

# Seattle Sutton's Healthy Eating

## 1200 Calorie Plan 4-Day MONDAY Menu & Meal Plan Nutrition Averages

Menu A 06/30/2025

| Meal Name                             | Calories | Fat   | Sat Fat | Cholesterol | Sodium | Carbs | Fiber | Sugar | Added Sugars | Protein | Vitamin A | Vitamin C | Iron | Calcium | Potassium | Phosphorus | Vitamin D |
|---------------------------------------|----------|-------|---------|-------------|--------|-------|-------|-------|--------------|---------|-----------|-----------|------|---------|-----------|------------|-----------|
| Unit of Measure                       | (kcal)   | (g)   | (g)     | (mg)        | (mg)   | (g)   | (g)   | (g)   | (g)          | (g)     | (%)       | (%)       | (%)  | (%)     | (mg)      | (%)        | (%)       |
| Open-Faced Asparagus & Gruyere Omelet | 320      | 6     | 2.5     | 10          | 540    | 41    | 4     | 15    | 2            | 21      | 2         | 15        | 20   | 15      | 410       | 6          | 0         |
| Chocolate Crepe & Strawberry Salsa    | 320      | 15    | 1.5     | 40          | 260    | 38    | 2     | 11    | 4            | 11      | 0         | 4         | 6    | 2       | 150       | 4          | 0         |
| Blueberry Smoothie Bowl               | 360      | 8     | 1.5     | 0           | 60     | 60    | 7     | 38    | 18           | 12      | 0         | 30        | 35   | 15      | 460       | 15         | 0         |
| Biscuits & Sausage Gravy              | 350      | 18    | 6.5     | 160         | 460    | 38    | 4     | 19    | 2            | 12      | 2         | 8         | 10   | 20      | 450       | 2          | 2         |
| Moroccan Chicken Skewers              | 450      | 13    | 1       | 80          | 250    | 46    | 5     | 13    | 7            | 36      | 0         | 10        | 20   | 4       | 530       | 25         | 2         |
| Baja Tinga Wrap                       | 310      | 11    | 3.5     | 45          | 420    | 36    | 7     | 4     | 0            | 20      | 2         | 10        | 10   | 15      | 600       | 8          | 4         |
| Margherita Pizza                      | 390      | 22    | 7       | 40          | 740    | 30    | 6     | 6     | 0            | 20      | 2         | 30        | 15   | 35      | 530       | 30         | 2         |
| Chicken Salad on Croissant            | 330      | 17    | 6.5     | 80          | 300    | 27    | 3     | 10    | 1            | 16      | 6         | 4         | 6    | 2       | 210       | 0          | 0         |
| Crab-Stuffed Flounder                 | 380      | 12    | 2.5     | 60          | 660    | 44    | 4     | 4     | 1            | 26      | 4         | 15        | 10   | 10      | 690       | 6          | 2         |
| Roast Turkey in Dijon Cream Sauce     | 480      | 7     | 3       | 120         | 460    | 53    | 8     | 22    | 10           | 48      | 2         | 20        | 20   | 15      | 1040      | 35         | 4         |
| Nona Sutton's Lasagna                 | 360      | 20    | 6       | 45          | 520    | 28    | 4     | 10    | 0            | 17      | 4         | 6         | 15   | 25      | 730       | 15         | 0         |
| Sweet & Sour Chicken                  | 520      | 20    | 4.5     | 45          | 420    | 69    | 6     | 12    | 4            | 16      | 2         | 70        | 35   | 6       | 290       | 2          | 2         |
| Average                               | 380.8    | 14.1  | 3.8     | 60.4        | 424.2  | 42.5  | 5.0   | 13.7  | 4.1          | 21.3    | 2.2       | 18.5      | 16.8 | 13.7    | 507.5     | 12.3       | 1.5       |
| Daily Average                         | 1143     | 42.3  | 11.5    | 181.3       | 1272.5 | 127.5 | 15.0  | 41.0  | 12.3         | 63.8    | 6.5       | 55.5      | 50.5 | 41.0    | 1522.5    | 37.0       | 4.5       |
| W 16 oz skim milk                     | 1303     | 42.25 | 11.5    | 191.25      | 1472.5 | 151.5 | 15    | 65.0  | 12.25        | 81.75   | 36.5      | 55.5      | 50.5 | 91      | 2322.5    | 107        | 204.5     |

Menu C 07/07/2025

| Meal Name                   | Calories | Fat  | Sat Fat | Cholesterol | Sodium | Carbs | Fiber | Sugar | Added Sugars | Protein | Vitamin A | Vitamin C | Iron  | Calcium | Potassium | Phosphorus | Vitamin D |
|-----------------------------|----------|------|---------|-------------|--------|-------|-------|-------|--------------|---------|-----------|-----------|-------|---------|-----------|------------|-----------|
| Unit of Measure             | (kcal)   | (g)  | (g)     | (mg)        | (mg)   | (g)   | (g)   | (g)   | (g)          | (g)     | (%)       | (%)       | (%)   | (%)     | (mg)      | (%)        | (%)       |
| Peach Berry Blintz          | 360      | 15   | 5.5     | 65          | 260    | 43    | 2     | 20    | 11           | 16      | 0         | 6         | 8     | 8       | 280       | 6          | 2         |
| Cheesy Baked Egg Casserole  | 280      | 8    | 3.5     | 20          | 530    | 33    | 6     | 14    | 0            | 19      | 0         | 30        | 15    | 15      | 540       | 8          | 2         |
| Strawberry Chia Oatmeal     | 300      | 11   | 2       | 0           | 35     | 45    | 6     | 21    | 7            | 9       | 2         | 30        | 15    | 10      | 420       | 10         | 8         |
| Ciabatta Egg Sandwich       | 280      | 10   | 4.5     | 130         | 550    | 34    | 5     | 8     | 0            | 14      | 0         | 25        | 15    | 15      | 270       | 0          | 0         |
| 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         |
| Tuscan Bean Soup & Crostata | 320      | 14   | 3       | 10          | 710    | 36    | 8     | 5     | 1            | 13      | 2         | 10        | 15    | 15      | 1190      | 4          | 0         |
| Lou's Bleu Burger           | 490      | 17   | 4.5     | 120         | 750    | 61    | 5     | 20    | 7            | 25      | 0         | 10        | 25    | 15      | 640       | 2          | 0         |
| Tamale Bowl                 | 420      | 20   | 10      | 20          | 440    | 47    | 11    | 27    | 0            | 10      | 2         | 15        | 20    | 15      | 340       | 8          | 2         |
| Penne "Vodka" Meatballs     | 420      | 16   | 4.5     | 55          | 350    | 49    | 9     | 7     | 1            | 24      | 2         | 30        | 20    | 10      | 890       | 20         | 4         |
| Chicken Linguini Alfredo    | 350      | 11   | 4.5     | 60          | 560    | 39    | 4     | 10    | 0            | 25      | 2         | 110       | 8     | 20      | 720       | 0          | 0         |
| Honey Peach BBQ Chicken     | 470      | 12   | 4.5     | 120         | 400    | 50    | 3     | 11    | 5            | 40      | 4         | 4         | 10    | 15      | 920       | 15         | 6         |
| Average                     | 368.3    | 14.2 | 4.2     | 55.8        | 442.1  | 42.8  | 5.8   | 14.2  | 3.0          | 18.8    | 1.5       | 28.0      | 15.1  | 12.7    | 582.5     | 7.8        | 2.0       |
| Daily Average               | 1105     | 42.5 | 12.6    | 167.5       | 1326.3 | 128.3 | 17.5  | 42.5  | 9.0          | 56.5    | 4.5       | 84.0      | 45.3  | 38.0    | 1747.5    | 23.5       | 6.0       |
| W 16 oz skim milk           | 1265     | 42.5 | 12.625  | 177.5       | 1526.3 | 152.3 | 17.5  | 66.5  | 9            | 74.5    | 34.5      | 84        | 45.25 | 88      | 2547.5    | 93.5       | 206       |

Menu E 07/14/2025

| Meal Name                         | Calories | Fat | Sat Fat | Cholesterol | Sodium | Carbs | Fiber | Sugar | Added Sugars | Protein | Vitamin A | Vitamin C | Iron | Calcium | Potassium | Phosphorus | Vitamin D |
|-----------------------------------|----------|-----|---------|-------------|--------|-------|-------|-------|--------------|---------|-----------|-----------|------|---------|-----------|------------|-----------|
| Unit of Measure                   | (kcal)   | (g) | (g)     | (mg)        | (mg)   | (g)   | (g)   | (g)   | (g)          | (g)     | (%)       | (%)       | (%)  | (%)     | (mg)      | (%)        | (%)       |
| Egg & Feta Tart                   | 300      | 17  | 7       | 140         | 520    | 26    | 4     | 11    | 0            | 14      | 2         | 6         | 6    | 10      | 220       | 4          | 0         |
| Bacon & Cheddar Clafoutis         | 340      | 15  | 4       | 30          | 340    | 32    | 3     | 6     | 0            | 16      | 10        | 50        | 25   | 20      | 1190      | 15         | 8         |
| Morning Protein Plate             | 430      | 21  | 6       | 195         | 360    | 47    | 6     | 21    | 3            | 18      | 2         | 30        | 25   | 20      | 460       | 6          | 0         |
| Bacon & Egg Bagel Sandwich        | 330      | 12  | 3       | 160         | 530    | 42    | 6     | 12    | 0            | 21      | 2         | 80        | 15   | 6       | 540       | 4          | 0         |
| Chicken Gyro Bowl                 | 410      | 13  | 1.5     | 65          | 480    | 40    | 4     | 2     | 0            | 30      | 2         | 25        | 20   | 10      | 310       | 4          | 0         |
| Pecan-Cranberry Mixed Green Salad | 460      | 33  | 4.5     | 15          | 160    | 33    | 7     | 19    | 15           | 10      | 4         | 10        | 10   | 20      | 280       | 8          | 0         |
| Homestyle Roasted Turkey Sandwich | 360      | 6   | 3       | 70          | 340    | 55    | 5     | 22    | 8            | 24      | 2         | 8         | 15   | 6       | 450       | 15         | 2         |
| Chipotle Black Bean Burger        | 470      | 25  | 3.5     | 5           | 510    | 51    | 11    | 16    | 9            | 16      | 2         | 10        | 20   | 10      | 740       | 2          | 0         |

|                             |       |      |        |        |        |       |       |      |       |       |     |       |      |      |        |      |     |
|-----------------------------|-------|------|--------|--------|--------|-------|-------|------|-------|-------|-----|-------|------|------|--------|------|-----|
| BBQ Meatloaf & Cheddar Mash | 400   | 19   | 5.5    | 60     | 470    | 39    | 4     | 13   | 6     | 21    | 2   | 15    | 15   | 10   | 690    | 20   | 6   |
| Tortellini Pomodoro         | 280   | 10   | 3.5    | 50     | 560    | 35    | 5     | 12   | 3     | 12    | 2   | 15    | 15   | 20   | 370    | 4    | 0   |
| Cajun Shrimp Etoufee        | 350   | 13   | 4.5    | 140    | 530    | 39    | 4     | 7    | 1     | 22    | 2   | 20    | 8    | 8    | 570    | 8    | 2   |
| Chicken Matzo Ball Soup     | 520   | 20   | 5.5    | 85     | 370    | 53    | 4     | 18   | 10    | 33    | 4   | 6     | 30   | 4    | 810    | 6    | 2   |
| Average                     | 387.5 | 17.0 | 4.3    | 84.6   | 430.8  | 41.0  | 5.3   | 13.3 | 4.6   | 19.8  | 3.0 | 22.9  | 17.0 | 12.0 | 552.5  | 8.0  | 1.7 |
| Daily Average               | 1163  | 51.0 | 12.9   | 253.8  | 1292.5 | 123.0 | 15.8  | 39.8 | 13.8  | 59.3  | 9.0 | 68.8  | 51.0 | 36.0 | 1657.5 | 24.0 | 5.0 |
| W 16 oz skim milk           | 1323  | 51   | 12.875 | 263.75 | 1492.5 | 147.0 | 15.75 | 63.8 | 13.75 | 77.25 | 39  | 68.75 | 51   | 86   | 2457.5 | 94   | 205 |

#### Menu G 07/21/2025

| Meal Name                              | Calories | Fat  | Sat Fat | Cholesterol | Sodium | Carbs | Fiber | Sugar | Added Sugars | Protein | Vitamin A | Vitamin C | Iron | Calcium | Potassium | Phosphorus | Vitamin D |
|----------------------------------------|----------|------|---------|-------------|--------|-------|-------|-------|--------------|---------|-----------|-----------|------|---------|-----------|------------|-----------|
| Unit of Measure                        | (kcal)   | (g)  | (g)     | (mg)        | (mg)   | (g)   | (g)   | (g)   | (g)          | (g)     | (%)       | (%)       | (%)  | (%)     | (mg)      | (%)        | (%)       |
| Wheat Croissant with Brie              | 480      | 25   | 8       | 40          | 350    | 57    | 7     | 31    | 4            | 13      | 0         | 8         | 15   | 10      | 520       | 15         | 0         |
| Superfood Brioche French Toast         | 250      | 10   | 3.5     | 30          | 220    | 33    | 3     | 18    | 6            | 7       | 2         | 2         | 30   | 6       | 180       | 2          | 2         |
| Swiss Cheese Egg Bake                  | 230      | 6    | 3       | 20          | 440    | 18    | 2     | 4     | 0            | 20      | 0         | 6         | 10   | 25      | 380       | 0          | 0         |
| Potato Pancakes with Smoked Veggie Cre | 280      | 15   | 5       | 100         | 660    | 32    | 5     | 12    | 1            | 8       | 2         | 6         | 2    | 6       | 600       | 4          | 0         |
| Broccoli Cheddar Fritter               | 340      | 14   | 4.5     | 20          | 430    | 44    | 7     | 24    | 7            | 12      | 2         | 35        | 15   | 15      | 520       | 10         | 2         |
| Capri Chicken with Quinoa Pilaf        | 440      | 18   | 4.5     | 115         | 740    | 24    | 5     | 6     | 0            | 44      | 4         | 45        | 10   | 25      | 940       | 15         | 2         |
| Loaded Quesadilla & Tortilla Soup      | 380      | 19   | 4       | 55          | 810    | 34    | 4     | 4     | 0            | 21      | 2         | 6         | 10   | 25      | 250       | 15         | 2         |
| Pecan and Poppyseed Chicken Salad      | 370      | 19   | 2       | 35          | 290    | 25    | 3     | 9     | 0            | 25      | 2         | 4         | 10   | 6       | 290       | 4          | 0         |
| Mediterranean Lunch Box                | 430      | 19   | 3       | 80          | 540    | 31    | 7     | 4     | 0            | 36      | 0         | 4         | 15   | 15      | 620       | 20         | 2         |
| Pierogi in Mushroom & Tomato Gravy     | 310      | 7    | 3       | 20          | 400    | 53    | 3     | 8     | 3            | 11      | 2         | 35        | 15   | 6       | 530       | 6          | 2         |
| Salmon with Creamy Dill Sauce          | 370      | 13   | 4.5     | 65          | 440    | 34    | 4     | 6     | 0            | 30      | 2         | 40        | 10   | 6       | 830       | 10         | 4         |
| Herbed Turkey Bake                     | 330      | 13   | 4       | 45          | 290    | 37    | 4     | 9     | 4            | 16      | 2         | 4         | 10   | 4       | 370       | 6          | 2         |
| Average                                | 350.8    | 14.8 | 4.1     | 52.1        | 467.5  | 35.2  | 4.5   | 11.3  | 2.1          | 20.3    | 1.7       | 16.3      | 12.7 | 12.4    | 502.5     | 8.9        | 1.5       |
| Daily Average                          | 1053     | 44.5 | 12.3    | 156.3       | 1402.5 | 105.5 | 13.5  | 33.8  | 6.3          | 60.8    | 5.0       | 48.8      | 38.0 | 37.3    | 1507.5    | 26.8       | 4.5       |
| W 16 oz skim milk                      | 1213     | 44.5 | 12.25   | 166.25      | 1602.5 | 129.5 | 13.5  | 57.8  | 6.25         | 78.75   | 35        | 48.75     | 38   | 87.25   | 2307.5    | 96.75      | 204.5     |

#### Menu I 07/28/2025

| Meal Name                                   | Calories | Fat  | Sat Fat | Cholesterol | Sodium | Carbs | Fiber | Sugar | Added Sugars | Protein | Vitamin A | Vitamin C | Iron | Calcium | Potassium | Phosphorus | Vitamin D |
|---------------------------------------------|----------|------|---------|-------------|--------|-------|-------|-------|--------------|---------|-----------|-----------|------|---------|-----------|------------|-----------|
| Unit of Measure                             | (kcal)   | (g)  | (g)     | (mg)        | (mg)   | (g)   | (g)   | (g)   | (g)          | (g)     | (%)       | (%)       | (%)  | (%)     | (mg)      | (%)        | (%)       |
| Brioche Breakfast Sandwich                  | 400      | 18   | 6.5     | 170         | 500    | 34    | 5     | 14    | 6            | 23      | 4         | 50        | 15   | 20      | 540       | 8          | 0         |
| Chocolate Pancake with Citrus Mascarpone    | 330      | 15   | 5.5     | 20          | 135    | 45    | 3     | 23    | 9            | 7       | 0         | 2         | 15   | 8       | 300       | 10         | 2         |
| Blueberry Almond Torta                      | 410      | 15   | 3       | 55          | 390    | 57    | 5     | 40    | 13           | 14      | 0         | 70        | 10   | 10      | 400       | 4          | 2         |
| Open-Faced Breakfast Sandwich               | 300      | 18   | 6       | 180         | 580    | 19    | 2     | 5     | 0            | 15      | 10        | 15        | 8    | 15      | 320       | 0          | 0         |
| Tex-Mex Fish Taco                           | 350      | 13   | 3.5     | 40          | 550    | 37    | 5     | 4     | 2            | 22      | 0         | 4         | 10   | 15      | 650       | 6          | 0         |
| Smoky Chicken Salad Pita                    | 330      | 11   | 1.5     | 60          | 420    | 38    | 7     | 9     | 1            | 25      | 2         | 20        | 15   | 10      | 680       | 8          | 0         |
| Fresh Fruit and Cottage Cheese Plate        | 320      | 9    | 4       | 25          | 620    | 37    | 4     | 19    | 0            | 21      | 4         | 40        | 10   | 25      | 660       | 8          | 2         |
| Loaded Potato Soup                          | 380      | 15   | 7       | 45          | 460    | 48    | 4     | 6     | 1            | 15      | 4         | 10        | 15   | 25      | 520       | 20         | 10        |
| Spaghetti Bolognese                         | 320      | 11   | 1.5     | 0           | 200    | 43    | 8     | 6     | 0            | 11      | 2         | 8         | 20   | 6       | 500       | 8          | 0         |
| Thai Coconut Chicken                        | 440      | 14   | 6       | 40          | 550    | 56    | 2     | 9     | 3            | 20      | 2         | 15        | 30   | 8       | 500       | 4          | 0         |
| Sundried Tomato & Italian Sausage Flatbread | 420      | 21   | 4       | 20          | 860    | 41    | 7     | 3     | 2            | 24      | 4         | 35        | 20   | 25      | 630       | 0          | 0         |
| Salisbury Steak                             | 330      | 10   | 3       | 65          | 380    | 36    | 7     | 8     | 1            | 25      | 2         | 15        | 20   | 6       | 770       | 25         | 6         |
| Average                                     | 360.8    | 14.2 | 4.3     | 60.0        | 470.4  | 40.9  | 4.9   | 12.2  | 3.2          | 18.5    | 2.8       | 23.7      | 15.7 | 14.4    | 539.2     | 8.4        | 1.8       |
| Daily Average                               | 1083     | 42.5 | 12.9    | 180.0       | 1411.3 | 122.8 | 14.8  | 36.5  | 9.5          | 55.5    | 8.5       | 71.0      | 47.0 | 43.3    | 1617.5    | 25.3       | 5.5       |
| W 16 oz skim milk                           | 1243     | 42.5 | 12.875  | 190         | 1611.3 | 146.8 | 14.75 | 60.5  | 9.5          | 73.5    | 38.5      | 71        | 47   | 93.25   | 2417.5    | 95.25      | 205.5     |

# Seattle Sutton's Healthy Eating

## 1200 Calorie Plan 4-Day MONDAY Menu & Meal Plan Nutrition Averages

| Weekly Averages with Milk | Calories | Fat  | Sat Fat | Cholesterol | Sodium | Carbs | Fiber | Sugar | Added Sugars | Protein | Vitamin A | Vitamin C | Iron | Calcium | Potassium | Phosphorus | Vitamin D |
|---------------------------|----------|------|---------|-------------|--------|-------|-------|-------|--------------|---------|-----------|-----------|------|---------|-----------|------------|-----------|
| Unit of Measure           | (kcal)   | (g)  | (g)     | (mg)        | (mg)   | (g)   | (g)   | (g)   | (g)          | (g)     | (%)       | (%)       | (%)  | (%)     | (mg)      | (%)        | (%)       |
| Menu A 06/30/2025         | 1270.0   | 49.0 | 13.2    | 265.0       | 1453.3 | 139.3 | 14.0  | 61.7  | 12.0         | 73.7    | 39.3      | 59.7      | 46.3 | 91.3    | 2313.3    | 98.0       | 206.0     |
| Menu C 07/07/2025         | 1220.0   | 43.7 | 12.3    | 110.0       | 1401.7 | 146.7 | 19.0  | 67.7  | 8.0          | 67.0    | 34.7      | 99.0      | 43.7 | 85.7    | 2520.0    | 95.7       | 206.0     |
| Menu E 07/14/2025         | 1270.0   | 49.0 | 13.2    | 265.0       | 1453.3 | 139.3 | 14.0  | 61.7  | 12.0         | 73.7    | 39.3      | 59.7      | 46.3 | 91.3    | 2313.3    | 98.0       | 206.0     |
| Menu G 07/21/2025         | 1236.7   | 43.7 | 12.7    | 158.3       | 1656.7 | 133.3 | 14.0  | 59.0  | 6.7          | 82.7    | 34.7      | 60.3      | 43.3 | 94.3    | 2390.0    | 101.0      | 205.3     |
| Menu I 07/28/2025         | 1266.7   | 42.3 | 11.8    | 153.3       | 1608.3 | 153.3 | 15.3  | 66.3  | 12.0         | 73.7    | 36.0      | 81.3      | 48.3 | 92.3    | 2420.0    | 88.7       | 202.0     |



For questions regarding this nutritional analysis, please contact the dietitians at  
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1-815-780-2060  
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| 1200 Calorie Plan<br>Monday 4-Day Plan<br>Including 2 servings of Non-Fat Milk/Day |            |
|------------------------------------------------------------------------------------|------------|
| Calories                                                                           | 1253 kcal  |
| Total Fat                                                                          | 45.5 g     |
| Saturated Fat                                                                      | 13 g       |
| Trans Fat                                                                          | 0 g        |
| Cholesterol                                                                        | 190.3 mg   |
| Sodium                                                                             | 1515 mg    |
| Total Carbohydrates                                                                | 142.4 g    |
| Dietary Fiber                                                                      | 17.3 g     |
| Total Sugars                                                                       | 63.3 g     |
| Added Sugars                                                                       | 10.1 g     |
| Protein                                                                            | 74.1 g     |
| Vitamin D                                                                          | 205.1 mcg  |
| Calcium (%)                                                                        | 91.00 %    |
| Iron (%)                                                                           | 45.60 %    |
| Potassium                                                                          | 2391.3 mcg |
| Macronutrient Breakdown                                                            |            |
| Fats                                                                               | 33%        |
| Carbohydrates                                                                      | 45%        |
| Protein                                                                            | 24%        |

| 1200 Calorie Plan<br>Monday 4-Day Plan<br>WITHOUT MILK SERVINGS |             |
|-----------------------------------------------------------------|-------------|
| Calories                                                        | 1092.7 kcal |
| Total Fat                                                       | 45.5 g      |
| Saturated Fat                                                   | 13 g        |
| Trans Fat                                                       | 0 g         |
| Cholesterol                                                     | 180.3 mg    |
| Sodium                                                          | 1315 mg     |
| Total Carbohydrates                                             | 118.4 g     |
| Dietary Fiber                                                   | 17.3 g      |
| Total Sugars                                                    | 39.3 g      |
| Includes Added !                                                | 10.1 g      |
| Protein                                                         | 56.1 g      |
| Vitamin D                                                       | 5.1 mcg     |
| Calcium (%)                                                     | 41.00 %     |
| Iron (%)                                                        | 45.60 %     |
| Potassium                                                       | 1591.3 mcg  |
| Macronutrient Breakdown                                         |             |
| Fats                                                            | 37%         |
| Carbohydrates                                                   | 43%         |
| 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                | 100     | 200      |
| Total Carbohydrates   | 12 g    | 24 g     |
| Dietary Fiber         | 0 g     | 0 g      |
| Total Sugars          | 12 g    | 24 g     |
| Includes Added Sugars | 0 g     | 0 g      |
| Protein               | 9 g     | 18 g     |
| Vitamin D             | 100 mcg | 200mcg   |
| Calcium (%)           | 25%     | 50%      |
| Iron (%)              | 0%      | 0%       |
| Potassium             | 400 mcg | 800 mcg  |