

Seattle Sutton's Healthy Eating

1500 Calorie Plant-Based Vegetarian Meal Plan

4-Day MONDAY Menu & Meal Plan Nutrition Averages

Menu A 5/6/2024

Meal Name Unit of Measure	Calories (Kcal)	Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Vit A (%)	Vit C (%)	Iron (%)	Calcium (%)	Potassium (mg)	Phosphorus (%)	Vitamin D (mcg)
Biscuits & Vegetarian Gravy	460	21	8	155	660	51	7	17	4	16	2	30	20	30	680	2	2
Chocolate Crepe & Strawberry Sa	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
Avocado Toast	350	18	3	170	290	41	7	14	4	12	2	50	10	4	420	2	0
Tex-Mex Black Bean Taco	460	21	8	40	700	54	7	7	3	18	2	4	10	25	710	10	2
Vegetable Fajita Bowl	430	22	6	25	270	52	11	8	0	16	2	40	15	20	770	10	2
Margherita Pizza	260	15	3.5	25	540	20	3	3	1	11	4	10	10	25	340	10	0
Egg Salad on Croissant	330	19	7	250	370	28	3	11	1	10	8	6	15	4	200	2	0
Vegetarian "Vodka" Meatballs	470	12	3.5	15	910	55	11	7	1	36	2	30	30	15	1130	10	2
Sweet & Sour Tofu	490	16	4.5	20	240	70	6	15	6	16	2	70	25	10	340	4	2
Pierogi in Mushroom & Tomato G	380	8	2.5	25	510	67	4	11	5	14	2	40	20	6	630	6	2
Moroccan Kofta Bowl	600	30	6	0	620	56	7	13	7	31	0	15	45	6	780	8	0
Average	438.3	18.5	4.8	67.1	473.3	52.7	6.4	14.2	4.9	17.9	2.2	27.8	20.8	13.7	567.5	7.4	1.0
Daily Average	1315	55.5	14.375	201.25	1420	158	19.25	42.5	14.75	53.75	6.5	83.5	62.5	41	1702.5	22.25	3
W 24 oz low-fat milk	1633	62.4	18.575	231.25	1720	197	19.25	78.5	14.75	78.35	36.5	95.5	62.5	131	2602.5	772.25	303

Menu C 5/13/2024

Meal Name Unit of Measure	Calories (Kcal)	Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugars (g)	Protein (g)	Vit A (%)	Vit C (%)	Iron (%)	Calcium (%)	Potassium (mg)	Phosphorus (%)	Vitamin D (mcg)
Apple Dutch Baby	520	19	8	45	630	67	2	20	12	19	4	8	20	10	510	6	8
Cheesy Baked Egg Casserole	410	14	7	40	880	35	6	15	0	34	2	30	20	30	720	15	2
Ciabatta Egg Sandwich	260	10	4.5	130	560	30	2	4	0	14	0	0	15	15	40	0	0
Strawberry Chia Oatmeal	290	11	2	0	35	44	6	21	7	8	2	30	15	8	400	8	8
Honey Tempeh Salad	310	14	1	0	160	40	7	14	1	11	4	80	20	6	560	15	0
Curry Chickpea Salad	450	22	3	15	550	53	6	20	3	13	0	6	15	8	430	6	0
Thai Red Pepper Bisque	430	20	3.5	0	900	54	11	19	3	13	2	50	20	8	840	15	0
Lou's Bleu Veggie Burger	560	25	7	10	960	56	5	15	3	28	0	8	35	15	680	0	0
Chile Cazuela with Spanish Rice	480	13	5.5	25	450	73	7	7	0	18	4	50	15	20	550	25	2
Pasta Verde with Guajillo Garbanzos	490	11	3	20	300	79	12	14	0	20	2	60	20	10	1240	6	2
Primavera Alfredo	440	15	4.5	30	990	59	8	14	0	16	2	0	15	25	1100	8	10
Homestyle Macaroni and Cheese	570	14	6	35	340	92	8	19	6	23	8	100	25	25	1140	35	10
Average	434.2	15.7	4.6	29.2	562.9	56.8	6.7	15.2	2.9	18.1	2.5	35.2	19.6	15.0	684.2	11.6	3.5
Daily Average	1302.5	47	13.75	87.5	1688.75	170.5	20	45.5	8.75	54.25	7.5	105.5	58.75	45	2052.5	34.75	10.5
W 24 oz low-fat milk	1620.5	53.9	17.95	117.5	1988.75	209.5	20	81.5	8.75	78.85	37.5	117.5	58.75	135	2952.5	784.75	310.5

Menu E 5/20/2024

Meal Name Unit of Measure	Calories (kcal)	Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugars (g)	Protein (g)	Vit A (%)	Vit C (%)	Iron (%)	Calcium (%)	Potassium (mg)	Phosphorus (%)	Vitamin D (mcg)
Egg & Feta Tart	470	27	10	285	670	36	6	14	0	23	2	15	20	15	660	6	0
Haystack Breakfast	480	9	5	40	700	70	4	31	23	27	2	8	20	30	760	15	6
Morning Protein Plate	430	21	6	195	360	47	6	21	3	18	2	30	25	20	460	6	0
Bagel Breakfast Sandwich	350	13	3	135	790	42	6	12	0	23	2	80	20	6	610	4	0
Gemelli Pasta Salad	440	29	9	90	350	35	4	18	8	7	0	4	8	6	95	6	0
Caesar Salad with Roasted Tomatoes	360	23	4	15	410	31	5	14	10	13	8	20	20	20	560	15	0
Pumpkin-Sweet Potato Bisque	470	17	5.5	35	150	72	11	26	18	11	10	20	25	15	670	8	2
Smoky Chick'n Salad Pita	370	13	1.5	15	660	47	12	11	1	22	4	30	30	20	1080	4	0
Cherry-Glazed Vegetarian Meatloaf	520	21	6.5	20	920	53	7	20	8	32	8	10	35	20	1000	15	6
Butternut Squash Ravioli	620	32	11.5	105	710	63	10	14	4	21	15	35	20	30	620	20	6
Vegetarian Cajun Etoufee	550	19	5.5	25	280	75	9	11	1	21	2	8	20	20	1020	25	2
Vegetarian Swedish Meatballs	400	10	5.5	30	880	47	9	8	0	27	2	25	20	15	890	4	4
Average	455.0	19.5	6.1	82.5	573.3	51.5	7.4	16.7	6.3	20.4	4.8	23.8	21.9	18.1	702.1	10.7	2.2
Daily Average	1365	58.5	18.25	247.5	1720	154.5	22.25	50	19	61.25	14.25	71.25	65.75	54.25	2106.25	32	6.5
W 24 oz low-fat milk	1683	65.4	22.45	277.5	2020	193.5	22.25	86	19	85.85	44.25	83.25	65.75	144.25	3006.25	782	306.5

Menu G 5/27/2024

Meal Name Unit of Measure	Calories (kcal)	Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugars (g)	Protein (g)	Vit A (%)	Vit C (%)	Iron (%)	Calcium (%)	Potassium (mg)	Phosphorus (%)	Vitamin D (mcg)
Wheat Croissant with Figs and Brie	390	13	7	35	290	58	8	38	4	9	0	10	6	15	460	4	0
Superfood Brioche French Toast	440	19	6.5	55	450	53	4	27	12	14	2	2	60	10	330	4	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	260	2	1	10	80	49	6	34	17	13	0	35	6	15	300	2	0
Baja Tinga Wrap	320	11	4	20	400	43	7	5	0	15	2	10	15	15	680	8	4
Athenian Platter	450	17	3	10	600	61	10	9	0	14	15	15	50	20	870	10	0
Spinach-Artichoke Flatbread Pizza	510	22	10.5	55	740	63	7	31	6	14	4	6	20	35	440	6	2
Poppyseed Sweet Potato Salad	420	16	2.5	10	280	58	6	23	9	11	20	25	20	10	680	15	0
Chick'n Shawarma Wrap	430	19	0.5	0	490	44	17	16	6	26	0	45	50	30	1010	2	0
Honey Garlic Chickpea Bowl	420	14	6.5	25	280	63	8	15	0	12	4	6	15	10	590	10	2
Southwestern Couscous Pilaf	640	20	6.5	40	690	94	11	17	11	22	4	30	20	20	770	20	2
Penne Al Forno	390	11	4	25	620	52	13	8	0	24	2	110	30	30	590	10	0
Average	409.2	14.1	4.6	25.4	445.0	55.3	8.5	19.3	5.4	16.1	4.4	27.0	25.0	19.2	595.8	7.8	0.8
Daily Average	1227.5	42.25	13.75	76.25	1335	166	25.5	58	16.25	48.25	13.25	81	75	57.5	1787.5	23.25	2.5
W 24 oz low-fat milk	1545.5	49.15	17.95	106.25	1635	205	25.5	94	16.25	72.85	43.25	93	75	147.5	2687.5	773.25	302.5

Menu I 6/3/2024

Meal Name Unit of Measure	Calories (kcal)	Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugars (g)	Protein (g)	Vit A (%)	Vit C (%)	Iron (%)	Calcium (%)	Potassium (mg)	Phosphorus (%)	Vitamin D (mcg)
Egg & Feta Tart	470	27	10	285	670	36	6	14	0	23	2	15	20	15	660	6	0
Haystack Breakfast	480	9	5	40	700	70	4	31	23	27	2	8	20	30	760	15	6
Morning Protein Plate	430	21	6	195	360	47	6	21	3	18	2	30	25	20	460	6	0
Bircher Muesli and Pears	420	20	5.5	30	15	57	6	31	16	8	2	2	45	6	290	15	2
Gemelli Pasta Salad	440	29	9	90	350	35	4	18	8	7	0	35	4	8	95	6	0
Caesar Salad with Roasted Tomatoes	360	23	4	15	410	31	5	14	10	13	8	20	20	20	560	15	0
Pumpkin-Sweet Potato Bisque	470	17	5.5	35	150	72	11	26	18	11	10	20	25	15	670	8	2
Potato & Leek Soup with Petite Gree	350	11	4	30	380	50	4	16	0	11	6	15	10	20	620	10	15
Cherry-Glazed Vegetarian Meatloaf	520	21	6.5	20	920	53	7	20	8	32	8	10	35	20	1000	15	6
Butternut Squash Ravioli	620	32	11.5	105	710	63	10	14	4	21	15	35	20	30	620	20	6
Vegetarian Cajun Etoufee	550	19	5.5	25	280	75	9	11	1	21	2	8	20	20	1020	25	2
Peppered Lentil Salisbury Steak	390	11	3	5	500	50	13	8	0	22	2	15	30	6	740	15	0
Average	458.3	20.0	6.3	72.9	453.8	53.3	7.1	18.7	7.6	17.8	4.9	15.2	23.2	17.3	624.6	13.0	3.3
Daily Average	1375	60	18.875	218.75	1361.25	159.75	21.25	56	22.75	53.5	14.75	45.5	69.5	52	1873.75	39	9.75
W 24 oz low-fat milk	1693	66.9	23.075	248.75	1661.25	198.75	21.25	92	22.75	78.1	44.75	57.5	69.5	142	2773.75	789	309.75

Seattle Sutton's Healthy Eating

1500 Calorie Plant-Based Vegetarian Meal 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	Vit A	Vit C	Iron	Calcium	Potassium	Phosphorus	Vitamin D
Unit of Measure	(Kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(mcg)
Menu A 5/6/2024	1633.0	62.4	18.6	231.3	1720.0	197.0	19.3	78.5	14.8	78.4	36.5	95.5	62.5	131.0	2602.5	772.3	303.0
Menu C 5/13/2024	1620.5	53.9	18.0	117.5	1988.8	209.5	20.0	81.5	8.8	78.9	37.5	117.5	58.8	135.0	2952.5	784.8	310.5
Menu E 5/20/2024	1683.0	65.4	22.5	277.5	2020.0	193.5	22.3	86.0	19.0	85.9	44.3	83.3	65.8	144.3	3006.3	782.0	306.5
Menu G 5/27/2024	1545.5	49.2	18.0	106.3	1635.0	205.0	25.5	94.0	16.3	72.9	43.3	93.0	75.0	147.5	2687.5	773.3	302.5
Menu I 6/3/2024	1693.0	66.9	23.1	248.8	1661.3	198.8	21.3	92.0	22.8	78.1	44.8	57.5	69.5	142.0	2773.8	789.0	309.8



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	1635.0 kcal
Total Fat	58.4 g
Saturated Fat	19.6 g
Trans Fat	0.0 g
Cholesterol	196.3 mg
Sodium	1805.0 mg
Total Carbohydrates	200.8 g
Dietary Fiber	21.7 g
Total Sugars	86.4 g
Added Sugars	16.3 g
Protein	78.8 g
Vitamin D	306.5 mcg
Calcium (%)	140.0 %
Iron (%)	66.3 %
Potassium	2804.5 mg
Macronutrient Breakdown	
Fats	29%
Carbohydrates	50%
Protein	20%

1500 Calorie Plan Daily Average WITHOUT Milk Servings	
Calories	1317.0 kcal
Total Fat	51.5 g
Saturated Fat	15.4 g
Trans Fat	#REF! g
Cholesterol	166.3 mg
Sodium	1490.0 mg
Total Carbohydrates	161.8 g
Dietary Fiber	21.7 g
Total Sugars	50.4 g
Includes Added Sugar	16.3 g
Protein	54.2 g
Vitamin D	6.4 mcg
Calcium (%)	50.0 %
Iron (%)	66.3 %
Potassium	1904.5 mcg
Macronutrient Breakdown	
Fats	35%
Carbohydrates	49%
Protein	16%

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 kcal
Total Fat	2.3 g	6.9 g
Saturated Fat	1.4 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