Trattoria Style Penne & Chickpeas	350	15.5	6	25	290	42	9	5.5	0.5	14	4	80	15	10	570	8	2
Herbed Turkey Bake	290	13	4	40	310	32	4	9	3	13	2	4	10	4	370	4	2
Average Per Meal	356	14	5	61	460	39	5.6	13	2	19.7	2	30	16	13	571	9	1
Daily Average	1069	43	14	183	1379	117	16.9	39	7	59.0	7	91	49	39	1714	27	3
Week G/H: 7 Day Average with milk	1229	43	14	203	1579	141	16.9	63	7	77.0	207	91	49	89	2514	97	203

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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 9/21/2026																	
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	5.5	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
Protein Pasta Carbonara	410	22	12	70	500	40	8	5	0	13	4	10	10	10	340	8	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	270	8	1.5	0	260	39	5	6	0	10	2	30	15	6	700	10	0
Menu J 9/24/2026																	
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
Turkey Cobb Salad	340	16	5.5	245	900	20	5	5	0	31	4	6	20	15	450	15	10
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
Turkey & Rice ala King	280	8	3.5	40	540	36	5	5	0	16	4	10	15	10	580	8	0
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	358	15	5	69	461	41	5.6	12	3	17.5	2	13	16	11	477	9	2
Daily Average	1074	44	14	207	1383	123	16.7	36	10	52.4	6	40	47	34	1431	28	6
Week I/J: 7 Day Average with milk	1234	44	14	227	1583	147	16.7	60	10	70.4	206	40	47	84	2231	98	206

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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	1201	38	12	194	1469	141	15.4	67	15	79.1	207	38	57	91	2319	101	205
Week C/D: 7 Day Average with milk	1236	44	12	191	1484	143	16.5	65	11	73.7	205	82	44	89	2424	97	207
Week E/F: 7 Day Average with milk	1226	40	11	211	1554	148	14.6	66	17	75.6	207	82	55	90	2334	98	206
Week G/H: 7 Day Average with milk	1229	43	14	203	1579	141	16.9	63	7	77.0	207	91	49	89	2514	97	203
Week I/J: 7 Day Average with milk	1234	44	14	227	1583	147	16.7	60	10	70.4	206	40	47	84	2231	98	206

1200 Calorie Plan Daily Average 7-Day Plan Including 2 servings of Non-Fat Milk/Day	
Calories	1225 kcal
Total Fat	41.8 g
Saturated Fat	12.5 g
Trans Fat	0 g
Cholesterol	205.4 mg
Sodium	1534 mg
Total Carbohydrates	143.9 g
Dietary Fiber	16.0 g
Total Sugars	64.1 g
Added Sugars	11.8 g
Protein	75.2 g
Vitamin D	205.5 mcg
Calcium (%)	88.46 %
Iron (%)	50.57 %
Potassium	2364.4 mcg
Macronutrient Breakdown	
Fats	31%
Carbohydrates	47%
Protein	25%

1200 Calorie Plan Daily Average 7-Day Plan WITHOUT MILK SERVINGS	
Calories	1065.1 kcal
Total Fat	41.8 g
Saturated Fat	12.5 g
Trans Fat	0.0 g
Cholesterol	185.4 mg
Sodium	1333.6 mg
Total Carbohydrates	119.9 g
Dietary Fiber	16.0 g
Total Sugars	40.1 g
Includes Added Sug:	11.8 g
Protein	57.2 g
Vitamin D	5.5 mcg
Calcium (%)	38.5 %
Iron (%)	50.6 %
Potassium	1564.4 mcg
Macronutrient Breakdown	
Fats	35%
Carbohydrates	45%
Protein	21%

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

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