

# Seattle Sutton's Healthy Eating

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

Menu A 5/6/2024																			
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)	(%)	(%)		
Biscuits & Sausage Gravy	320	17	6.5	160	440	29	4	11	2	12	2	20	10	15	480	2	2		
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	9	1.5	0	55	58	7	38	18	12	0	30	40	15	460	15	0		
Avocado Toast	350	18	3	170	290	41	7	14	4	12	2	50	10	4	420	2	0		
Tex-Mex Fish Taco	350	13	3.5	40	550	37	5	4	2	22	0	4	10	15	650	6	0		
Chicken Fajita Bowl	460	22	6	60	280	46	10	6	0	25	2	30	10	20	720	10	2		
Margherita Pizza	260	15	3.5	25	540	20	3	3	1	11	4	10	10	25	340	10	0		
Chicken Salad on Croissant	330	14	4	45	300	30	4	13	1	18	8	8	8	2	260	2	0		
Spaghetti "Vodka" Meatballs	440	16	4.5	55	460	48	7	7	1	24	2	30	20	10	850	20	4		
Sweet & Sour Chicken	540	20	4.5	45	450	73	6	13	4	17	2	70	35	6	290	4	2		
Pierogi in Mushroom & Tomato Gravy	300	6	3	20	380	50	3	8	3	10	2	30	15	6	480	4	0		
Moroccan Chicken Skewers	450	13	1	80	250	46	5	13	7	36	0	10	20	4	530	25	2		
Average	373.3	14.8	3.5	61.7	354.6	43.0	5.3	11.8	3.9	17.5	2.0	24.7	16.2	10.3	469.2	8.7	1.0		
Daily Average	1120	44.5	10.6	185.0	1063.8	129.0	15.8	35.3	11.8	52.5	6.0	74.0	48.5	31.0	1407.5	26.0	3.0		
W 16 oz skim milk	1280	44.5	10.625	195	1263.8	153.0	15.75	59.3	11.75	70.5	36	74	48.5	81	2207.5	96	203		

Menu C 5/13/2024																			
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)	(%)	(%)		
Apple Dutch Baby	330	12	5	55	300	47	2	16	8	13	2	8	15	6	340	4	4		
Cheesy Baked Egg Casserole	280	8	3.5	20	530	33	6	14	0	19	0	30	15	15	540	8	2		
Ciabatta Egg Sandwich	260	10	4	130	560	30	2	4	0	14	0	0	15	15	40	0	0		
Strawberry Chia Oatmeal	290	11	1.5	0	35	44	6	21	7	8	2	30	15	8	400	8	8		
Honey Shrimp Salad	280	14	1	25	320	33	5	10	1	11	4	60	15	6	430	15	0		
Curry Chicken Salad	470	22	2.5	45	400	48	6	19	3	21	0	6	15	10	390	6	0		
Thai Red Pepper Bisque	250	11	2	0	530	32	6	12	2	7	0	25	10	6	490	10	0		
Lou's Bleu Burger	430	17	4.5	120	540	49	5	17	7	24	0	4	25	15	560	0	0		
Chile Cazuela with Spanich Rice	370	10	3.5	20	350	62	6	5	0	12	2	40	10	15	460	20	2		
Pasta Verde with Durango Turkey	310	8	3	60	470	39	4	6	0	21	2	60	10	8	400	6	2		
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	12	5	40	4	4	10	15	920	15	6		
Average	340.8	12.2	3.3	54.6	416.3	42.2	4.6	12.2	2.8	17.9	1.5	31.4	13.6	11.6	474.2	7.7	2.0		
Daily Average	1023	36.5	9.9	163.8	1248.8	126.5	13.8	36.5	8.3	53.8	4.5	94.3	40.8	34.8	1422.5	23.0	6.0		
W 16 oz skim milk	1183	36.5	9.875	173.75	1448.8	150.5	13.75	60.5	8.25	71.75	34.5	94.25	40.75	84.75	2222.5	93	206		

Menu E 5/20/2024																			
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	16	6	180	450	26	4	12	0	13	2	6	6	4	290	4	0		

Haystack Breakfast	310	6	2.5	25	460	45	3	19	14	17	2	4	15	20	470	10	4	4
Morning Protein Plate	430	21	6	195	360	47	6	21	3	18	2	30	25	20	460	6	0	0
Bacon & Egg Bagel Sandwich	300	10	2.5	135	380	42	6	12	0	16	2	80	15	6	470	4	0	0
Gemelli Pasta Salad	440	29	9	90	350	35	4	18	8	7	0	4	8	6	95	6	0	0
Caesar Salad with Roasted Tomatoes	360	22	4	15	400	29	5	13	10	12	8	10	20	20	470	15	0	0
Homestyle Roasted Turkey Sandwich	360	6	3	70	340	55	5	22	8	24	2	8	15	6	450	15	2	2
Smoky Chicken Salad Pita	330	11	1.5	60	420	38	7	9	1	25	2	20	15	10	680	8	0	0
Cherry-Glazed Meatloaf	410	14	4.5	100	530	43	4	20	8	29	6	8	15	15	720	20	8	8
Butternut Squash Ravioli	480	24	9	80	540	51	8	11	3	17	10	35	20	25	550	15	4	4
Cajun Shrimp Etoufee	440	13	4	85	490	52	5	8	1	28	2	6	15	6	930	15	2	2
Swedish Meatballs	310	12	3	65	320	30	2	3	0	18	2	2	8	8	420	15	6	6
Average	372.5	15.3	4.6	91.7	420.0	41.1	4.9	14.0	4.7	18.7	3.3	17.8	14.8	12.2	500.4	11.1	2.2	2.2
Daily Average	1118	46.0	13.8	275.0	1260.0	123.3	14.8	42.0	14.0	56.0	10.0	53.3	44.3	36.5	1501.3	33.3	6.5	6.5
W 16 oz skim milk	1278	46	13.75	285	1460.0	147.3	14.75	66.0	14	74	40	53.25	44.25	86.5	2301.25	103.25	206.5	206.5

### Menu G 5/27/2024

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 Figs and Brie	380	13	7	35	290	56	8	36	3	9	0	8	6	15	440	4	0
Superfood Brioche French Toast	250	10	3.5	30	220	33	3	18	6	7	0	2	30	6	180	2	0
Swiss Cheese Egg Bake	240	5	3	20	420	26	5	9	0	19	0	30	8	20	430	2	0
Berry Colada Parfait	180	1.5	0.5	0	60	33	4	24	12	10	0	25	4	10	210	0	0
Baja Tinga Wrap	320	10	3	45	420	39	7	4	0	21	2	10	10	15	660	8	4
Pesto Caprese Chicken Sandwich	490	18	5	120	790	38	6	12	1	45	2	60	15	30	980	20	2
Spinach-Artichoke Flatbread Pizza	510	23	11	60	740	60	7	27	6	14	4	4	20	35	400	6	2
Pecan and Poppyseed Chicken Salad	370	19	2	35	290	25	3	9	0	25	2	4	10	6	290	4	0
Chicken Shawarma Wrap	400	19	2	50	440	39	13	16	6	27	0	45	35	20	780	2	0
Honey Garlic Chicken Bowl	480	13	1.5	35	790	75	6	21	0	17	2	2	30	6	250	8	0
Salmon with Creamy Dill Sauce	370	13	4.5	65	440	34	4	6	0	30	2	40	10	6	830	10	4
Penne Al Forno	310	10	3.5	20	600	38	9	9	0	20	2	80	15	25	590	8	0
Average	358.3	12.9	3.9	42.9	458.3	41.3	6.3	15.9	2.8	20.3	1.3	25.8	16.1	16.2	503.3	6.2	1.0
Daily Average	1075	38.6	11.6	128.8	1375.0	124.0	18.8	47.8	8.5	61.0	4.0	77.5	48.3	48.5	1510.0	18.5	3.0
W 16 oz skim milk	1235	38.625	11.625	138.75	1575.0	148.0	18.75	71.8	8.5	79	34	77.5	48.25	98.5	2310	88.5	203

### Menu I 6/3/2024

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)	(%)	(%)
"Chorizo" and Egg Breakfast Taco	260	8	2	130	380	37	5	8	2	11	15	20	10	8	540	8	0
Chocolate Pancake with Citrus Mascarpone	350	16	5.5	20	150	48	4	23	9	7	0	2	15	8	330	15	2
Spinach & Cheese Frittata	210	5	3	10	410	24	3	6	0	16	8	60	30	15	920	15	0
Bircher Muesli and Pears	420	20	5.5	30	15	57	6	31	16	8	2	2	45	6	290	15	2
Fresh Fruit and Cottage Cheese Plate	320	9	4	25	620	37	4	19	0	21	4	40	10	25	660	8	2
Mediterranean Lunch Box	430	19	3	80	540	31	7	4	0	36	0	4	15	15	620	20	2
Ancient Grain Stuffed Pepper	400	22	3	10	380	45	9	12	0	11	6	100	20	15	650	10	2
Potato & Leek Soup with Petite Greens	250	8	2.5	20	260	36	3	13	0	7	6	10	8	15	450	2	8
Sundried Tomato & Italian Sausage Flatbread	420	21	4	20	860	41	7	3	2	24	4	35	20	25	630	0	0
Thai Coconut Chicken	310	12	7	40	380	33	2	8	2	17	2	2	20	2	530	4	0
Lemon Picatta Cod over Linguini	320	4	1	55	260	44	5	8	1	26	0	10	6	2	750	2	0
Salisbury Steak	300	9	2	65	320	31	7	6	0	23	2	10	15	4	470	20	4
Average	332.5	12.8	3.5	42.1	381.3	38.7	5.2	11.8	2.7	17.3	4.1	24.6	17.8	11.7	570.0	9.9	1.8
Daily Average	998	38.3	10.6	126.3	1143.8	116.0	15.5	35.3	8.0	51.8	12.3	73.8	53.5	35.0	1710.0	29.8	5.5
W 16 oz skim milk	1158	38.25	10.625	136.25	1343.8	140.0	15.5	59.3	8	69.75	42.25	73.75	53.5	85	2510	99.75	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 5/6/2024	1336.7	50.3	16.0	290.0	1506.7	151.7	14.7	72.0	18.3	73.0	41.3	37.0	46.3	90.7	2278.3	105.3	206.7
Menu C 5/13/2024	1126.7	35.3	9.7	148.3	1540.0	145.0	13.7	56.0	4.7	65.7	34.0	113.0	37.7	83.7	2070.0	93.0	203.3
Menu E 5/20/2024	1336.7	50.3	16.0	290.0	1506.7	151.7	14.7	72.0	18.3	73.0	41.3	37.0	46.3	90.7	2278.3	105.3	206.7
Menu G 5/27/2024	1306.7	41.3	13.5	163.3	1716.7	157.3	19.7	73.7	7.3	81.0	34.0	67.0	54.7	101.0	2450.0	90.7	204.0
Menu I 6/3/2024	1166.7	38.7	10.8	140.0	1526.7	137.3	15.3	54.3	5.3	74.3	43.0	91.0	48.7	88.3	2676.7	97.3	202.7



For questions regarding this nutritional analysis, please contact the dietitians at Seattle Sutton's Healthy Eating  
 1-815-780-2060  
[Dietitians@sshe.com](mailto:Dietitians@sshe.com)

1200 Calorie Plan Monday 4-Day Plan Including 2 servings of Non-Fat Milk/Day	
Calories	1255 kcal
Total Fat	43.2 g
Saturated Fat	13 g
Trans Fat	0 g
Cholesterol	206.3 mg
Sodium	1559 mg
Total Carbohydrates	148.6 g
Dietary Fiber	17.7 g
Total Sugars	65.6 g
Added Sugars	10.8 g
Protein	73.4 g
Vitamin D	204.7 mcg
Calcium (%)	90.87 %
Iron (%)	46.73 %
Potassium	2350.7 mcg
Macronutrient Breakdown	
Fats	31%
Carbohydrates	47%
Protein	23%

1200 Calorie Plan Monday 4-Day Plan WITHOUT MILK SERVINGS	
Calories	1094.7 kcal
Total Fat	43.2 g
Saturated Fat	13 g
Trans Fat	0 g
Cholesterol	196.3 mg
Sodium	1359 mg
Total Carbohydrates	124.6 g
Dietary Fiber	17.7 g
Total Sugars	41.6 g
Includes Added !	10.8 g
Protein	55.4 g
Vitamin D	4.7 mcg
Calcium (%)	40.87 %
Iron (%)	46.73 %
Potassium	1550.7 mcg
Macronutrient Breakdown	
Fats	35%
Carbohydrates	46%
Protein	20%

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