

Seattle Sutton's Healthy Eating

7-Day 2000 Calorie Plan Signature Menu & Nutrition Averages

	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)	(%)	(%)
Menu C		8/31/2026															
Peach Berry Blintz	430	17	5.5	105	410	47	3	21	13	21	4	4	6	6	200	0	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	4.5	28	0	8	15	15	600	10	0
Pecan Cranberry Salad	650	46	7	25	320	43	7	17	12	16	4	8	15	35	260	8	0
Penne Vodka Meatballs	600	20	5.5	70	480	72	14	9	1	33	2	35	30	15	1170	25	6
Genoa Minestrone	440	13	4.5	25	650	63	6.5	13	2.5	13	6	40	30	10	770	8	0
Chicken Linguini Alfredo	600	19	7	130	990	58	6.5	13	0	50	2	120	15	25	1280	10	15
Menu D		9/3/2026															
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	560	19	9	260	840	69	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	8.5	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	5.5	43	2	8	25	30	1500	15	20
Chicken Carnitas	400	10	2.5	100	720	46	7	3	0	30	2	8	25	6	720	6	0
Honey Peach BBQ Chicken	600	16	7	160	760	64	3.5	18	5	52	2	4	20	30	1120	20	8
Average Per Meal	537	21	6	83	629	59	8.1	21	5	27.3	2	40	21	20	783	13	4
Daily Average	1611	64	17	249	1886	177	24.4	62	15	82.0	7	120	62	60	2349	38	11
Week C/D: 7 Day Average with milk	1941	70	21	279	2186	213	24.4	98	15	109.0	7	120	62	135	3549	143	311

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	(kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(%)
Menu E		9/7/2026															
Strawberry Poppyseed 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 Potstickers	470	14.5	0	0	940	66	6	20	13	18	0	10	30	10	770	8	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	520	22	6	80	990	59	10	17	3	21	4	40	25	35	840	8	0
BBQ Meatloaf & Cheddar Mash	620	29	6	100	760	55	7	23	11	38	2	15	25	20	1190	35	10
Menu F		9/10/2026															
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	690	17	4.5	125	880	97	5	31	16	34	2	35	30	6	880	10	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	690	31	10	75	1050	75	4.5	23	8	26	4	2	15	40	710	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	553	20	6	98	683	63	6.7	21	9	28.6	4	43	27	20	768	14	3
Daily Average	1660	61	17	295	2050	189	20.2	62	26	85.9	11	130	82	60	2304	42	9
Week E/F: 7 Day Average with milk	1990	68	21	325	2350	225	20.2	98	26	112.9	11	130	82	135	3504	147	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)	(%)	(%)
Menu G 9/14/2026																	
Wheat Croissant and Brie	540	19	9	55	450	82	9	49	7	11	2	15	15	4	750	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	6.5	21	2	60	30	10	950	8	2
Menu H 9/17/2026																	
Spinach & Goat Cheese Frittata	350	6	3	10	620	50	4	8	0	21	6	160	60	25	1640	25	0
Cheddar & Egg Biscuit Sandwich	550	26	10	190	930	52	8.5	19	0	24	6	50	25	25	810	2	0
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	27	5	125	760	29	6.5	6	0	51	0	6	20	10	650	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
Trattoria Style Penne & Chickpeas	490	17	6.5	25	410	63	13	8.5	0.5	20	6	110	20	15	820	10	2
Herbed Turkey Bake	430	18	5.5	65	510	45	5	12	3	21	2	8	15	4	640	8	4
Average Per Meal	536	20	6	87	638	59	8.3	20	4	27.9	3	50	27	18	865	13	2
Daily Average	1609	61	19	262	1914	177	25.0	59	11	83.6	10	149	80	55	2596	40	5
Week G/H: 7 Day Average with milk	1939	67	24	292	2214	213	25.0	95	11	110.6	10	149	80	130	3796	145	305

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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)	(%)	(%)
Menu I 9/21/2026																	
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
Protein Pasta Carbonara	560	26	14.5	80	600	61	12.5	6	0	20	4	15	15	15	400	10	2
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	610	21	5.5	20	700	77	9	12	0	28	4	50	30	30	1270	30	2
Menu J 9/24/2026																	
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
Turkey Cobb Salad	400	16	5.5	260	1000	26	6.5	6	0	37	4	6	25	20	520	15	10
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	12.5	45	4	15	20	6	980	6	2
Turkey & Rice ala King	440	11	4.5	55	760	57	7.5	7.5	0.5	22	4	15	25	15	850	15	0
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	550	21	7	98	666	64	8.4	18	5	26.4	3	21	24	18	734	15	3
Daily Average	1650	63	20	294	1999	192	25.3	54	16	79.3	8	64	72	55	2201	45	9
Week I/J: 7 Day Average with milk	1980	70	24	324	2299	228	25.3	90	16	106.3	8	64	72	130	3401	150	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 (%)
Week A/B: 7 Day Average with milk	1967	64	23	293	2140	221	24.5	98	22	117.3	10	49	82	136	3401	149	309
Week C/D: 7 Day Average with milk	1941	70	21	279	2186	213	24.4	98	15	109.0	7	120	62	135	3549	143	311
Week E/F: 7 Day Average with milk	1990	68	21	325	2350	225	20.2	98	26	112.9	11	130	82	135	3504	147	309
Week G/H: 7 Day Average with milk	1939	67	24	292	2214	213	25.0	95	11	110.6	10	149	80	130	3796	145	305
Week I/J: 7 Day Average with milk	1980	70	24	324	2299	228	25.3	90	16	106.3	8	64	72	130	3401	150	309



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

1-815-780-2060

Dietitians@sshe.com

2000 Calorie Plan Daily Average 7-Day Plan With Milk Servings	
Calories	1963 kcal
Total Fat	68.0 g
Saturated Fat	22.5 g
Trans Fat	0 g
Cholesterol	302.6 mg
Sodium	2238 mg
Total Carbohydrates	219.9 g
Dietary Fiber	27.1 g
Total Sugars	95.6 g
Added Sugars	18.0 g
Protein	111.2 g
Vitamin D	308.5 mcg
Calcium (%)	133.31 %
Iron (%)	75.66 %
Potassium	3530.0 mcg
Macronutrient Breakdown	
Fats	31%
Carbohydrates	45%
Protein	23%

2000 Calorie Plan Daily Average 7-Day Plan WITHOUT MILK SERVINGS	
Calories	1633.4 kcal
Total Fat	61.1 g
Saturated Fat	18.3 g
Trans Fat	0 g
Cholesterol	272.6 mg
Sodium	1938 mg
Total Carbohydrates	183.9 g
Dietary Fiber	27.1 g
Total Sugars	59.6 g
Includes Added Sugars	18.0 g
Protein	84.2 g
Vitamin D	8.5 mcg
Calcium (%)	58.31 %
Iron (%)	75.66 %
Potassium	2330.0 mcg
Macronutrient Breakdown	
Fats	33%
Carbohydrates	45%
Protein	21%

*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	300 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