

## Seattle Sutton's Healthy Eating

# 1500 Calorie Plant-Based Vegetarian 7-Day Menu & Meal Plan Nutrition Averages

### Menu A 7/15/2024

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)	(%)	(mcg)
Biscuits & Vegetarian Gravy	460	21	8	155	660	51	7	17	4	16	2	30	20	30	680	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
Tex-Mex Black Bean Taco	460	21	8	40	700	54	7	7	3	18	2	4	10	25	710	10	2
Sesame Tofu Egg Roll Bowl	590	17	1.5	0	550	92	5	19	10	21	2	60	20	25	580	10	0
Margherita Pizza	260	15	3.5	25	540	20	3	3	1	11	4	10	10	25	340	10	0
Vegetarian "Vodka" Meatballs	470	12	4.5	65	880	59	12	6	1	35	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
Nona Sutton's Lasagna	470	23	7	55	680	40	5	13	0	24	2	40	15	30	1880	6	0
Average	470.0	18.3	4.7	48.9	535.6	58.2	6.2	16.0	5.8	19.6	1.8	31.4	20.0	19.9	718.9	8.6	0.9
Daily Average	1410.0	55.0	14.2	146.7	1606.7	174.7	18.7	48.0	17.3	58.7	5.3	94.3	60.0	59.7	2156.7	25.7	2.7
W 24 oz low-fat milk	1650.0	55.0	14.2	176.7	1906.7	210.7	18.7	84.0	17.3	82.7	5.3	94.3	60.2	149.7	3302.7	502.7	347.7

### Menu B 7/18/2024

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)	(%)	(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	9	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	320	19	7	250	360	27	3	11	1	10	6	4	15	4	160	0	0
Basque Pisto Stew	410	12	4	15	65	71	6	22	9	8	2	20	30	6	700	20	2
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	16.2	4.9	57.9	445.4	48.3	6.3	15.2	4.9	16.8	1.8	18.2	27.1	16.1	486.7	10.6	1.5
Daily Average	1202.5	48.5	14.8	173.8	1336.3	145.0	19.0	45.5	14.8	50.3	5.5	54.5	81.3	48.3	1460.0	31.8	4.5
W 24 oz low-fat milk	1442.5	48.5	14.8	203.8	1636.3	181.0	19.0	81.5	14.8	74.3	5.5	54.5	81.5	138.3	2606.0	508.8	349.5

### Menu C 7/22/2024

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)	(%)	(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
Ciabatta Egg Sandwich	280	10	4.5	130	560	34	5	8	0	14	0	25	15	15	270	0	0
Honey Tempeh Salad	310	14	1	0	160	40	7	14	1	11	4	80	20	6	560	15	0
Curry Chickpea Salad	550	27	3	15	500	66	8	23	3	15	0	6	20	15	500	6	0
Thai Red Pepper Bisque	430	20	3.5	0	900	54	11	19	3	13	2	50	20	8	840	15	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	430	13	4.5	25	200	65	10	12	0	15	2	70	15	8	940	6	2
Primavera Alfredo	440	15	4.5	30	990	59	8	14	0	16	2	0	15	25	1100	8	10
Average	433.3	16.6	4.3	37.2	577.8	54.1	7.4	15.4	2.6	18.7	1.8	35.4	17.8	15.2	676.7	10.2	1.8
Daily Average	1300.0	49.7	13.0	111.7	1733.3	162.3	22.3	46.3	7.7	56.0	5.3	106.3	53.3	45.7	2030.0	30.7	5.3
W 24 oz low-fat milk	1540.0	49.7	13.0	141.7	2033.3	198.3	22.3	82.3	7.7	80.0	5.3	106.3	53.6	135.7	3176.0	507.7	350.3

Menu D 7/25/2024																		
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)	(%)	(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	400	9	2	10	550	64	6	34	2	19	2	15	20	15	670	8	0	
Strawberry Chia Oatmeal	290	11	1.5	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	440	17	7	55	530	55	6	15	5	17	6	35	15	30	490	15	10	
Lou's Bleu Veggie Burger	560	25	7	10	960	56	5	15	3	28	0	8	35	15	680	0	0	
Chick'n Carnitas	460	10	1	0	900	52	13.5	2	0	37	2	10	45	20	1370	4	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	50	8	20	8	11	4	80	15	8	800	10	4	
Homestyle Macaroni and Cheese	570	14	6	35	340	91	9	19	5	23	8	100	25	25	1140	35	10	
Average	408.3	16.3	4.3	25.8	467.1	49.7	6.8	18.3	4.3	17.8	3.3	44.7	19.8	15.9	724.2	11.0	3.3	
Daily Average	1225.0	48.8	13.0	77.5	1401.3	149.0	20.4	54.8	13.0	53.5	10.0	134.0	59.5	47.8	2172.5	33.0	10.0	
W 24 oz low-fat milk	1465.0	48.8	13.0	107.5	1701.3	185.0	20.4	90.8	13.0	77.5	10.0	134.0	59.7	137.8	3318.5	510.0	355.0	
Menu E 7/29/2024																		
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)	(%)	(mcg)	
Egg & Feta Tart	460	25	10	220	610	38	6	15	0	21	2	15	20	15	660	6	0	
Haystack Breakfast	490	10	5.5	40	700	72	4	31	23	26	2	8	20	30	770	15	10	
Morning Protein Plate	430	21	6	195	360	47	6	21	3	18	2	30	25	20	460	6	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	350	22	4	15	400	28	3	13	10	12	2	15	15	20	350	10	0	
Pumpkin-Sweet Potato Bisque	470	17	5.5	35	150	72	11	26	18	11	10	20	25	15	670	8	2	
Cherry-Glazed Lentil Loaf	540	21	6.5	20	920	57	6	24	10	31	8	10	35	20	1010	15	6	
Butternut Squash Ravioli	620	32	11.5	105	710	63	10	14	4	21	15	35	20	30	620	20	6	
Cajun Tofu Etouffee	580	24	7	35	360	71	8	10	1	23	4	10	25	25	900	25	2	
Average	486.7	22.3	7.2	83.9	506.7	53.7	6.4	19.1	8.6	18.9	5.0	16.3	21.4	20.1	615.0	12.3	2.9	
Daily Average	1460.0	67.0	21.7	251.7	1520.0	161.0	19.3	57.3	25.7	56.7	15.0	49.0	64.3	60.3	1845.0	37.0	8.7	
W 24 oz low-fat milk	1700.0	67.0	21.7	281.7	1820.0	197.0	19.3	93.3	25.7	80.7	15.0	49.0	64.6	150.3	2991.0	514.0	353.7	
Menu F 8/1/2024																		
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)	(%)	(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	
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	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	260	5	2.5	25	340	49	7	15	9	9	10	15	15	6	500	8	2	
Spinach & Walnut Pesto Tortelloni	430	29	4.5	50	510	32	5	7	3	14	4	40	15	20	730	10	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	10	8	0	27	6	25	20	15	890	4	4	
Average	410.0	15.8	3.7	39.6	560.4	51.3	7.3	18.5	7.5	18.1	3.0	27.1	26.3	16.4	694.2	9.3	1.2	
Daily Average	1230.0	47.3	11.0	118.8	1681.3	154.0	22.0	55.5	22.5	54.3	9.0	81.3	78.8	49.3	2082.5	27.8	3.5	
W 24 oz low-fat milk	1470.0	47.3	11.0	148.8	1981.3	190.0	22.0	91.5	22.5	78.3	9.0	81.3	79.0	139.3	3228.5	504.8	348.5	

Menu G 8/5/2024																		
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)	(%)	(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	55	450	53	4	27	12	14	2	2	60	10	330	4	0	
Swiss Cheese Egg Bake	230	6	3	20	440	18	2	4	0	20	0	6	10	25	380	0	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	
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	
Average	425.6	15.7	5.2	28.9	486.7	55.2	8.2	18.0	4.3	16.2	3.4	14.4	27.3	20.0	614.4	7.1	1.1	
Daily Average	1276.7	47.0	15.7	86.7	1460.0	165.7	24.7	54.0	13.0	48.7	10.3	43.3	82.0	60.0	1843.3	21.3	3.3	
W 24 oz low-fat milk	1516.7	47.0	15.7	116.7	1760.0	201.7	24.7	90.0	13.0	72.7	10.3	43.3	82.2	150.0	2989.3	498.3	348.3	

Menu H 8/8/2024																		
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)	(%)	(mcg)	
Cheddar & Sausage Breakfast Casser	510	25	4.5	20	490	53	9	19	2	23	2	8	20	25	620	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 Vegg	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	
Three-Bean Chili	500	30	4.5	30	510	41	8	9	0	17	2	20	25	15	630	8	2	
Veggie Melt	310	8	2.5	30	380	36	6	6	0	25	4	20	20	15	770	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	440	53	7	11	3	35	15	10	25	15	1130	25	2	
Penne Al Forno	390	11	4	25	620	52	13	8	0	24	2	110	30	30	590	10	0	
Average	405.8	13.3	3.3	48.8	439.2	49.3	7.1	14.8	4.6	19.9	4.4	24.6	17.8	14.4	666.7	10.8	1.5	
Daily Average	1217.5	39.8	9.8	146.3	1317.5	147.8	21.3	44.3	13.8	59.8	13.3	73.8	53.3	43.3	2000.0	32.3	4.5	
W 24 oz low-fat milk	1457.5	39.8	9.8	176.3	1617.5	183.8	21.3	80.3	13.8	83.8	13.3	73.8	53.5	133.3	3146.0	509.3	349.5	


Menu I 8/12/2024																		
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)	(%)	(mcg)	
"Chorizo" & Egg Breakfast Taco	260	8	2	130	380	37	5	8	2	11	15	20	10	8	540	8	0	
Chocolate Pancake with Citrus Masc	530	23	7	20	230	73	5	31	15	11	0	2	25	15	530	25	4	
Spinach & Cheese Frittata	280	6	3	10	550	34	4	7	0	20	10	90	45	25	1310	20	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	
Mediterranean Lunch Box	470	25	3.5	10	940	40	7	4	0	28	0	6	25	15	530	4	0	
Sundried Tomato & Italian Sausage F	420	21	4	20	860	41	7	3	2	24	4	35	20	25	630	0	0	
Lentil Bolognese	500	15	2.5	45	150	75	5	13	1	18	2	10	15	8	600	4	0	
Thai Coconut Curry	420	15	10	0	250	62	5	16	3	9	2	4	30	4	700	6	0	
Garlic Pasta Primavera	290	3	0	0	115	58	12	4	1	14	2	70	20	4	590	8	0	
Average	395.6	14.6	4.4	31.1	467.2	50.9	6.0	11.8	2.7	17.8	4.8	30.8	22.0	15.4	681.1	10.0	0.7	
Daily Average	1186.7	43.7	13.2	93.3	1401.7	152.7	18.0	35.3	8.0	53.3	14.3	92.3	66.0	46.3	2043.3	30.0	2.0	
W 24 oz low-fat milk	1426.7	43.7	13.2	123.3	1701.7	188.7	18.0	71.3	8.0	77.3	14.3	92.3	66.2	136.3	3189.3	507.0	347.0	

Menu J 8/15/2024																	
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)	(%)	(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	320	17	5.5	140	580	23	3	6	0	20	15	10	20	20	480	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	3	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
Pierogi in Mushroom & Tomato Grav	380	8	2.5	25	510	67	4	11	5	14	2	40	20	6	630	6	2
Peppered Lentil Salisbury Steak	390	11	3	5	500	50	13	8	0	22	2	15	30	6	740	15	0
Average	387.5	14.9	4.0	29.6	413.8	49.8	7.5	16.8	6.4	15.0	5.2	25.6	20.4	15.8	637.5	9.7	2.4
Daily Average	1162.5	44.8	11.9	88.8	1241.3	149.5	22.5	50.5	19.3	45.0	15.5	76.8	61.3	47.3	1912.5	29.0	7.3
W 24 oz low-fat milk	1402.5	44.8	11.9	118.8	1541.3	185.5	22.5	86.5	19.3	69.0	15.5	76.8	61.5	137.3	3058.5	506.0	352.3

**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 7/15/2024	1650	55.0	14.2	176.7	1906.7	210.7	18.7	84.0	17.3	82.7	5.3	94.3	60.2	149.7	3302.7	502.7	347.7
Menu B 7/18/2024	1443	48.5	14.8	203.8	1636.3	181.0	19.0	81.5	14.8	74.3	5.5	54.5	81.5	138.3	2606.0	508.8	349.5
<b>Menu A &amp; B Average</b>	<b>1561</b>	<b>52.2</b>	<b>14.4</b>	<b>188.3</b>	<b>1790.8</b>	<b>198.0</b>	<b>18.8</b>	<b>85.9</b>	<b>16.2</b>	<b>79.1</b>	<b>5.4</b>	<b>77.3</b>	<b>69.3</b>	<b>144.8</b>	<b>3004.1</b>	<b>505.3</b>	<b>348.5</b>
Menu C 7/22/2024	1540	49.7	13.0	141.7	2033.3	198.3	22.3	82.3	7.7	80.0	5.3	106.3	53.6	135.7	3176.0	507.7	350.3

Menu D 7/25/2024	1465	48.8	13.0	107.5	1701.3	185.0	20.4	90.8	13.0	77.5	10.0	134.0	59.7	137.8	3318.5	510.0	355.0
<b>Menu C &amp; D Average</b>	<b>1508</b>	<b>49.3</b>	<b>13.0</b>	<b>127.0</b>	<b>1891.0</b>	<b>192.6</b>	<b>21.5</b>	<b>85.9</b>	<b>10.0</b>	<b>78.9</b>	<b>7.3</b>	<b>118.2</b>	<b>56.2</b>	<b>136.6</b>	<b>3237.1</b>	<b>508.7</b>	<b>352.3</b>
Menu E 7/29/2024	1700	67.0	21.7	281.7	1820.0	197.0	19.3	93.3	25.7	80.7	15.0	49.0	64.6	150.3	2991.0	514.0	353.7
Menu F 8/1/2024	1470	47.3	11.0	148.8	1981.3	190.0	22.0	91.5	22.5	78.3	9.0	81.3	79.0	139.3	3228.5	504.8	348.5
<b>Menu E &amp; F Average</b>	<b>1601</b>	<b>58.5</b>	<b>17.1</b>	<b>224.7</b>	<b>1889.1</b>	<b>194.0</b>	<b>20.5</b>	<b>92.5</b>	<b>24.3</b>	<b>79.6</b>	<b>12.4</b>	<b>62.8</b>	<b>70.7</b>	<b>145.6</b>	<b>3092.8</b>	<b>510.0</b>	<b>351.5</b>
Menu G 8/5/2024	1517	47.0	15.7	116.7	1760.0	201.7	24.7	90.0	13.0	72.7	10.3	43.3	82.2	150.0	2989.3	498.3	348.3
Menu H 8/8/2024	1458	39.8	9.8	176.3	1617.5	183.8	21.3	80.3	13.8	83.8	13.3	73.8	53.5	133.3	3146.0	509.3	349.5
<b>Menu G &amp; H Average</b>	<b>1491</b>	<b>43.9</b>	<b>11.8</b>	<b>142.2</b>	<b>1698.9</b>	<b>194.0</b>	<b>23.2</b>	<b>85.8</b>	<b>13.3</b>	<b>77.4</b>	<b>11.6</b>	<b>56.4</b>	<b>69.9</b>	<b>142.8</b>	<b>3056.5</b>	<b>503.0</b>	<b>348.8</b>
Menu I 8/12/2024	1427	43.7	13.2	123.3	1701.7	188.7	18.0	71.3	8.0	77.3	14.3	92.3	66.2	136.3	3189.3	507.0	347.0
Menu J 8/15/2024	1403	44.8	11.9	118.8	1541.3	185.5	22.5	86.5	19.3	69.0	15.5	76.8	61.5	137.3	3058.5	506.0	352.3
<b>Menu I &amp; J Average</b>	<b>1416</b>	<b>44.1</b>	<b>12.4</b>	<b>121.4</b>	<b>1632.9</b>	<b>187.3</b>	<b>19.9</b>	<b>77.8</b>	<b>12.8</b>	<b>73.8</b>	<b>14.8</b>	<b>85.7</b>	<b>64.2</b>	<b>136.7</b>	<b>3133.3</b>	<b>506.6</b>	<b>349.3</b>



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)

1500 Calorie Plan Daily Average WITH Milk Servings	
Calories	1516 kcal
Total Fat	48 g
Saturated Fat	13 g
Trans Fat	0 g
Cholesterol	160.7 mg
Sodium	1781 mg
Total Carbohydrates	203.2 g
Dietary Fiber	20.8 g
Total Sugars	85.6 g
Added Sugars	15.3 g
Protein	83.8 g
Vitamin D	350.1 mcg
Calcium (%)	141.29 %
Iron (%)	66.07 %
Potassium	3104.7 mcg
Macronutrient Breakdown	
Fats	27%
Carbohydrates	52%
Protein	22%

1500 Calorie Plan Daily Average WITHOUT Milk Servings	
Calories	1216 kcal
Total Fat	40.5 g
Saturated Fat	9.3 g
Trans Fat	0 g
Cholesterol	130.7 mg
Sodium	1481 mg
Total Carbohydrates	167.2 g
Dietary Fiber	20.8 g
Total Sugars	49.6 g
Added Sugars	15.3 g
Protein	58.9 g
Vitamin D	5.1 mcg
Calcium (%)	51.29 %
Iron (%)	65.85 %
Potassium	1958.7 mcg
Macronutrient Breakdown	
Fats	28%
Carbohydrates	52%
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