

# Seattle Sutton's Healthy Eating

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

### Menu A 05/26/2025

| 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 05/29/2025

| 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                        | 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    | 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                            | 400.8    | 16.3 | 4.9      | 56.3        | 463.3  | 49.6  | 6.0   | 16.5  | 5.4          | 14.2    | 3.3       | 14.1      | 23.8 | 15.4    | 497.5     | 8.0        | 1.3       |
| Daily Average                      | 1202.5   | 48.8 | 14.8     | 168.8       | 1390.0 | 148.8 | 18.0  | 49.5  | 16.3         | 42.5    | 10.0      | 42.3      | 71.3 | 46.3    | 1492.5    | 24.0       | 4.0       |
| W 24 oz low-fat milk               | 1442.5   | 48.8 | 14.8     | 198.8       | 1690.0 | 184.8 | 18.0  | 85.5  | 16.3         | 66.5    | 10.0      | 42.3      | 71.5 | 136.3   | 2638.5    | 501.0      | 349.0     |

### Menu C 06/02/2025

| 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                  | 450      | 22   | 8        | 30          | 900    | 51    | 5     | 6     | 1            | 11      | 2         | 25        | 20   | 10      | 530       | 10         | 2         |
| Vegetarian "Vodka" Meatballs | 460      | 12   | 4        | 15          | 790    | 56    | 15    | 7     | 1            | 36      | 2         | 30        | 35   | 15      | 1180      | 10         | 2         |
| Primavera Alfredo            | 370      | 10   | 4.5      | 30          | 550    | 53    | 7     | 12    | 0            | 15      | 2         | 25        | 10   | 25      | 680       | 10         | 10        |
| Average                      | 432.2    | 17.3 | 4.4      | 23.9        | 607.2  | 50.4  | 7.8   | 14.2  | 3.3          | 20.1    | 2.0       | 27.7      | 19.4 | 15.7    | 756.7     | 9.3        | 2.7       |
| Daily Average                | 1296.7   | 52.0 | 13.3     | 71.7        | 1821.7 | 151.3 | 23.3  | 42.7  | 10.0         | 60.3    | 6.0       | 83.0      | 58.3 | 47.0    | 2270.0    | 28.0       | 8.0       |
| W 24 oz low-fat milk         | 1536.7   | 52.0 | 13.3     | 101.7       | 2121.7 | 187.3 | 23.3  | 78.7  | 10.0         | 84.3    | 6.0       | 83.0      | 58.6 | 137.0   | 3416.0    | 505.0      | 353.0     |

| Menu D 06/05/2025                   |          |      |          |             |        |       |       |       |              |         |           |           |      |         |           |            |           |
|-------------------------------------|----------|------|----------|-------------|--------|-------|-------|-------|--------------|---------|-----------|-----------|------|---------|-----------|------------|-----------|
| 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    | 34    | 4     | 7     | 0            | 20      | 10        | 90        | 45   | 25      | 1310      | 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         |
| Chick'n Carnitas                    | 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  | 49.1  | 6.2   | 16.9  | 4.6          | 16.5    | 3.5       | 36.1      | 20.3 | 19.4    | 653.3     | 10.9       | 2.8       |
| Daily Average                       | 1167.5   | 44.8 | 15.8     | 105.0       | 1460.0 | 147.3 | 18.5  | 50.8  | 13.8         | 49.5    | 10.5      | 108.3     | 61.0 | 58.3    | 1960.0    | 32.8       | 8.3       |
| W 24 oz low-fat milk                | 1407.5   | 44.8 | 15.8     | 135.0       | 1760.0 | 183.3 | 18.5  | 86.8  | 13.8         | 73.5    | 10.5      | 108.3     | 61.2 | 148.3   | 3106.0    | 509.8      | 353.3     |
| Menu E 06/09/2025                   |          |      |          |             |        |       |       |       |              |         |           |           |      |         |           |            |           |
| 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 06/12/2025                   |          |      |          |             |        |       |       |       |              |         |           |           |      |         |           |            |           |
| 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 06/16/2025                    |          |      |          |             |        |       |       |       |              |         |           |           |      |         |           |            |           |  |
|--------------------------------------|----------|------|----------|-------------|--------|-------|-------|-------|--------------|---------|-----------|-----------|------|---------|-----------|------------|-----------|--|
| 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            | 480      | 26   | 8        | 40          | 360    | 54    | 7     | 31    | 4            | 13      | 0         | 8         | 10   | 10      | 510       | 15         | 2         |  |
| 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                              | 447.8    | 18.6 | 6.0      | 35.0        | 606.7  | 53.2  | 6.4   | 15.6  | 4.6          | 19.0    | 1.8       | 26.3      | 21.4 | 19.4    | 567.8     | 12.2       | 2.0       |  |
| Daily Average                        | 1343.3   | 55.7 | 18.0     | 105.0       | 1820.0 | 159.7 | 19.3  | 46.7  | 13.7         | 57.0    | 5.3       | 79.0      | 64.3 | 58.3    | 1703.3    | 36.7       | 6.0       |  |
| W 24 oz low-fat milk                 | 1583.3   | 55.7 | 18.0     | 135.0       | 2120.0 | 195.7 | 19.3  | 82.7  | 13.7         | 81.0    | 5.3       | 79.0      | 64.6 | 148.3   | 2849.3    | 513.7      | 351.0     |  |
| Menu H 06/19/2025                    |          |      |          |             |        |       |       |       |              |         |           |           |      |         |           |            |           |  |
| 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 Veggie   | 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    | 4.5      | 120         | 590    | 69    | 7     | 15    | 6            | 29      | 4         | 20        | 20   | 20      | 930       | 15         | 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 | 3.8      | 42.9        | 393.3  | 45.9  | 5.7   | 14.2  | 4.4          | 15.7    | 3.7       | 22.8      | 16.7 | 12.4    | 557.1     | 11.0       | 2.6       |  |
| Daily Average                        | 1117.5   | 38.8 | 11.4     | 128.8       | 1180.0 | 137.8 | 17.1  | 42.5  | 13.3         | 47.0    | 11.0      | 68.5      | 50.0 | 37.3    | 1671.3    | 33.0       | 7.8       |  |
| W 24 oz low-fat milk                 | 1357.5   | 38.8 | 11.4     | 158.8       | 1480.0 | 173.8 | 17.1  | 78.5  | 13.3         | 71.0    | 11.0      | 68.5      | 50.2 | 127.3   | 2817.3    | 510.0      | 352.8     |  |
| Menu I 06/23/2025                    |          |      |          |             |        |       |       |       |              |         |           |           |      |         |           |            |           |  |
| 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)     |  |
| "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         |  |
| 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                              | 425.6    | 15.8 | 4.7      | 31.7        | 501.1  | 55.9  | 6.9   | 16.6  | 4.7          | 17.2    | 4.1       | 27.3      | 19.8 | 17.1    | 658.9     | 9.4        | 1.1       |  |
| Daily Average                        | 1276.7   | 47.3 | 14.2     | 95.0        | 1503.3 | 167.7 | 20.7  | 49.7  | 14.0         | 51.7    | 12.3      | 82.0      | 59.3 | 51.3    | 1976.7    | 28.3       | 3.3       |  |
| W 24 oz low-fat milk                 | 1516.7   | 47.3 | 14.2     | 125.0       | 1803.3 | 203.7 | 20.7  | 85.7  | 14.0         | 75.7    | 12.3      | 82.0      | 59.6 | 141.3   | 3122.7    | 505.3      | 348.3     |  |

| Menu J 06/26/2025             |          |      |          |             |        |       |       |       |              |         |           |           |      |         |           |            |           |
|-------------------------------|----------|------|----------|-------------|--------|-------|-------|-------|--------------|---------|-----------|-----------|------|---------|-----------|------------|-----------|
| 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        | 185         | 290    | 40    | 7     | 14    | 4            | 12      | 2         | 50        | 10   | 4       | 420       | 2          | 10        |
| 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      | 65.8        | 422.1  | 54.1  | 8.8   | 16.7  | 5.5          | 15.9    | 4.7       | 23.4      | 22.1 | 14.9    | 685.8     | 13.5       | 4.3       |
| Daily Average                 | 1257.5   | 49.3 | 16.8     | 197.5       | 1266.3 | 162.3 | 26.5  | 50.0  | 16.5         | 47.8    | 14.0      | 70.3      | 66.3 | 44.8    | 2057.5    | 40.5       | 12.8      |
| W 24 oz low-fat milk          | 1497.5   | 49.3 | 16.8     | 227.5       | 1566.3 | 198.3 | 26.5  | 86.0  | 16.5         | 71.8    | 14.0      | 70.3      | 66.5 | 134.8   | 3203.5    | 517.5      | 357.8     |

# 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 05/26/2025             | 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 05/29/2025             | 1443        | 48.8        | 14.8        | 198.8        | 1690.0        | 184.8        | 18.0        | 85.5        | 16.3         | 66.5        | 10.0        | 42.3        | 71.5        | 136.3        | 2638.5        | 501.0        | 349.0        |
| <b>Menu A &amp; B Average</b> | <b>1553</b> | <b>54.2</b> | <b>15.0</b> | <b>173.8</b> | <b>1834.8</b> | <b>195.2</b> | <b>19.7</b> | <b>82.1</b> | <b>16.3</b>  | <b>77.1</b> | <b>7.3</b>  | <b>45.7</b> | <b>71.7</b> | <b>141.3</b> | <b>2835.2</b> | <b>506.9</b> | <b>349.0</b> |
| Menu C 06/02/2025             | 1537        | 52.0        | 13.3        | 101.7        | 2121.7        | 187.3        | 23.3        | 78.7        | 10.0         | 84.3        | 6.0         | 83.0        | 58.6        | 137.0        | 3416.0        | 505.0        | 353.0        |
| Menu D 06/05/2025             | 1408        | 44.8        | 15.8        | 135.0        | 1760.0        | 183.3        | 18.5        | 86.8        | 13.8         | 73.5        | 10.5        | 108.3       | 61.2        | 148.3        | 3106.0        | 509.8        | 353.3        |
| <b>Menu C &amp; D Average</b> | <b>1481</b> | <b>48.9</b> | <b>14.4</b> | <b>116.0</b> | <b>1966.7</b> | <b>185.6</b> | <b>21.3</b> | <b>82.1</b> | <b>11.6</b>  | <b>79.7</b> | <b>7.9</b>  | <b>93.8</b> | <b>59.7</b> | <b>141.8</b> | <b>3283.1</b> | <b>507.0</b> | <b>353.1</b> |
| Menu E 06/09/2025             | 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 06/12/2025             | 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        |
| <b>Menu E &amp; F Average</b> | <b>1590</b> | <b>59.7</b> | <b>15.8</b> | <b>198.0</b> | <b>1873.4</b> | <b>191.9</b> | <b>20.1</b> | <b>84.0</b> | <b>18.8</b>  | <b>77.2</b> | <b>12.4</b> | <b>97.1</b> | <b>74.3</b> | <b>144.6</b> | <b>3210.5</b> | <b>511.4</b> | <b>352.1</b> |
| Menu G 06/16/2025             | 1583        | 55.7        | 18.0        | 135.0        | 2120.0        | 195.7        | 19.3        | 82.7        | 13.7         | 81.0        | 5.3         | 79.0        | 64.6        | 148.3        | 2849.3        | 513.7        | 351.0        |
| Menu H 06/19/2025             | 1358        | 38.8        | 11.4        | 158.8        | 1480.0        | 173.8        | 17.1        | 78.5        | 13.3         | 71.0        | 11.0        | 68.5        | 50.2        | 127.3        | 2817.3        | 510.0        | 352.8        |
| <b>Menu G &amp; H Average</b> | <b>1487</b> | <b>48.4</b> | <b>13.6</b> | <b>145.2</b> | <b>1845.7</b> | <b>186.3</b> | <b>18.4</b> | <b>80.9</b> | <b>13.5</b>  | <b>76.7</b> | <b>7.8</b>  | <b>74.5</b> | <b>58.4</b> | <b>139.3</b> | <b>2835.6</b> | <b>512.1</b> | <b>351.8</b> |
| Menu I 06/23/2025             | 1517        | 47.3        | 14.2        | 125.0        | 1803.3        | 203.7        | 20.7        | 85.7        | 14.0         | 75.7        | 12.3        | 82.0        | 59.6        | 141.3        | 3122.7        | 505.3        | 348.3        |
| Menu J 06/26/2025             | 1498        | 49.3        | 16.8        | 227.5        | 1566.3        | 198.3        | 26.5        | 86.0        | 16.5         | 71.8        | 14.0        | 70.3        | 66.5        | 134.8        | 3203.5        | 517.5        | 357.8        |
| <b>Menu I &amp; J Average</b> | <b>1508</b> | <b>48.2</b> | <b>15.1</b> | <b>168.9</b> | <b>1701.7</b> | <b>201.3</b> | <b>23.2</b> | <b>85.8</b> | <b>15.1</b>  | <b>74.0</b> | <b>13.0</b> | <b>77.0</b> | <b>62.5</b> | <b>138.5</b> | <b>3157.3</b> | <b>510.5</b> | <b>352.4</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<br>WITH Milk Servings |            |
|-------------------------------------------------------|------------|
| Calories                                              | 1524 kcal  |
| Total Fat                                             | 50 g       |
| Saturated Fat                                         | 14 g       |
| Trans Fat                                             | 0 g        |
| Cholesterol                                           | 160.4 mg   |
| Sodium                                                | 1844 mg    |
| Total Carbohydrates                                   | 202.1 g    |
| Dietary Fiber                                         | 20.5 g     |
| Total Sugars                                          | 83.0 g     |
| Added Sugars                                          | 15.0 g     |
| Protein                                               | 82.9 g     |
| Vitamin D                                             | 351.7 mcg  |
| Calcium (%)                                           | 141.10 %   |
| Iron (%)                                              | 65.32 %    |
| Potassium                                             | 3064.3 mcg |
| Macronutrient Breakdown                               |            |
| Fats                                                  | 28%        |
| Carbohydrates                                         | 52%        |
| Protein                                               | 21%        |

| 1500 Calorie Plan Daily Average<br>WITHOUT Milk Servings |            |
|----------------------------------------------------------|------------|
| Calories                                                 | 1224 kcal  |
| Total Fat                                                | 42.8 g     |
| Saturated Fat                                            | 10.3 g     |
| Trans Fat                                                | 0 g        |
| Cholesterol                                              | 130.4 mg   |
| Sodium                                                   | 1544 mg    |
| Total Carbohydrates                                      | 166.1 g    |
| Dietary Fiber                                            | 20.5 g     |
| Total Sugars                                             | 47.0 g     |
| Added Sugars                                             | 15.0 g     |
| Protein                                                  | 58.0 g     |
| Vitamin D                                                | 6.7 mcg    |
| Calcium (%)                                              | 51.10 %    |
| Iron (%)                                                 | 65.10 %    |
| Potassium                                                | 1918.3 mcg |
| Macronutrient Breakdown                                  |            |
| Fats                                                     | 30%        |
| 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 |