

Seattle Sutton's Healthy Eating

1500 Calorie Plant-Based Vegetarian 7-Day 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)	(%)	(mcg)
Biscuits & Vegetarian Gravy	500	22	8	155	680	62	7	28	4	16	2	10	20	30	640	2	2
Chocolate Crepe & Strawberry Salsa	640	30	3.5	80	510	74	4	21	7	22	0	4	10	4	290	10	0
Blueberry Smoothie Bowl	390	10	2	0	60	64	7	43	20	13	0	35	40	15	520	15	0
Moroccan Kofta Bowl	600	30	6	0	620	56	7	13	7	31	0	15	45	6	780	8	0
Baja Tinga Wrap	300	10	4	20	400	40	7	4	0	14	2	10	10	15	620	8	4
Margherita Pizza	390	22	7	40	740	30	6	6	0	20	2	30	15	35	530	30	2
Parmesan Crusted Chick'n	370	15	4.5	20	640	44	6	4	1	20	4	15	20	15	720	10	2
Turk'y Cutlet in Dijon Cream Sauce	440	12	3	15	700	64	8	22	10	19	2	20	20	15	710	10	2
Nona Sutton's Lasagna	560	24	7.5	45	580	67	11	13	0	28	4	6	35	30	700	10	0
Average	465.6	19.4	5.1	41.7	547.8	55.7	7.0	17.1	5.4	20.3	1.8	16.1	23.9	18.3	612.2	11.4	1.3
Daily Average	1396.7	58.3	15.2	125.0	1643.3	167.0	21.0	51.3	16.3	61.0	5.3	48.3	71.7	55.0	1836.7	34.3	4.0
W 24 oz low-fat milk	1636.7	58.3	15.2	155.0	1943.3	203.0	21.0	87.3	16.3	85.0	5.3	48.3	71.9	145.0	2982.7	511.3	349.0

Menu B 07/03/2025

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)	(%)	(mcg)
Egg Fonduta	400	10	4.5	30	800	45	6	18	2	29	0	35	20	30	650	4	0
Wild Blackberry Parfait	420	13	1	10	60	59	7	35	18	18	0	2	80	15	410	15	0
Strawberry Cheesecake French Toast	300	11	4	35	370	40	2	17	8	9	2	2	35	8	170	8	2
Biscuits & Vegetarian Gravy	500	22	8	155	680	62	7	28	4	16	2	10	20	30	640	2	2
Vegetables & Dumplings	290	5	2.5	20	480	54	7	16	10	10	10	20	15	6	510	8	2
Three-Bean Chili	500	30	5.5	15	530	47	10	10	0	13	4	20	25	20	900	6	0
El Pastor Bowl	320	13	2	10	190	38	7	5	0	12	4	15	15	15	780	6	4
Egg Salad on Croissant	320	19	7	250	360	27	3	11	1	10	6	4	15	4	160	0	0
Raspberry Goat Cheese Salad	320	16	6.5	15	180	36	4	25	12	8	6	10	10	6	370	10	2
Rustic Zucchini Cavatappi	420	13	4	60	560	63	5	6	3	13	2	15	20	6	440	6	0
Black Bean Enchilada Bake	490	20	9	55	850	51	8	9	0	19	2	30	15	35	510	25	2
Sweet & Sour Tofu	560	22	5.5	20	530	77	4	18	6	13	2	6	20	15	360	4	2
Average	403.3	16.2	5.0	56.3	465.8	49.9	5.8	16.5	5.3	14.2	3.3	14.1	24.2	15.8	491.7	7.8	1.3
Daily Average	1210.0	48.5	14.9	168.8	1397.5	149.8	17.5	49.5	16.0	42.5	10.0	42.3	72.5	47.5	1475.0	23.5	4.0
W 24 oz low-fat milk	1450.0	48.5	14.9	198.8	1697.5	185.8	17.5	85.5	16.0	66.5	10.0	42.3	72.7	137.5	2621.0	500.5	349.0

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)	(%)	(mcg)
Peach Berry Blintz	570	23	5.5	70	560	61	5	27	16	32	0	8	20	10	610	2	0
Cheesy Baked Egg Casserole	410	14	7	40	880	35	6	15	0	34	2	30	20	30	720	15	2
Strawberry Chia Oatmeal	300	11	2	0	35	45	6	21	7	9	2	30	15	10	420	10	8
Honey Tempeh Salad	300	16	1.5	0	220	34	6	10	1	10	4	80	15	6	490	15	0
Curry Chickpea Salad	550	27	3	15	500	66	8	23	3	15	0	6	20	15	500	6	0
Tuscan Bean Soup & Crostata	480	21	4.5	15	1030	53	12	7	1	19	4	15	20	20	1680	6	0
Tamale Bowl	510	24	11.5	25	630	58	13	29	0	13	2	20	25	20	470	10	2
Vegetarian "Vodka" Meatballs	460	12	4	15	790	56	15	7	1	36	2	30	35	15	1180	10	2
Primavera Alfredo	380	11	5.5	30	500	55	5	13	0	16	2	25	6	25	650	10	15
Average	440.0	17.7	4.9	23.3	571.7	51.4	8.4	16.9	3.2	20.4	2.0	27.1	19.6	16.8	746.7	9.3	3.2
Daily Average	1320.0	53.0	14.8	70.0	1715.0	154.3	25.3	50.7	9.7	61.3	6.0	81.3	58.7	50.3	2240.0	28.0	9.7
W 24 oz low-fat milk	1560.0	53.0	14.8	100.0	2015.0	190.3	25.3	86.7	9.7	85.3	6.0	81.3	58.9	140.3	3386.0	505.0	354.7

Menu D 07/10/2025																	
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)	(%)	(mcg)
Spinach & Cheese Frittata	280	6	3	10	550	35	4	7	0	21	6	110	45	20	1200	20	0
Berry Colada Parfait	260	2	1	10	80	49	6	34	17	13	0	35	6	15	300	2	0
Hashbrown Casserole	270	8	4.5	25	360	31	5	20	2	18	2	4	15	20	700	10	2
Ciabatta Egg Sandwich	280	10	4.5	130	550	34	5	8	0	14	0	25	15	15	270	0	0
Spinach-Artichoke Flatbread Pizza	510	22	10.5	55	740	63	7	31	6	14	4	6	20	35	440	6	2
Pear & Gorgonzola Salad	400	26	4.5	30	270	36	6	18	9	11	4	8	15	10	340	10	0
Broccoli Cheddar Soup & Salad	520	22	9	65	980	61	7	16	5	21	8	40	20	40	600	20	15
Lou's Bleu Veggie Burger	560	25	6.5	10	950	59	5	18	3	29	0	15	35	15	760	2	0
Sofrito Tofu	330	10	1.5	0	450	47	6	4	0	15	2	20	25	15	620	10	0
Eggplant Parmesan	250	11	2	5	400	33	6	8	0	9	0	10	8	10	560	6	0
Greek Chickpea-Feta Fritter	450	23	10	45	170	51	8	20	8	11	4	80	15	8	800	10	4
Homestyle Macaroni and Cheese	560	14	6	35	340	91	9	19	5	23	8	100	25	25	1140	35	10
Average	389.2	14.9	5.3	35.0	486.7	49.2	6.2	16.9	4.6	16.6	3.2	37.8	20.3	19.0	644.2	10.9	2.8
Daily Average	1167.5	44.8	15.8	105.0	1460.0	147.5	18.5	50.8	13.8	49.8	9.5	113.3	61.0	57.0	1932.5	32.8	8.3
W 24 oz low-fat milk	1407.5	44.8	15.8	135.0	1760.0	183.5	18.5	86.8	13.8	73.8	9.5	113.3	61.2	147.0	3078.5	509.8	353.3
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)	(%)	(mcg)
Egg & Feta Tart	500	28	11.5	210	800	35	5	12	0	26	2	15	20	25	520	6	0
Egg & Cheese Clafoutis	460	22	5.5	25	570	39	3	8	0	23	15	60	30	25	1560	20	10
Morning Protein Plate	430	21	6	195	360	47	6	21	3	18	2	30	25	20	460	6	0
Falafel Bowl	540	16	1	0	640	79	8	6	0	19	4	40	40	15	500	8	0
Pecan-Cranberry Mixed Green Salad	460	33	4.5	15	160	33	7	19	15	10	4	10	10	20	280	8	0
Pumpkin-Sweet Potato Bisque	460	17	5.5	35	150	71	11	26	18	11	10	20	25	15	670	8	2
BBQ "Meatloaf" & Cheddar Mash	480	25	5.5	10	680	48	6	16	9	21	2	15	25	15	890	15	4
Tortelloni Pomodoro	280	10	3.5	50	560	35	5	12	3	12	2	15	15	20	370	4	0
Cajun Etouffee	500	18	6.5	30	400	76	9	14	1	14	4	50	20	8	1100	20	2
Average	456.7	21.1	5.5	63.3	480.0	51.4	6.7	14.9	5.4	17.1	5.0	28.3	23.3	18.1	705.6	10.6	2.0
Daily Average	1370.0	63.3	16.5	190.0	1440.0	154.3	20.0	44.7	16.3	51.3	15.0	85.0	70.0	54.3	2116.7	31.7	6.0
W 24 oz low-fat milk	1610.0	63.3	16.5	220.0	1740.0	190.3	20.0	80.7	16.3	75.3	15.0	85.0	70.2	144.3	3262.7	508.7	351.0
Menu F 07/17/2025																	
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)	(%)	(mcg)
Sunrise Pizza	330	15	6	115	580	32	3	5	1	16	2	35	20	25	600	15	2
Cranberry Oat Bar	470	13	1	5	75	73	7	40	25	17	0	20	90	15	470	15	0
Cheesy Egg Strata	320	13	6.5	40	660	27	3	16	0	23	8	150	15	25	580	15	4
Bagel Breakfast Sandwich	350	13	3	135	790	42	6	12	0	23	2	80	20	6	610	4	0
Mushroom Croque Monsieur	560	33	10	55	750	58	4	18	7	18	4	4	8	35	710	25	8
Caesar Salad with Roasted Tomatoes	390	25	4.5	20	480	28	3	13	10	13	2	10	15	20	330	10	2
Bonsai Bowl	610	18	4	40	820	90	5	32	17	22	0	6	35	25	610	15	0
Chipotle Black Bean Burger	580	31	4	10	560	63	13	25	15	18	2	15	20	15	890	4	0
Vegetarian Swedish Meatballs	370	8	4.5	25	850	45	9	9	0	29	2	30	25	15	1230	15	8
Butternut Squash Ravioli	450	21	7	70	540	51	8	11	3	17	10	35	20	25	560	15	6
Pasta Verde with Guajillo Garbanzos	420	13	4.5	25	200	62	10	11	0	15	2	60	15	8	890	4	2
Lentil Matzo Ball Soup	440	16	4	15	700	61	10	18	10	12	2	8	35	6	500	15	2
Average	440.8	18.3	4.9	46.3	583.8	52.7	6.8	17.5	7.3	18.6	3.0	37.8	26.5	18.3	665.0	12.7	2.8
Daily Average	1322.5	54.8	14.8	138.8	1751.3	158.0	20.3	52.5	22.0	55.8	9.0	113.3	79.5	55.0	1995.0	38.0	8.5
W 24 oz low-fat milk	1562.5	54.8	14.8	168.8	2051.3	194.0	20.3	88.5	22.0	79.8	9.0	113.3	79.7	145.0	3141.0	515.0	353.5

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)	(%)	(mcg)	
Wheat Croissant with Brie	380	20	5.5	25	250	46	6	33	4	11	0	10	10	10	520	15	0	
Superfood Brioche French Toast	450	21	7	60	440	53	4	27	12	14	2	2	60	10	340	8	4	
Swiss Cheese Egg Bake	230	6	3	20	440	18	2	4	0	20	0	6	10	25	380	0	0	
Broccoli Cheddar Fritter	340	14	4.5	20	430	44	7	24	7	12	2	35	15	15	520	10	2	
Capri-Style Roasted Eggplant	350	17	4.5	30	510	32	9	11	0	19	4	70	15	35	710	20	2	
Loaded Quesadilla & Tortilla Soup	480	25	11.5	55	880	44	5	6	0	22	2	20	8	35	400	25	4	
Mediterranean Lunch Box	470	25	3.5	10	940	40	7	4	0	28	0	6	25	15	530	4	0	
Pierogi in Mushroom & Tomato Grav	590	13	5.5	40	770	100	6	16	7	21	2	60	30	10	950	8	2	
Southwestern Couscous Pilaf	640	20	6.5	40	690	94	11	17	11	22	4	30	20	20	770	20	2	
Average	436.7	17.9	5.7	33.3	594.4	52.3	6.3	15.8	4.6	18.8	1.8	26.6	21.4	19.4	568.9	12.2	1.8	
Daily Average	1310.0	53.7	17.2	100.0	1783.3	157.0	19.0	47.3	13.7	56.3	5.3	79.7	64.3	58.3	1706.7	36.7	5.3	
W 24 oz low-fat milk	1550.0	53.7	17.2	130.0	2083.3	193.0	19.0	83.3	13.7	80.3	5.3	79.7	64.6	148.3	2852.7	513.7	350.3	
Menu H 07/24/2025																		
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)	(%)	(mcg)	
Cheddar & Sausage Breakfast Casser	510	25	4.5	20	490	51	9	18	0	24	2	8	20	25	660	20	2	
Strawberry Poppyseed Bread	380	6	0	0	260	63	4	35	23	12	0	35	25	10	340	10	0	
Cowboy Skillet	220	8	4	15	440	21	5	12	0	16	4	100	15	15	510	8	0	
Potato Pancakes with Smoked Veggi	280	15	5	100	660	32	5	12	1	8	2	6	2	6	600	4	0	
Gemelli Pasta Salad	440	29	9	90	350	35	4	18	8	7	0	4	8	6	95	6	0	
Veggie Melt	320	8	2.5	30	210	21	2	3	0	19	4	10	15	10	410	10	0	
Acapulco Taco Pie	340	13	5	50	460	36	5	5	1	20	2	20	20	20	520	15	2	
Poppyseed Sweet Potato Salad	420	16	2.5	10	280	58	6	23	9	11	20	25	20	10	680	15	0	
Marry Me Pasta	450	9	7	140	800	65	7	20	6	32	4	20	20	25	1090	10	15	
Picadillo Cubano	400	3	1.5	35	290	60	7	4	1	16	0	6	20	6	790	6	0	
Pesto Cream Penne	320	10	2.5	15	400	46	10	11	0	15	4	25	20	15	480	15	10	
Butternut & Zucchini Bake	390	13	4.5	30	290	59	4.5	14	4	11	2	15	15	6	670	8	2	
Average	372.5	12.9	4.0	44.6	410.8	45.6	5.7	14.6	4.4	15.9	3.7	22.8	16.7	12.8	570.4	10.6	2.6	
Daily Average	1117.5	38.8	12.0	133.8	1232.5	136.8	17.1	43.8	13.3	47.8	11.0	68.5	50.0	38.5	1711.3	31.8	7.8	
W 24 oz low-fat milk	1357.5	38.8	12.0	163.8	1532.5	172.8	17.1	79.8	13.3	71.8	11.0	68.5	50.2	128.5	2857.3	508.8	352.8	
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)	(%)	(mcg)	
Brioche Breakfast Sandwich	600	30	9	135	880	47	6	18	6	35	6	70	35	20	870	2	0	
Chocolate Pancake with Citrus Masc	530	23	7	20	230	73	5	31	15	11	0	2	25	15	530	25	4	
Blueberry Almond Torta	430	13	2.5	15	380	64	7	43	13	18	0	80	15	15	520	4	2	
Tex-Mex Black Bean Taco	460	21	8	40	700	54	7	7	3	18	2	4	10	25	710	10	2	
Smoky Chick'n Salad Pita	350	12	2	15	540	48	11	11	1	19	4	30	25	15	870	4	0	
Fresh Fruit and Cottage Cheese Plate	390	15	7.5	45	730	38	4	20	0	25	8	40	8	35	700	15	2	
Spaghetti Bolognese	430	13	1.5	0	260	61	11	8	1	16	2	10	25	6	770	15	0	
Thai Coconut Curry	560	16	8	0	430	87	5	18	5	13	2	25	40	10	660	4	0	
Sundried Tomato & Italian Sausage F	420	21	4	20	860	41	7	3	2	24	4	35	20	25	630	0	0	
Average	463.3	18.2	5.5	32.2	556.7	57.0	7.0	17.7	5.1	19.9	3.1	32.9	22.6	18.4	695.6	8.8	1.1	
Daily Average	1390.0	54.7	16.5	96.7	1670.0	171.0	21.0	53.0	15.3	59.7	9.3	98.7	67.7	55.3	2086.7	26.3	3.3	
W 24 oz low-fat milk	1630.0	54.7	16.5	126.7	1970.0	207.0	21.0	89.0	15.3	83.7	9.3	98.7	67.9	145.3	3232.7	503.3	348.3	

Menu J 07/31/2025																	
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)	(%)	(mcg)
Chocolate Chia Bowl	340	13	4	0	80	52	8	35	15	9	0	2	15	20	520	15	0
Bircher Muesli and Pears	530	25	8	50	25	72	6	39	22	9	4	2	50	8	350	15	4
Avocado Toast	350	18	3	130	290	35	10	10	1	13	2	50	15	4	480	8	0
Open-Faced Breakfast Sandwich	330	17	5.5	140	640	22	4	5	1	21	8	15	15	20	480	0	0
Landry Bay Zucchini Cakes	550	26	7	50	760	63	8	11	2	15	4	60	25	10	930	10	2
Chickpea Cobb Salad	410	18	6.5	215	740	40	10	11	0	23	4	8	20	20	720	20	10
Vegetarian BBQ Pizza	470	17	8	40	580	56	12	17	3	26	2	8	15	35	750	15	2
Loaded Potato Soup	470	16	8	45	540	64	5	8	1	17	4	15	20	30	660	25	15
Spring Vegetable Fricassee	440	14	4	20	260	76	10	20	13	11	20	30	25	8	850	10	2
Traditional Cottage Pie	330	8	2.5	10	450	52	15	17	4	14	2	70	25	8	1020	20	2
Honey Garlic Chickpea Bowl	420	14	6.5	25	260	62	8	15	0	12	4	6	15	10	590	10	2
	390	11	4	10	440	50	13	8	1	22	2	15	30	6	940	20	2
Average	419.2	16.4	5.6	61.3	422.1	53.7	9.1	16.3	5.3	16.0	4.7	23.4	22.5	14.9	690.8	14.0	3.4
Daily Average	1257.5	49.3	16.8	183.8	1266.3	161.0	27.3	49.0	15.8	48.0	14.0	70.3	67.5	44.8	2072.5	42.0	10.3
W 24 oz low-fat milk	1497.5	49.3	16.8	213.8	1566.3	197.0	27.3	85.0	15.8	72.0	14.0	70.3	67.7	134.8	3218.5	519.0	355.3

Seattle Sutton's Healthy Eating

1500 Calorie Plant-Based Vegetarian 7-Day 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)	(%)	(mcg)
Menu A 06/30/2025	1637	58.3	15.2	155.0	1943.3	203.0	21.0	87.3	16.3	85.0	5.3	48.3	71.9	145.0	2982.7	511.3	349.0
Menu B 07/03/2025	1450	48.5	14.9	198.8	1697.5	185.8	17.5	85.5	16.0	66.5	10.0	42.3	72.7	137.5	2621.0	500.5	349.0
Menu A & B Average	1557	54.1	15.0	173.8	1838.0	195.6	19.5	86.7	16.2	77.1	7.3	45.7	72.2	141.8	2827.7	506.7	349.0
Menu C 07/07/2025	1560	53.0	14.8	100.0	2015.0	190.3	25.3	86.7	9.7	85.3	6.0	81.3	58.9	140.3	3386.0	505.0	354.7
Menu D 07/10/2025	1408	44.8	15.8	135.0	1760.0	183.5	18.5	86.8	13.8	73.8	9.5	113.3	61.2	147.0	3078.5	509.8	353.3
Menu C & D Average	1495	49.5	15.2	115.0	1905.7	187.4	22.4	86.7	11.4	80.4	7.5	95.0	59.9	143.2	3254.2	507.0	354.1
Menu E 07/14/2025	1610	63.3	16.5	220.0	1740.0	190.3	20.0	80.7	16.3	75.3	15.0	85.0	70.2	144.3	3262.7	508.7	351.0
Menu F 07/17/2025	1563	54.8	14.8	168.8	2051.3	194.0	20.3	88.5	22.0	79.8	9.0	113.3	79.7	145.0	3141.0	515.0	353.5
Menu E & F Average	1590	59.7	15.8	198.0	1873.4	191.9	20.1	84.0	18.8	77.2	12.4	97.1	74.3	144.6	3210.5	511.4	352.1
Menu G 07/21/2025	1550	53.7	17.2	130.0	2083.3	193.0	19.0	83.3	13.7	80.3	5.3	79.7	64.6	148.3	2852.7	513.7	350.3
Menu H 07/24/2025	1358	38.8	12.0	163.8	1532.5	172.8	17.1	79.8	13.3	71.8	11.0	68.5	50.2	128.5	2857.3	508.8	352.8
Menu G & H Average	1468	47.3	13.4	144.5	1847.3	184.3	18.2	81.8	13.5	76.7	7.8	74.9	58.4	139.8	2854.6	511.6	351.4
Menu I 07/28/2025	1630	54.7	16.5	126.7	1970.0	207.0	21.0	89.0	15.3	83.7	9.3	98.7	67.9	145.3	3232.7	503.3	348.3
Menu J 07/31/2025	1498	49.3	16.8	213.8	1566.3	197.0	27.3	85.0	15.8	72.0	14.0	70.3	67.7	134.8	3218.5	519.0	355.3
Menu I & J Average	1573	52.3	16.4	164.0	1797.0	202.7	23.7	87.3	15.5	78.7	11.3	86.5	67.8	140.8	3226.6	510.0	351.3



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

1500 Calorie Plan Daily Average WITH Milk Servings	
Calories	1536 kcal
Total Fat	51 g
Saturated Fat	15 g
Trans Fat	0 g
Cholesterol	159.0 mg
Sodium	1852 mg
Total Carbohydrates	202.4 g
Dietary Fiber	20.8 g
Total Sugars	85.3 g
Added Sugars	15.1 g
Protein	84.0 g
Vitamin D	351.6 mcg
Calcium (%)	142.05 %
Iron (%)	66.53 %
Potassium	3074.7 mcg
Macronutrient Breakdown	
Fats	28%
Carbohydrates	51%
Protein	21%

1500 Calorie Plan Daily Average WITHOUT Milk Servings	
Calories	1236 kcal
Total Fat	43.5 g
Saturated Fat	10.7 g
Trans Fat	0 g
Cholesterol	129.0 mg
Sodium	1552 mg
Total Carbohydrates	166.4 g
Dietary Fiber	20.8 g
Total Sugars	49.3 g
Added Sugars	15.1 g
Protein	59.1 g
Vitamin D	6.6 mcg
Calcium (%)	52.05 %
Iron (%)	66.31 %
Potassium	1928.7 mcg
Macronutrient Breakdown	
Fats	30%
Carbohydrates	51%
Protein	19%

The 1500 calorie plan is recommended with 3 glasses of Low-Fat Milk

Low-Fat Milk Additions		
Amount	8 oz	24 oz
Calories	106 kcal	318
Total Fat	2.3 g	6.9 g
Saturated Fat	0 g	4.2 g
Trans Fat	0 g	0 g
Cholesterol	10 mg	30 mg
Sodium	105 mg	315 mg
Total Carbohydrates	13 g	39 g
Dietary Fiber	0 g	0 g
Total Sugars	12 g	36 g
Includes Added Sugars	0 g	0 g
Protein	8.2 g	24.6 g
Vitamin D	100 mcg	300 mcg
Calcium (%)	30%	90%
Iron (%)	0%	0%
Potassium	300 mcg	900 mcg