

Seattle Sutton's Healthy Eating 1500 Calorie Plant-Based Vegetarian Meal Plan 4-Day THURSDAY Menu & Meal Plan Nutrition Averages

Menu B 5/9/2024																		
Meal Name	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)	
Egg Fonduta	370	11	4	30	770	41	8	18	3	29	0	35	15	25	720	6	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	41	2	17	8	9	2	2	35	8	190	8	2	
Avocado Toast	350	18	3	170	290	41	7	14	4	12	2	50	10	4	420	2	0	
Quesadilla with Tamale Soup	450	18	8	35	870	57	6	13	1	19	2	35	10	25	410	15	2	
Mushroom Croque Monsieur	450	22	8.5	40	360	43	9	14	5	23	2	8	35	40	520	20	6	
El Pastor Bowl	320	13	2	10	190	38	7	5	0	12	4	15	15	15	780	6	4	
Egg Salad on Croissant	330	19	7	250	370	28	3	11	1	10	8	6	15	4	200	2	0	
Basque Vegetable Stew	400	10	2	10	65	72	6	21	8	9	0	20	30	6	730	20	0	
Gnocchi Alla Norma	330	7	2	45	540	55	6	11	3	11	0	2	20	10	240	2	0	
Black Bean Enchilada Bake	490	20	9	55	850	51	8	9	0	19	2	30	15	35	510	25	2	
Moroccan Kofta Bowl	600	30	6	0	620	56	7	13	7	31	0	15	45	6	780	8	0	
Average	400.8	16.0	4.7	57.5	446.3	48.5	6.3	15.1	4.8	16.8	1.8	18.3	27.1	16.1	492.5	10.8	1.3	
Daily Average	1202.5	48	14.125	172.5	1338.75	145.5	19	45.25	14.5	50.5	5.5	55	81.25	48.25	1477.5	32.25	4	
W 24 oz low-fat milk	1520.5	54.9	18.325	202.5	1638.75	184.5	19	81.25	14.5	75.1	35.5	67	81.25	138.25	2377.5	78.25	304	
Menu D 5/16/2024																		
Meal Name	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)	
Blueberry Almond Torta	440	13	2	15	380	66	7	43	13	17	0	80	15	15	530	6	2	
Cheesy Egg Strata	300	13	6	40	680	23	2	16	0	24	8	100	10	25	730	15	2	
Open-Faced Asparagus & Gruyere Or	410	9	2	10	570	63	6	33	4	22	2	15	20	15	680	6	0	
Strawberry Chia Oatmeal	290	11	2	0	35	44	6	21	7	8	2	30	15	8	400	8	8	
Mushroom Nicoise Bowl	340	23	3	65	390	26	7	8	0	10	4	60	20	10	980	15	4	
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	420	17	8	60	600	53	6	15	5	15	8	35	15	25	440	15	10	
Lou's Bleu Veggie Burger	560	25	7	10	960	56	5	15	3	28	0	8	35	15	680	0	0	
Pasticcio with Mediterranean Salad	460	20	3.5	25	210	53	4	14	3	16	4	6	15	20	600	20	15	
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	50	8	20	8	11	4	80	15	8	800	10	4	
Homestyle Macaroni and Cheese	570	14	6	35	340	92	8	19	6	23	8	100	25	25	1140	35	10	
Average	407.5	17.1	4.7	28.3	417.1	49.6	5.9	19.2	4.8	16.2	3.7	44.3	17.3	15.5	656.7	12.2	4.6	
Daily Average	1222.5	51.25	14	85	1251.25	148.75	17.75	57.5	14.5	48.5	11	133	52	46.5	1970	36.5	13.75	
W 24 oz low-fat milk	1540.5	58.15	18.2	115	1551.25	187.75	17.75	93.5	14.5	73.1	41	145	52	136.5	2870	78.5	313.75	

Menu F 5/23/2024

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)
Sunrise Pizza	330	15	6	115	580	32	3	5	1	16	2	35	20	25	600	15	2
Cranberry Oat Bar	560	14	1	5	95	89	9	49	35	20	0	20	15	20	580	6	0
Hashbrown Casserole	270	8	4.5	25	360	31	5	20	2	18	2	4	15	20	700	10	2
Bagel Breakfast Sandwich	350	13	3	135	790	42	6	12	0	23	2	80	20	6	610	4	0
Chipotle Black Bean Burger	650	39	4.5	0	580	65	13	26	15	18	2	15	20	15	910	6	0
Broccoli Cheddar Fritter	340	14	4.5	20	430	44	7	24	7	12	2	35	15	15	520	10	2
Bonsai Bowl	610	18	4	40	820	90	5	32	17	22	0	6	35	25	610	15	0
Smoky Chick'n Salad Pita	370	13	1.5	15	660	47	12	11	1	22	4	30	30	20	1080	4	0
Vegetables & Dumplings	300	6	3	15	210	55	6	15	10	9	10	15	10	6	440	8	2
Spinach & Walnut Pesto Tortellini	720	35	4.5	120	860	81	13	11	0	28	10	80	35	30	1560	15	0
Turk'y Cutlet in Dijon Cream Sauce	440	12	3	15	700	64	8	22	10	19	2	20	20	15	710	10	2
Vegetarian Swedish Meatballs	400	10	5.5	30	880	47	9	8	0	27	2	25	20	15	890	4	4
Average	445.0	16.4	3.8	44.6	580.4	57.3	8.0	19.6	8.2	19.5	3.2	30.4	21.3	17.7	767.5	8.9	1.2
Daily Average	1335	49.25	11.25	133.75	1741.25	171.75	24	58.75	24.5	58.5	9.5	91.25	63.75	53	2302.5	26.75	3.5
W 24 oz low-fat milk	1653	56.15	15.45	163.75	2041.25	210.75	24	94.75	24.5	83.1	39.5	103.25	63.75	143	3202.5	776.75	303.5

Menu H 5/30/2024

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)
Cheddar & Sausage Breakfast Casser	520	25	4.5	20	630	50	9	17	0	26	2	8	15	20	600	15	2
Lemon Blueberry Clafoutis	520	15	3.5	20	400	47	4	30	15	11	0	10	10	6	250	4	4
Potato Pancakes with Smoked Veggir	420	22	5	100	660	32	5	12	1	8	2	6	2	6	600	4	0
Berry Colada Parfait	260	2	1	10	80	49	6	34	17	13	0	35	6	15	300	2	0
Veggie Melt	320	8	4.5	30	510	41	8	9	0	17	2	20	25	15	630	8	2
Three-Bean Chili	500	30	2	30	410	37	7	7	1	27	4	20	15	15	820	15	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	460	10	3.5	170	570	74	10	16	6	40	4	25	15	10	1070	6	4
Picadillo Cubano	400	3	1	25	380	60	6	4	1	12	0	6	20	6	840	10	2
Hearty Lentil Stew	340	4	2	95	520	54	7	11	3	36	15	10	25	15	1150	25	2
Penne Al Forno	390	11	4	25	620	52	13	8	0	24	2	110	30	30	590	10	0
Average	407.5	13.3	3.2	48.8	460.0	49.2	7.2	14.7	4.5	20.4	4.4	24.6	16.9	14.0	670.8	10.8	1.5
Daily Average	1222.5	39.75	9.625	146.25	1380	147.5	21.5	44	13.5	61.25	13.25	73.75	50.75	42	2012.5	32.25	4.5
W 24 oz low-fat milk	1540.5	46.65	13.825	176.25	1680	186.5	21.5	80	13.5	85.85	43.25	85.75	50.75	132	2912.5	782.25	304.5

Menu J 6/6/2024

Meal Name Unit of Measure	Calories (Kcal)	Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugars (g)	Protein (g)	Vit A (%)	Vit C (%)	Iron (%)	Calcium (%)	Potassium (mg)	Phosphorus (%)	Vitamin D (mcg)
Chocolate Chia Bowl	340	13	4	0	80	52	8	35	15	9	0	2	15	20	520	15	0
Open-Faced Breakfast Sandwich	340	17	5.5	140	620	25	4	8	1	21	10	10	15	20	510	2	0
Cowboy Skillet	200	4	1.5	5	280	26	5	12	2	13	2	100	15	10	500	4	0
Bircher Muesli and Pears	420	20	5.5	30	15	57	6	31	16	8	2	2	45	6	290	15	2
Landry Bay Zucchini Cakes	420	20	2.5	30	760	51	8	13	6	11	2	50	20	10	750	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
Vegetarian BBQ Pizza	490	18	7.5	40	730	51	13	17	3	30	2	8	20	40	1050	15	2
Potato & Leek Soup with Petite Gree	350	11	4	30	380	50	4	16	0	11	6	15	10	20	620	10	15
Spring Vegetable Fricassee	410	13	3.5	20	190	71	8	18	13	8	15	25	15	6	600	8	2
Irish Cork County Stew	470	11	3	15	780	67	11	16	2	24	10	30	25	25	1190	10	6
Nona Sutton's Lasagna	470	23	7	55	680	40	5	13	0	24	6	8	15	30	1880	10	0
Peppered Lentil Salisbury Steak	390	11	3	5	500	50	13	8	0	22	2	15	30	6	740	15	0
Average	396.7	16.2	4.3	32.1	431.3	47.8	7.7	17.2	6.1	15.9	5.1	22.9	19.6	17.8	744.2	10.0	2.3

Daily Average	1190	48.5	12.875	96.25	1293.75	143.25	23	51.5	18.25	47.75	15.25	68.75	58.75	53.25	2232.5	30	6.75
W 24 oz low-fat milk	1508	55.4	17.075	126.25	1593.75	182.25	23	87.5	18.25	72.35	45.25	80.75	58.75	143.25	3132.5	780	306.75

Seattle Sutton's Healthy Eating 1500 Calorie Plant-Based Vegetarian Meal Plan 4-Day THURSDAY 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 B 5/9/2024	1520.5	54.9	18.3	202.5	1638.8	184.5	19.0	81.3	14.5	75.1	35.5	67.0	81.3	138.3	2377.5	782.3	304.0
Menu D 5/16/2024	1540.5	58.2	18.2	115.0	1551.3	187.8	17.8	93.5	14.5	73.1	41.0	145.0	52.0	136.5	2870.0	786.5	313.8
Menu F 5/23/2024	1653.0	56.2	15.5	163.8	2041.3	210.8	24.0	94.8	24.5	83.1	39.5	103.3	63.8	143.0	3202.5	776.8	303.5
Menu H 5/30/2024	1540.5	46.7	13.8	176.3	1680.0	186.5	21.5	80.0	13.5	85.9	43.3	85.8	50.8	132.0	2912.5	782.3	304.5
Menu J 6/6/2024	1508.0	55.4	17.1	126.3	1593.8	182.3	23.0	87.5	18.3	72.4	45.3	80.8	58.8	143.3	3132.5	780.0	306.8



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	1552.5 kcal
Total Fat	54.3 g
Saturated Fat	16.6 g
Trans Fat	0.0 g
Cholesterol	156.8 mg
Sodium	1701.0 mg
Total Carbohydrates	190.4 g
Dietary Fiber	21.1 g
Total Sugars	87.4 g
Added Sugars	17.1 g
Protein	77.9 g
Vitamin D	306.5 mcg
Calcium (%)	138.6 %
Iron (%)	61.3 %
Potassium	2899.0 mg
Macronutrient Breakdown	
Fats	31%
Carbohydrates	49%
Protein	20%

1500 Calorie Plan Daily Average WITHOUT Milk Servings	
Calories	1234.5 kcal
Total Fat	47.4 g
Saturated Fat	12.4 g
Trans Fat	#REF! g
Cholesterol	126.8 mg
Sodium	1401.0 mg
Total Carbohydrates	151.4 g
Dietary Fiber	21.1 g
Total Sugars	51.4 g
Includes Added Sugar	17.1 g
Protein	53.3 g
Vitamin D	6.5 mcg
Calcium (%)	48.6 %
Iron (%)	61.3 %
Potassium	1999.0 mcg
Macronutrient Breakdown	
Fats	35%
Carbohydrates	49%
Protein	17%

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