

# Seattle Sutton's Healthy Eating

## 2000 Calorie Plan 4-Day THURSDAY Menu & Meal Plan Nutrition Averages

### Menu B 4/4/2024

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	11	300	810	51	6	16	4	21	2	30	20	30	750	2	2
Wild Blackberry Parfait	440	13	1	10	60	63	8	38	19	18	0	2	80	15	440	15	0
Blueberry Almond Torta	580	21	5	95	660	81	7	57	13	20	2	160	15	15	710	6	2
Ciabatta Egg Sandwich	500	19	10	260	1110	55	3	5	0	27	0	0	30	30	55	0	0
Spinach-Artichoke Flatbread Pizza	580	26	14	65	750	69	8	36	8	15	4	6	20	40	480	8	2
Croque Monsieur	490	23	11	75	830	47	11	16	5	32	2	4	45	45	370	20	6
El Pastor Bowl	480	21	4	100	510	45	9	4	0	29	4	40	20	15	1190	6	4
Chicken Salad on Croissant	360	16	6	50	360	30	4	13	1	23	8	8	8	2	290	2	0
Lemon Picatta Cod over Linguini	590	8	2	60	420	91	12	17	1	32	0	10	8	4	1160	6	0
Gnocchi Alla Norma	440	10	2	75	700	74	7	15	6	15	0	2	25	10	340	2	0
Chicken Enchilada Bake	600	25	11	125	820	45	6	8	0	41	2	40	15	35	660	40	4
Chicken Linguini Alfredo	510	16	7	90	800	58	6	14	0	36	2	170	10	25	1050	0	0
Average	510.8	18.9	7.0	108.8	652.5	59.1	7.3	19.9	4.8	25.8	2.2	39.3	24.7	22.2	624.6	8.9	1.7
Daily Average	1532.5	56.75	21	326.25	1957.5	177.25	21.75	59.75	14.25	77.25	6.5	118	74	66.5	1873.75	26.75	5
W 24 oz low-fat milk	1850.5	63.65	25.2	356.25	2257.5	213.25	21.75	95.75	14.25	101.85	36.5	130	74	156.5	2773.75	776.75	305

### Menu D 4/11/2024

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)
Orange Berry Waffle	600	21	7	105	970	83	4	35	14	16	0	4	6	15	85	0	0
Cheesy Egg Strata	440	14	8	40	790	53	6	29	0	27	6	220	15	30	790	15	2
Country Breakfast Bowl	430	15	5	180	420	48	8	11	2	24	35	35	50	20	800	15	2
Pumpkin Spice Oatmeal	560	24	3	5	85	75	13	30	20	15	10	10	90	15	680	35	8
Chicken Nicoise Bowl	620	25	4.5	225	750	36	9	8	0	59	6	90	25	15	1720	50	4
Pear & Gorgonzola Salad	620	43	9	45	460	51	8	28	12	17	4	10	15	15	510	15	0
Broccoli Cheddar Fritters	470	21	9	40	660	53	9	26	7	20	2	60	20	25	770	20	2
Lou's Bleu Burger	560	19	5	120	900	74	7	29	9	24	0	15	25	15	780	2	0
Pasticcio with Mediterranean Salad	670	27	8	100	460	67	3	16	4	38	6	6	30	30	740	40	20
Chicken Parmigiano	670	17	4.5	140	740	79	16	8	0	59	10	25	35	160	2920	10	0
Cider Salmon	640	31	13	135	420	58	11	32	13	31	6	110	25	10	1220	15	4
Honey Peach BBQ Chicken	630	15	7.5	155	500	76	5	18	7	53	6	6	20	20	1200	25	8
Average	575.8	22.7	7.0	107.5	596.3	62.8	8.3	22.5	7.3	31.9	7.6	49.3	29.7	30.8	1017.9	20.2	4.2
Daily Average	1727.5	68	20.875	322.5	1788.75	188.25	24.75	67.5	22	95.75	22.75	147.75	89	92.5	3053.75	60.5	12.5
W 24 oz low-fat milk	2045.5	74.9	25.075	352.5	2088.75	224.25	24.75	103.5	22	120.35	52.75	159.75	89	182.5	3953.75	810.5	312.5

### Menu F 4/18/2024

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	500	23	10	170	890	51	5	7	1	25	2	60	35	40	980	20	2
Cranberry Oat Bar	600	14	1	10	115	94	9	54	38	24	0	20	15	25	630	6	0
Hashbrown Casserole	360	9	5	25	540	48	7	20	5	22	2	4	15	20	680	10	2
Bacon & Egg Bagel Sandwich	390	15	4.5	190	720	43	6	12	0	27	2	80	20	8	620	4	0
Mediterranean Pepper	850	45	6	20	750	95	19	26	0	26	8	200	45	30	1280	30	4
Chicken Fajita Bowl	540	24	8	65	320	62	13	7	0	29	4	45	15	20	900	10	2
Bonsai Salmon Bowl	700	21	5	120	850	89	4	33	17	37	0	8	25	6	1190	30	0
Quesadilla with Tamale Soup	480	17	7	30	930	63	7	16	1	19	4	45	10	25	490	15	2
Chicken & Dumplings	480	12	4.5	90	640	58	5	14	10	36	10	15	15	6	790	6	2
Nona Sutton's Lasagna	470	23	7.5	55	680	40	5	13	0	24	6	8	15	30	1880	10	0
Turkey Pot Roast Dinner	670	12	3.5	155	860	80	10	17	5	59	20	15	40	25	1610	40	2
Swedish Meatballs	530	18	7	100	560	61	7	11	0	30	2	35	15	15	880	25	8
Average	547.5	19.4	5.8	85.8	654.6	65.3	8.1	19.2	6.4	29.8	5.0	44.6	22.1	20.8	994.2	17.2	2.0
Daily Average	1642.5	58.25	17.25	257.5	1963.75	196	24.25	57.5	19.25	89.5	15	133.75	66.25	62.5	2982.5	51.5	6
W 24 oz low-fat milk	1960.5	65.15	21.45	287.5	2263.75	232	24.25	93.5	19.25	114.1	45	145.75	66.25	152.5	3882.5	801.5	306

### Menu H 4/25/2024

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 Casserole	570	25	5	20	630	50	9	17	0	26	2	8	15	20	600	15	2
Lemon Blueberry Clafoutis	500	15	7	40	730	70	6	42	26	20	2	10	20	10	380	8	6
Potato Pancakes with Smoked Veggie C	420	22	9	150	990	49	7	17	2	12	2	10	2	8	910	6	0
Berry Colada Parfait	320	2.5	1	10	80	63	9	44	19	13	0	8	8	15	400	2	0
Chili Con Carne	670	36	7	50	670	61	11	13	0	27	4	25	35	20	960	15	2
Tuna Melt	530	13	5	65	640	55	10	10	1	48	8	30	25	25	1260	25	0
Acapulco Taco Pie	500	22	8	70	620	49	7	7	1	27	2	25	25	30	710	20	4
Pecan and Poppyseed Chicken Salad	620	33	3.5	65	480	41	5	16	0	44	4	6	15	10	500	6	0
Marry Me Chicken	710	15	5	225	700	99	13	19	6	51	4	30	30	15	1320	8	6
Picadillo Cubano	500	8	2	40	630	88	9	7	1	20	2	8	35	10	1220	15	2
Turkey Pot Roast Dinner	670	12	3.5	155	860	80	10	17	5	59	20	15	40	25	1610	40	2
Penne Al Forno	390	11	4.5	25	620	52	13	8	0	24	2	110	30	30	590	10	0
Average	533.3	17.9	5.0	76.3	637.5	63.1	9.1	18.1	5.1	30.9	4.3	23.8	23.3	18.2	871.7	14.2	2.0
Daily Average	1600	53.625	15.125	228.75	1912.5	189.25	27.25	54.25	15.25	92.75	13	71.25	70	54.5	2615	42.5	6
W 24 oz low-fat milk	1918	60.525	19.325	258.75	2212.5	225.25	27.25	90.25	15.25	117.35	43	83.25	70	144.5	3515	792.5	306

### Menu J 5/2/2024

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	570	25	7	0	135	82	12	55	23	15	0	2	25	30	840	25	0
Egg & Cheese Breakfast Sandwich	430	19	7	180	710	43	6	14	1	21	10	80	15	25	690	4	0
Cowboy Skillet	290	7	2.5	10	450	37	7	16	3	20	4	140	20	15	720	6	0
Bircher Muesli and Pears	530	25	9	50	25	72	6	39	22	9	4	2	50	8	350	15	4
Landry Bay Crab Cakes	590	23	3.5	125	1030	57	10	14	9	38	0	20	25	15	760	4	0
Pecan-Cranberry Mixed Green Salad	650	47	8	25	320	44	7	17	13	16	4	10	15	35	290	10	0
BBQ Chicken Pizza	470	16	9	90	520	50	10	20	5	31	2	8	8	30	730	20	2

Potato & Leek Soup with Petite Greens	460	11	4.5	20	400	78	5	17	0	11	8	15	10	20	650	15	15
Chicken Fricassee	570	17	5	145	660	68	8	15	13	45	6	25	25	8	1090	6	2
Irish Cork County Stew	600	11	4.5	115	810	78	9	20	3	43	20	40	15	20	1500	40	8
Nona Sutton's Lasagna	470	23	7.5	55	680	40	5	13	0	24	6	8	15	30	1880	10	0
Salisbury Steak	630	19	6	135	740	65	12	12	1	46	4	20	30	8	1060	40	8
<b>Average</b>	<b>521.7</b>	<b>20.3</b>	<b>6.1</b>	<b>79.2</b>	<b>540.0</b>	<b>59.5</b>	<b>8.1</b>	<b>21.0</b>	<b>7.8</b>	<b>26.6</b>	<b>5.7</b>	<b>30.8</b>	<b>21.1</b>	<b>20.3</b>	<b>880.0</b>	<b>16.3</b>	<b>3.3</b>
<b>Daily Average</b>	<b>1565</b>	<b>60.75</b>	<b>18.375</b>	<b>237.5</b>	<b>1620</b>	<b>178.5</b>	<b>24.25</b>	<b>63</b>	<b>23.25</b>	<b>79.75</b>	<b>17</b>	<b>92.5</b>	<b>63.25</b>	<b>61</b>	<b>2640</b>	<b>48.75</b>	<b>9.75</b>
<b>W 24 oz low-fat milk</b>	<b>1883</b>	<b>67.65</b>	<b>22.575</b>	<b>267.5</b>	<b>1920</b>	<b>214.5</b>	<b>24.25</b>	<b>99</b>	<b>23.25</b>	<b>104.35</b>	<b>47</b>	<b>104.5</b>	<b>63.25</b>	<b>151</b>	<b>3540</b>	<b>798.75</b>	<b>309.75</b>

## Seattle Sutton's Healthy Eating 2000 Calorie 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 4/4/2024	1850.5	63.7	25.2	356.3	2257.5	213.3	21.8	95.8	14.3	101.9	36.5	130.0	74.0	156.5	2773.8	776.8	305.0
Menu D 4/11/2024	2045.5	74.9	25.1	352.5	2088.8	224.3	24.8	103.5	22.0	120.4	52.8	159.8	89.0	182.5	3953.8	810.5	312.5
Menu F 4/18/2024	1960.5	65.2	21.5	287.5	2263.8	232.0	24.3	93.5	19.3	114.1	45.0	145.8	66.3	152.5	3882.5	801.5	306.0
Menu H 4/25/2024	1918.0	60.5	19.3	258.8	2212.5	225.3	27.3	90.3	15.3	117.4	43.0	83.3	70.0	144.5	3515.0	792.5	306.0
Menu J 5/2/2024	1883.0	67.7	22.6	267.5	1920.0	214.5	24.3	99.0	23.3	104.4	47.0	104.5	63.3	151.0	3540.0	798.8	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	1931.5 kcal
Total Fat	65.1 g
Saturated Fat	22.3 g
Trans Fat	0.0 g
Cholesterol	304.5 mg
Sodium	2148.5 mg
Total Carbohydrates	221.9 g
Dietary Fiber	24.5 g
Total Sugars	96.4 g
Added Sugars	18.8 g
Protein	111.6 g
Vitamin D	307.9 mcg
Calcium (%)	157.4 %
Iron (%)	72.5 %
Potassium	3533.0 mg
Macronutrient Breakdown	
Fats	29%
Carbohydrates	47%
Protein	23%

2000 Calorie Plan Daily Average WITHOUT Milk Servings	
Calories	1613.5 kcal
Total Fat	58.2 g
Saturated Fat	18.1 g
Trans Fat	0 g
Cholesterol	274.5 mg
Sodium	1833.5 mg
Total Carbohydrates	182.9 g
Dietary Fiber	24.5 g
Total Sugars	60.4 g
Includes Added Sug	18.8 g
Protein	87.0 g
Vitamin D	7.9 mcg
Calcium (%)	67.4 %
Iron (%)	72.5 %
Potassium	2633.0 mg
Macronutrient Breakdown	
Fats	32%
Carbohydrates	45%
Protein	22%

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