

Seattle Sutton's Healthy Eating

1500 Calorie Plant-Based Vegetarian Meal Plan

4-Day MONDAY Menu & Meal Plan Nutrition Averages

Menu A 04/21/2025

Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugar	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)
Biscuits & Vegetarian Gravy	500	22	8	155	680	62	7	28	4	16	2	10	20	30	640	2	2
Chocolate Crepe & Strawberry Sa	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
Biscuits & Vegetarian Gravy	500	22	8	155	680	62	7	28	4	16	2	10	20	30	640	2	2
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
Egg Salad on Croissant	320	19	7	250	360	27	3	11	1	10	6	4	15	4	160	0	0
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 Sauc	440	12	3	15	700	64	8	22	10	19	2	20	20	15	710	10	2
Nona Sutton's Lasagna	440	25	8	65	660	34	5	12	0	23	6	8	15	30	780	15	0
Sweet & Sour Tofu	560	22	5.5	20	530	77	4	18	6	13	2	6	20	15	360	4	2
Average	454.2	19.9	5.5	68.3	548.3	52.8	5.9	17.5	5.0	18.1	2.3	13.9	20.8	17.8	562.5	9.5	1.3
Daily Average	1362.5	59.75	16.625	205	1645	158.5	17.75	52.5	15	54.25	7	41.75	62.5	53.5	1687.5	28.5	4
W 24 oz low-fat milk	1680.5	66.65	20.825	235	1945	197.5	17.75	88.5	15	78.85	37	53.75	62.5	143.5	2587.5	778.5	304

Menu C 04/28/2025

Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugar	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)
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
Ciabatta Egg Sandwich	300	10	4.5	130	550	40	5	12	0	14	0	60	15	15	140	0	0
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
Lou's Bleu Veggie Burger	560	25	6.5	10	950	59	5	18	3	29	0	15	35	15	760	2	0
Chile Cazuela with Spanish Rice	440	13	5.5	25	450	64	7	7	0	17	4	50	15	20	540	25	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
Homestyle Macaroni and Cheese	560	14	6	35	340	91	9	19	5	23	8	100	25	25	1140	35	10
Average	441.7	16.3	4.5	32.1	571.3	54.8	7.6	14.8	3.1	21.1	2.3	37.4	20.4	17.2	738.3	11.3	2.8
Daily Average	1325	49	13.625	96.25	1713.75	164.25	22.75	44.5	9.25	63.25	7	112.25	61.25	51.5	2215	34	8.5
W 24 oz low-fat milk	1643	55.9	17.825	126.25	2013.75	203.25	22.75	80.5	9.25	87.85	37	124.25	61.25	141.5	3115	784	308.5

Menu E 05/05/2025																		
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	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	
Bagel Breakfast Sandwich	350	13	3	135	790	42	6	12	0	23	2	80	20	6	610	4	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	
Chipotle Black Bean Burger	580	31	4.5	25	560	63	12	27	20	17	2	15	20	15	830	4	0	
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	510	18	6.5	30	470	77	10	14	1	14	4	40	20	8	1090	20	2	
Lentil Matzo Ball Soup	440	16	4	15	700	61	10	18	10	12	2	8	35	6	500	15	2	
Average	457.5	20.8	5.1	62.1	536.7	52.5	7.4	15.9	6.6	17.2	4.3	29.0	23.8	15.8	690.0	9.8	1.7	
Daily Average	1372.5	62.5	15.25	186.25	1610	157.5	22.25	47.75	19.75	51.5	12.75	87	71.25	47.5	2070	29.5	5	
W 24 oz low-fat milk	1690.5	69.4	19.45	216.25	1910	196.5	22.25	83.75	19.75	76.1	42.75	99	71.25	137.5	2970	779.5	305	

Menu G 05/12/2025																		
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 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	
Potato Pancakes with Smoked Veggie	280	15	5	100	660	32	5	12	1	8	2	6	2	6	600	4	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	
Poppyseed Sweet Potato Salad	420	16	2.5	10	280	58	6	23	9	11	20	25	20	10	680	15	0	
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	
Butternut & Zucchini Orzo Bake	390	13	4.5	30	290	59	4.5	14	4	11	2	15	15	6	670	8	2	
Average	426.7	17.6	5.5	37.9	557.5	52.3	6.1	15.8	4.6	16.8	3.3	23.6	19.2	16.4	588.3	11.4	1.7	
Daily Average	1280	52.75	16.5	113.75	1672.5	157	18.375	47.25	13.75	50.25	10	70.75	57.5	49.25	1765	34.25	5	
W 24 oz low-fat milk	1598	59.65	20.7	143.75	1972.5	196	18.375	83.25	13.75	74.85	40	82.75	57.5	139.25	2665	784.25	305	

Menu I 05/19/2025																		
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	260	8	2	130	380	37	5	8	2	11	15	20	10	8	540	8	0	
Chocolate Pancake with Citrus Masci	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	
Open-Faced Breakfast Sandwich	330	17	5.5	140	640	22	4	5	1	21	8	15	15	20	480	0	0	
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	
Loaded Potato Soup	470	16	8	45	540	64	5	8	1	17	4	15	20	30	660	25	15	
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	
0	390	11	4	10	440	50	13	8	1	22	2	15	30	6	940	20	2	
Average	418.3	15.5	5.0	40.0	510.8	53.3	7.0	14.2	3.8	17.9	4.3	24.3	20.3	17.5	667.5	10.8	2.3	
Daily Average	1255	46.5	15	120	1532.5	159.75	21	42.5	11.25	53.75	12.75	72.75	60.75	52.5	2002.5	32.5	6.75	
W 24 oz low-fat milk	1573	53.4	19.2	150	1832.5	198.75	21	78.5	11.25	78.35	42.75	84.75	60.75	142.5	2902.5	782.5	306.75	

Seattle Sutton's Healthy Eating

1500 Calorie Plant-Based Vegetarian Meal 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 04/21/2025	1680.5	66.7	20.8	235.0	1945.0	197.5	17.8	88.5	15.0	78.9	37.0	53.8	62.5	143.5	2587.5	778.5	304.0
Menu C 04/28/2025	1643.0	55.9	17.8	126.3	2013.8	203.3	22.8	80.5	9.3	87.9	37.0	124.3	61.3	141.5	3115.0	784.0	308.5
Menu E 05/05/2025	1690.5	69.4	19.5	216.3	1910.0	196.5	22.3	83.8	19.8	76.1	42.8	99.0	71.3	137.5	2970.0	779.5	305.0
Menu G 05/12/2025	1598.0	59.7	20.7	143.8	1972.5	196.0	18.4	83.3	13.8	74.9	40.0	82.8	57.5	139.3	2665.0	784.3	305.0
Menu I 05/19/2025	1573.0	53.4	19.2	150.0	1832.5	198.8	21.0	78.5	11.3	78.4	42.8	84.8	60.8	142.5	2902.5	782.5	306.8



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

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1500 Calorie Plan Daily Average WITH Milk Servings	
Calories	1637.0 kcal
Total Fat	59.8 g
Saturated Fat	19.2 g
Trans Fat	0.0 g
Cholesterol	174.3 mg
Sodium	1934.8 mg
Total Carbohydrates	198.4 g
Dietary Fiber	20.4 g
Total Sugars	82.9 g
Added Sugars	13.8 g
Protein	79.2 g
Vitamin D	305.9 mcg
Calcium (%)	140.9 %
Iron (%)	62.7 %
Potassium	2848.0 mg
Macronutrient Breakdown	
Fats	30%
Carbohydrates	50%
Protein	20%

1500 Calorie Plan Daily Average WITHOUT Milk Servings	
Calories	1319.0 kcal
Total Fat	52.9 g
Saturated Fat	15.0 g
Trans Fat	#REF! g
Cholesterol	144.3 mg
Sodium	1619.8 mg
Total Carbohydrates	159.4 g
Dietary Fiber	20.4 g
Total Sugars	46.9 g
Includes Added Sugar	13.8 g
Protein	54.6 g
Vitamin D	5.9 mcg
Calcium (%)	50.9 %
Iron (%)	62.7 %
Potassium	1948.0 mcg
Macronutrient Breakdown	
Fats	36%
Carbohydrates	48%
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