

Seattle Sutton's Healthy Eating

7-Day 1200 Calorie Plan Vegetarian 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 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
Mushroom & Polenta Ragout	320	10	5	25	480	44	9	13	6	12	4	15	20	15	790	15	4
Quesabirria Shiitake	390	17	8	30	570	46	9	9	0	15	20	25	10	20	620	15	8
Fresh Fruit and Cottage Cheese Plate	280	9	4	30	620	31	5	13	0	20	0	25	8	25	470	8	2
Cauliflower Tikka Masala	430	13	2	10	560	64	7	7	0	15	2	90	35	15	980	10	0
Sweet Potato Chili	420	20	7	45	480	49	5	14	11	12	10	15	15	25	440	4	0
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
Chorizo & Egg Breakfast Taco	260	8	2	130	380	37	5	8	2	11	15	20	10	8	530	8	0
Broccoli Cheddar Soup & Salad	450	17	7	55	750	56	6.5	15	5	18	6	35	20	30	520	20	10
Chickpea Tagine	390	12	0.5	0	390	64	10	6	0	16	2	20	20	15	590	15	0
Eggplant Goat Cheese Melt	380	24	9	55	350	33	5	21	12	11	6	30	8	10	510	10	0
Egg Salad on Croissant	340	19	7	250	360	31	4	14	1	10	6	6	15	4	190	0	0
Raspberry Goat Cheese Salad	430	27	6	15	200	37	7	23	8.5	14	8	25	25	10	840	20	2
Rustic Zucchini Cavatappi	360	13	4	50	570	50	5.5	9	3	12	2	15	20	6	470	6	0
Spinach Manicotti	430	17.5	5.5	75	660	45	6	14.5	0	23	6	20	15	25	840	8	0
Vegetable Pad Thai	410	20	3.5	220	410	43	5	13	4	18	2	50	15	8	610	15	0
Average Per Meal	355.2	14.5	4.5	55.0	438.1	43.2	5.9	15.1	5.2	14.7	4.6	21.4	20.2	14.8	521.0	9.8	1.5
Daily Average	1066	43	14	165	1314	130	17.6	45	16	44.0	14	64	61	44	1563	29	5
Week A/B: 7 Day Average with milk	1226	43	14	185	1514	154	17.6	69	16	62.0	214	64	61	94	2363	99	205

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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 C		8/31/2026															
Peach & Ricotta Toast	280	13	3.5	25	170	30	5	15	4	11	2	20	8	10	4600	10	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
Chili Tempeh Salad	380	17	1.5	0	660	41	3	6	1	16	4	60	20	6	530	15	0
Korean Street Sliders	400	14.5	5.5	35	630	49	3.5	10	7	15	0	20	15	15	480	4	0
Pecan Cranberry Salad	420	32	4.5	15	150	25	5	13	10	9	4	8	10	20	220	8	0
Vegetarian Vodka Meatballs	370	11	4	15	600	45	14	6	0	27	2	30	25	15	970	8	2
Genoa Minestrone	270	5	2	10	500	46	4	7	0.5	10	4	30	25	6	500	6	0
Primavera Alfredo	270	8	4	25	370	40	6.5	10	0	12	2	0	6	20	540	6	10
Menu D		9/3/2026															
Matcha Muffin Top	380	17	7	40	240	52	1.5	32	24	8	2	4	15	10	290	10	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
Three Bean Chili	430	25	4.5	5	490	42	9	8	0	10	2	20	25	15	1190	4	0
BBQ Shiitake Sandwich	350	15	5.5	0	570	41	11	11	8	12	0	15	15	8	350	2	10
Greek Chickpea Feta Fritter	280	4	1.5	5	320	49	8	19	7	11	2	80	15	8	670	8	0
Classic Ratatouille	330	12	3.5	15	430	46	5	5	0	11	8	240	15	15	540	10	0
Sofrito Tofu	340	10	1.5	0	450	47	8	5	0	17	4	20	30	20	720	10	0
Homestyle Macaroni & Cheese	500	15	7	45	710	73	6	18	4.5	20	4	80	15	30	920	25	10
Average Per Meal	348	15	4	26	430	42	6.2	12	4	14.0	2	38	16	15	732	10	2
Daily Average	1044	44	13	79	1289	125	18.6	37	12	42.1	7	113	48	45	2197	29	7
Week C/D: 7 Day Average with milk	1204	44	13	99	1489	149	18.6	61	12	60.1	207	113	48	95	2997	99	207

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7-Day 1200 Calorie Plan Vegetarian 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 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
Falafel Bowl	390	11	1	0	520	57	8	6	0	15	2	25	30	15	410	6	0
Asian Potstickers	280	8.5	0	0	750	45	3.5	18	12	10	0	6	15	6	440	4	0
Pumpkin Sweet Potato Bisque & Salad	400	16	5	30	140	59	8	22	14	10	10	20	20	15	640	8	2
Cajun Vegetarian Etouffee	350	14	5	30	290	50	8	10	1	10	4	50	20	8	780	20	2
Tortelloni Pomodoro	260	9	2	50	330	33	5	10	3	12	2	15	15	20	350	4	0
BBQ Loaded Potato	420	16	6.5	40	560	60	6	19	14	12	0	20	20	15	970	6	0
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
Breakfast Burrito	320	14	4.5	285	580	33	12.5	6	1	21	0	45	20	25	580	2	0
Stir Fry Udon	390	9	5.5	25	730	65	8	9	2	12	6	180	20	8	610	6	2
Caesar Salad with Roasted Tomatoes	380	25	4	20	480	28	3	12	10	13	2	8	15	20	290	10	0
Deviled Egg Croast	450	24.5	5.5	170	280	43	8.5	24	6.5	16	2	15	20	15	650	15	2
Chipotle Black Bean Burger	470	25	3.5	5	500	51	11	16	8	16	2	10	20	10	740	2	0
Veggie Seoul Bowl	290	11.5	1.5	0	550	33	8	13	8	14	6	30	30	25	820	15	2
Portobello Fajita	340	11	4	25	590	48	8	6	0	15	2	100	10	15	670	20	4
Butternut Squash Ravioli	450	20	7	70	450	51	9	11	3	17	10	35	20	25	560	15	6
Chile Rellenos	360	10	3	15	580	56	8	7	0	12	8	35	20	20	620	20	2
Average Per Meal	353	14	4	54	455	45	6.6	14	6	14.5	3	39	20	17	555	10	2
Daily Average	1060	41	11	161	1366	135	19.9	42	18	43.6	9	117	61	50	1666	30	5
Week E/F: 7 Day Average with milk	1220	41	11	181	1566	159	19.9	66	18	61.6	209	117	61	100	2466	100	205

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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	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
Four Cheese Egg Tart	330	14	6	235	460	26	2.5	15	6	23	2	6	15	20	440	6	0
Broccoli Cheddar Fritter	340	14	4.5	20	340	46	8.5	22	4	13	2	35	15	15	560	10	2
Poppyseed Sweet Potato Salad	420	16	2	0	240	60	7	25	9	9	20	25	20	8	670	15	0
Sweet Potato Taco	410	22	10.5	90	580	41	5	16	8	13	8	30	8	15	360	10	6
Southwestern Couscous Pilaf	460	19	6	40	650	60	7	16	10.5	16	2	15	15	20	340	15	2
Truffled Mac 'n Cheese	450	20	7	70	530	55	5.5	10	0	17	4	20	20	20	800	25	15
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
Mini Dutch Pancakes	370	21.5	5	50	200	33	2	17	7.5	13	2	8	4	10	330	8	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
Deep Dish Spinach Pie	320	20.5	10.5	70	590	16	4	5	0	19	8	8	15	35	320	20	2
Spinach Artichoke Flatbread Pizza	510	23	11	60	730	60	7	30	9	15	4	6	20	35	460	6	2
Vegetarian Acapulco Taco Pie	330	11	3.5	15	380	46	6	7	1	12	2	25	15	20	560	10	4
Muffuletta Bowl	310	19.5	4.5	20	190	27	4	8	2	9	2	50	8	10	520	10	0
Eggplant Parmesan	230	11	2.5	5	400	33	6	8	0	9	0	10	8	10	560	6	0
Gnocchi Pesto	420	18	4.5	35	570	50	4	7	3	12	2	10	10	15	280	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
Lentil Wellington	470	21	12.5	60	630	53	7	11	0	12	0	10	25	15	1150	10	4
Average Per Meal	354	15	6	47	416	43	5.3	15	4	12.8	4	24	16	15	524	10	2
Daily Average	1063	46	17	142	1249	129	15.9	46	12	38.3	11	71	48	44	1571	30	6
Week G/H: 7 Day Average with milk	1223	46	17	162	1449	153	15.9	70	12	56.3	211	71	48	94	2371	100	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		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 Black Bean Taco	310	14	6	35	460	34	5	4	0	13	2	4	8	20	440	10	2
Beet & Goat Cheese Flatbread	310	19.5	4	10	300	28	4	15	2	7	4	30	10	10	460	10	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
Chimichurri Bowl	280	11	1.5	0	570	36	11	7	0	12	2	70	30	10	560	10	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
Croissant Breakfast Sandwich	380	24	10	155	400	26	5	10	1	15	10	30	15	20	420	2	0
Landry Bay Zucchini Cakes	400	25	7	50	640	35	5	7	1	8	2	35	15	6	570	6	2
Greek Lunch Platter	430	18	2	10	680	53	11	11	0	14	15	20	30	20	990	10	0
Vietnamese Banh Mi	380	15	1.5	0	640	51	6.5	12.5	1	10	4	90	20	10	740	8	0
Loaded Potato Soup	380	15	7	45	450	46	4	6	1	15	4	25	15	25	540	20	10
Spinach Ravioli	240	10	4	55	680	27	4	7	1	10	6	4	8	15	320	4	0
White Bean & Rice ala King	280	8	3	15	340	45	9	6	0	8	4	20	15	10	830	10	0
Honey Garlic Chickpea Bowl	350	13	5.5	25	210	49	8	13	0	9	4	6	15	8	470	8	2
Peppered Lentil Salisbury Steak	360	12	4	10	450	43	8	8	0	20	2	15	30	6	860	15	2
Average Per Meal	348	16	5	40	421	41	6.5	12	3	11.7	3	23	17	12	515	9	1
Daily Average	1044	47	15	121	1264	123	19.4	36	8	35.0	10	68	51	36	1545	27	4
Week I/J: 7 Day Average with milk	1204	47	15	141	1464	147	19.4	60	8	53.0	210	68	51	86	2345	97	204

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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	1226	43	14	185	1514	154	17.6	69	16	62.0	214	64	61	94	2363	99	205
Week C/D: 7 Day Average with milk	1204	44	13	99	1489	149	18.6	61	12	60.1	207	113	48	95	2997	99	207
Week E/F: 7 Day Average with milk	1220	41	11	181	1566	159	19.9	66	18	61.6	209	117	61	100	2466	100	205
Week G/H: 7 Day Average with milk	1223	46	17	162	1449	153	15.9	70	12	56.3	211	71	48	94	2371	100	206
Week I/J: 7 Day Average with milk	1204	47	15	141	1464	147	19.4	60	8	53.0	210	68	51	86	2345	97	204

1200 Calorie Plan Daily Average 7 Day Plan Including 2 servings of Non-Fat Milk/Day	
Calories	1215 kcal
Total Fat	44.3 g
Saturated Fat	13.8 g
Trans Fat	0 g
Cholesterol	153.7 mg
Sodium	1496 mg
Total Carbohydrates	152.2 g
Dietary Fiber	18.3 g
Total Sugars	65.2 g
Added Sugars	13.1 g
Protein	58.6 g
Vitamin D	205.3 mcg
Calcium (%)	93.66 %
Iron (%)	53.74 %
Potassium	2508.4 mcg
Macronutrient Breakdown	
Fats	33%
Carbohydrates	50%
Protein	19%

1200 Calorie Plan Daily Average 7 Day Plan WITHOUT MILK SERVINGS	
Calories	1055.4 kcal
Total Fat	44.3 g
Saturated Fat	13.8 g
Trans Fat	0.0 g
Cholesterol	133.7 mg
Sodium	1296.4 mg
Total Carbohydrates	128.2 g
Dietary Fiber	18.3 g
Total Sugars	41.2 g
Includes Added Sugar	13.1 g
Protein	40.6 g
Vitamin D	5.3 mcg
Calcium (%)	43.7 %
Iron (%)	53.7 %
Potassium	1708.4 mcg
Macronutrient Breakdown	
Fats	38%
Carbohydrates	49%
Protein	15%

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 Sugar	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

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



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

1-815-780-2060

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