

Seattle Sutton's Healthy Eating

2000 Calorie 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 Sugars (g)	Protein (g)	Vit A (%)	Vit C (%)	Iron (%)	Calcium (%)	Potassium (mg)	Phosphorus (%)	Vitamin D (mcg)
Biscuits & Sausage Gravy	560	29	10	300	810	51	6	16	4	21	2	30	20	30	750	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	470	12	2.5	0	70	76	9	50	24	16	0	35	50	20	610	20	0
Avocado Toast	550	25	4	380	540	69	10	26	6	16	4	100	15	6	570	10	10
Tex-Mex Fish Tacos	590	21	4.5	70	990	65	8	6	3	38	0	6	20	15	1020	6	0
Chicken Fajita Bowl	540	24	7	65	320	62	13	7	0	29	4	45	15	20	900	10	2
Margherita Pizza	590	35	10	45	1090	47	7	12	2	23	6	15	20	45	680	25	2
Chicken Salad on Croissant	360	16	5	50	360	30	4	13	1	23	8	8	8	2	290	2	0
Spaghetti "Vodka" Meatballs	600	20	6	70	630	70	9	9	1	32	2	35	25	15	1100	25	6
Sweet & Sour Chicken	750	24	5	60	630	108	9	18	6	24	2	130	50	10	430	6	2
Pierogi in Mushroom & Tomato Gravy	590	13	5.5	40	770	101	6	16	7	21	2	60	30	10	960	8	2
Moroccan Chicken Skewers	610	16	2	120	330	61	7	15	7	54	0	10	30	8	760	40	2
Average	570.8	22.1	5.4	106.7	587.5	67.8	7.7	17.4	5.7	26.6	2.5	39.8	24.4	15.4	696.7	13.7	2.3
Daily Average	1712.5	66.25	16.25	320	1762.5	203.5	23	52.25	17	79.75	7.5	119.5	73.25	46.25	2090	41	7
W 24 oz low-fat milk	2030.5	73.15	20.45	350	2062.5	239.5	23	88.25	17	104.35	37.5	131.5	73.25	136.25	2990	791	307

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	530	17	8	70	370	76	4	27	12	17	4	50	20	10	560	8	8
Cheesy Baked Egg Casserole	520	15	7	40	1060	56	8	20	0	38	2	35	25	30	820	15	2
Ciabatta Egg Sandwich	500	19	9	260	1110	55	3	5	0	27	0	0	30	30	55	0	0
Strawberry Chia Oatmeal	450	16	2.5	5	55	68	10	34	10	13	2	50	20	15	630	15	10
Honey Shrimp Salad	710	37	8	40	520	78	13	40	18	22	6	100	35	20	990	25	0
Curry Chicken Salad	770	34	4	60	660	87	11	33	5	32	0	10	25	15	600	10	0
Thai Red Pepper Bisque	570	29	4.5	0	1060	66	14	22	3	17	2	60	25	10	1050	25	0
Lou's Bleu Burger	560	19	4	120	900	74	7	29	9	24	0	15	25	15	780	2	0
Chile Cazuela with Spanish Rice	560	14	5	25	480	88	8	7	0	20	4	50	15	25	610	30	2
Pasta Verde with Durango Turkey	460	12	5	95	770	54	5	8	0	34	2	90	20	10	560	8	2
Chicken Linguini Alfredo	510	16	6	90	800	58	6	14	0	36	2	120	10	25	1050	0	0
Honey Peach BBQ Chicken	630	15	6.5	155	500	76	5	18	7	53	6	6	20	20	1200	25	8
Average	564.2	20.3	5.8	80.0	690.4	69.7	7.8	21.4	5.3	27.8	2.5	48.8	22.5	18.8	742.1	13.6	2.7
Daily Average	1692.5	60.75	17.375	240	2071.25	209	23.5	64.25	16	83.25	7.5	146.5	67.5	56.25	2226.25	40.75	8
W 24 oz low-fat milk	2010.5	67.65	21.575	270	2371.25	245	23.5	100.25	16	107.85	37.5	158.5	67.5	146.25	3126.25	790.75	308

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	550	27	10.5	300	650	58	9	29	0	19	2	15	15	10	640	10	0
Haystack Breakfast	480	9	5	40	700	70	4	1	23	27	2	8	20	30	760	15	6
Morning Protein Plate	690	39	9	430	580	57	7	28	3	25	6	60	25	30	750	15	10
Bacon & Egg Bagel Sandwich	390	15	4	190	720	43	6	12	0	27	2	80	20	8	620	4	0
Gemelli Pasta Salad	640	40	9	100	470	55	7	27	8	10	0	6	10	8	160	10	0
Caesar Salad with Roasted Tomatoes	540	33	5	20	550	49	8	25	20	17	10	20	30	25	730	15	0
Homestyle Roasted Turkey Sandwich	560	11	6	140	430	71	6	31	12	44	6	8	20	10	780	25	4
Smoky Chicken Salad Pita	470	13	2	70	540	55	11	10	2	32	4	25	25	20	880	10	0
Cherry-Glazed Meatloaf	730	25	8	195	940	70	6	30	12	53	10	10	30	25	1240	40	15
Butternut Squash Ravioli	630	32	11.5	105	710	66	11	15	4	22	15	40	25	30	690	20	6
Cajun Shrimp Etouffee	680	25	5	115	680	79	8	11	1	38	4	8	20	8	1350	20	2
Swedish Meatballs	530	18	6	100	560	61	7	11	0	30	2	35	15	15	880	25	8
Average	574.2	23.9	6.8	150.4	627.5	61.2	7.5	19.2	7.1	28.7	5.3	26.3	21.3	18.3	790.0	17.4	4.3
Daily Average	1722.5	71.75	20.25	451.25	1882.5	183.5	22.5	57.5	21.25	86	15.75	78.75	63.75	54.75	2370	52.25	12.75
W 24 oz low-fat milk	2040.5	78.65	24.45	481.25	2182.5	219.5	22.5	93.5	21.25	110.6	45.75	90.75	63.75	144.75	3270	802.25	312.75

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	570	19	10	50	410	89	11	55	6	12	0	15	8	20	650	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	480	10	6	35	840	53	10	17	0	38	0	60	15	40	870	2	0
Berry Colada Parfait	320	2.5	1	10	80	63	9	44	19	13	0	8	8	15	400	2	0
Baja Tinga Wrap	480	14	4	60	620	61	10	5	0	31	2	15	15	15	890	8	4
Pesto Caprese Chicken Sandwich	640	24	7	155	910	51	9	14	1	57	2	70	25	30	1260	30	2
Spinach-Artichoke Flatbread Pizza	580	26	12.5	65	750	69	8	36	8	15	4	6	20	40	480	8	2
Pecan and Poppyseed Chicken Salad	620	33	3	65	480	41	5	16	0	44	4	6	15	10	500	6	0
Chicken Shawarma Wrap	550	25	4	65	540	55	14	25	13	33	0	50	35	20	950	2	0
Honey Garlic Chicken Bowl	670	18	2	45	1030	104	9	27	0	23	2	4	45	8	340	15	0
Salmon with Creamy Dill Sauce	530	17	5	70	530	58	7	9	0	37	2	70	15	10	1160	15	4
Penne Al Forno	390	11	4	25	620	52	13	8	0	24	2	110	30	30	590	10	0
Average	522.5	18.2	5.4	58.3	605.0	62.4	9.1	23.6	4.9	28.4	1.7	34.7	24.3	20.7	701.7	8.8	1.0
Daily Average	1567.5	54.625	16.125	175	1815	187.25	27.25	70.75	14.75	85.25	5	104	72.75	62	2105	26.5	3
W 24 oz low-fat milk	1885.5	61.525	20.325	205	2115	223.25	27.25	106.75	14.75	109.85	35	116	72.75	152	3005	776.5	303

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)
"Chorizo" & Egg Breakfast Taco	420	14	4	220	660	57	7	9	2	19	15	25	15	10	610	10	0
Chocolate Pancake with Citrus Mascarp	650	28	10	30	270	90	7	40	17	13	0	2	30	15	620	25	4
Spinach & Cheese Frittata	320	6	3	10	620	44	4	8	0	21	10	120	60	25	1600	25	0
Bircher Muesli and Pears	530	25	8	50	25	72	6	39	22	9	4	2	50	8	350	15	4
Fresh Fruit and Cottage Cheese Plate	540	17	7	50	990	67	6	28	0	33	8	60	15	45	980	15	2
Mediterranean Lunch Box	650	29	4	125	830	47	4	4	1	50	0	4	30	15	690	30	2

Ancient Grain Stuffed Pepper	850	45	5	20	750	95	19	26	0	26	8	200	45	30	1280	30	4
Potato & Leek Soup with Petite Greens	460	11	4	20	400	78	5	17	0	11	8	15	10	20	650	15	15
Sundried Tomato & Italian Sausage Flat	630	32	6	30	1250	58	10	5	4	35	6	60	25	35	900	2	0
Thai Coconut Chicken	460	18	11.5	55	520	50	3	13	3	23	2	4	30	4	770	6	0
Lemon Picatta Cod over Linguini	590	8	2	60	420	91	12	17	1	32	0	10	8	4	1160	6	0
Salisbury Steak	630	19	5	135	740	65	12	12	1	46	4	20	30	8	1060	40	8
Average	560.8	21.0	5.8	67.1	622.9	67.8	7.9	18.2	4.3	26.5	5.4	43.5	29.0	18.3	889.2	18.3	3.3
Daily Average	1682.5	63	17.375	201.25	1868.75	203.5	23.75	54.5	12.75	79.5	16.25	130.5	87	54.75	2667.5	54.75	9.75
W 24 oz low-fat milk	2000.5	69.9	21.575	231.25	2168.75	239.5	23.75	90.5	12.75	104.1	46.25	142.5	87	144.75	3567.5	804.75	309.75

Seattle Sutton's Healthy Eating 2000 Calorie 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	2030.5	73.2	20.5	350.0	2062.5	239.5	23.0	88.3	17.0	104.4	37.5	131.5	73.3	136.3	2990.0	791.0	307.0
Menu C 5/13/2024	2010.5	67.7	21.6	270.0	2371.3	245.0	23.5	100.3	16.0	107.9	37.5	158.5	67.5	146.3	3126.3	790.8	308.0
Menu E 5/20/2024	2040.5	78.7	24.5	481.3	2182.5	219.5	22.5	93.5	21.3	110.6	45.8	90.8	63.8	144.8	3270.0	802.3	312.8
Menu G 5/27/2024	1885.5	61.5	20.3	205.0	2115.0	223.3	27.3	106.8	14.8	109.9	35.0	116.0	72.8	152.0	3005.0	776.5	303.0
Menu I 6/3/2024	2000.5	69.9	21.6	231.3	2168.8	239.5	23.8	90.5	12.8	104.1	46.3	142.5	87.0	144.8	3567.5	804.8	309.8



For questions regarding this nutritional analysis, please contact the dietitians at Seattle Sutton's Healthy Eating

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2000 Calorie Plan Daily Average WITH Milk Servings	
Calories	1993.5 kcal
Total Fat	68.8 g
Saturated Fat	21.3 g
Trans Fat	0.0 g
Cholesterol	307.5 mg
Sodium	2180.0 mg
Total Carbohydrates	233.4 g
Dietary Fiber	26.7 g
Total Sugars	95.9 g
Added Sugars	16.4 g
Protein	107.4 g
Vitamin D	308.1 mcg
Calcium (%)	144.8 %
Iron (%)	72.9 %
Potassium	3191.8 mg
Macronutrient Breakdown	
Fats	29%
Carbohydrates	48%
Protein	23%

2000 Calorie Plan Daily Average WITHOUT Milk Servings	
Calories	1675.5 kcal
Total Fat	61.9 g
Saturated Fat	17.1 g
Trans Fat	0 g
Cholesterol	277.5 mg
Sodium	1865.0 mg
Total Carbohydrates	194.4 g
Dietary Fiber	26.7 g
Total Sugars	59.9 g
Includes Added Sug	16.4 g
Protein	82.8 g
Vitamin D	8.1 mcg
Calcium (%)	54.8 %
Iron (%)	72.9 %
Potassium	2291.8 mcg
Macronutrient Breakdown	
Fats	33%
Carbohydrates	46%
Protein	20%

The 2000 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 Sugar	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