

# Seattle Sutton's Healthy Eating

## 1500 Calorie Plant-Based Vegetarian Meal Plan

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

#### Menu B 04/24/2025

| Meal Name<br>Unit of Measure       | Calories<br>(Kcal) | Fat<br>(g) | Sat Fat<br>(g) | Cholesterol<br>(mg) | Sodium<br>(mg) | Carbs<br>(g) | Fiber<br>(g) | Sugar<br>(g) | Added Sugars<br>(g) | Protein<br>(g) | Vit A<br>(%) | Vit C<br>(%) | Iron<br>(%) | Calcium<br>(%) | Potassium<br>(mg) | Phosphorus<br>(%) | Vitamin D<br>(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                  |
| Veggies & Dumplings                | 260                | 5          | 2.5            | 25                  | 340            | 49           | 7            | 15           | 9                   | 9              | 10           | 15           | 15          | 6              | 500               | 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                  |
| Tandoori Veggie Rice Bowl          | 440                | 15         | 2              | 0                   | 460            | 59           | 9            | 11           | 0                   | 16             | 4            | 15           | 20          | 15             | 780               | 6                 | 0                  |
| 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                            | 408.3              | 16.2       | 4.5            | 55.4                | 475.0          | 51.1         | 6.4          | 15.3         | 4.3                 | 14.8           | 3.2          | 14.1         | 24.6        | 16.2           | 530.8             | 7.7               | 1.2                |
| Daily Average                      | 1225               | 48.5       | 13.625         | 166.25              | 1425           | 153.25       | 19.25        | 45.75        | 13                  | 44.25          | 9.5          | 42.25        | 73.75       | 48.5           | 1592.5            | 23                | 3.5                |
| W 24 oz low-fat milk               | 1543               | 55.4       | 17.825         | 196.25              | 1725           | 192.25       | 19.25        | 81.75        | 13                  | 68.85          | 39.5         | 54.25        | 73.75       | 138.5          | 2492.5            | 773               | 303.5              |

#### Menu D 05/01/2025

| Meal Name<br>Unit of Measure      | Calories<br>(Kcal) | Fat<br>(g) | Sat Fat<br>(g) | Cholesterol<br>(mg) | Sodium<br>(mg) | Carbs<br>(g) | Fiber<br>(g) | Sugar<br>(g) | Added Sugars<br>(g) | Protein<br>(g) | Vit A<br>(%) | Vit C<br>(%) | Iron<br>(%) | Calcium<br>(%) | Potassium<br>(mg) | Phosphorus<br>(%) | Vitamin D<br>(mcg) |
|-----------------------------------|--------------------|------------|----------------|---------------------|----------------|--------------|--------------|--------------|---------------------|----------------|--------------|--------------|-------------|----------------|-------------------|-------------------|--------------------|
| Spinach & Cheese Frittata         | 280                | 6          | 3              | 10                  | 550            | 34           | 4            | 7            | 0                   | 20             | 10           | 90           | 45          | 25             | 1310              | 20                | 2                  |
| 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             | 300                | 10         | 4.5            | 130                 | 550            | 40           | 5            | 12           | 0                   | 14             | 0            | 60           | 15          | 15             | 140               | 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                  | 410                | 8          | 2.5            | 0                   | 670            | 57           | 11           | 3            | 0                   | 29             | 0            | 10           | 35          | 8              | 740               | 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            | 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                           | 397.5              | 14.8       | 5.3            | 35.0                | 505.0          | 50.4         | 6.6          | 17.2         | 4.6                 | 17.7           | 3.3          | 38.2         | 21.2        | 18.8           | 652.5             | 10.4              | 2.9                |
| Daily Average                     | 1192.5             | 44.25      | 16             | 105                 | 1515           | 151.25       | 19.75        | 51.5         | 13.75               | 53             | 10           | 114.5        | 63.5        | 56.5           | 1957.5            | 31.25             | 8.75               |
| W 24 oz low-fat milk              | 1510.5             | 51.15      | 20.2           | 135                 | 1815           | 190.25       | 19.75        | 87.5         | 13.75               | 77.6           | 40           | 126.5        | 63.5        | 146.5          | 2857.5            | 781.25            | 308.75             |

| Menu F 05/08/2025                   |                    |            |                |                     |                |              |              |              |                     |                |              |              |             |                |                   |                   |                    |  |
|-------------------------------------|--------------------|------------|----------------|---------------------|----------------|--------------|--------------|--------------|---------------------|----------------|--------------|--------------|-------------|----------------|-------------------|-------------------|--------------------|--|
| Meal Name<br>Unit of Measure        | Calories<br>(Kcal) | Fat<br>(g) | Sat Fat<br>(g) | Cholesterol<br>(mg) | Sodium<br>(mg) | Carbs<br>(g) | Fiber<br>(g) | Sugar<br>(g) | Added Sugars<br>(g) | Protein<br>(g) | Vit A<br>(%) | Vit C<br>(%) | Iron<br>(%) | Calcium<br>(%) | Potassium<br>(mg) | Phosphorus<br>(%) | Vitamin D<br>(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            | 490                | 24         | 10             | 50                  | 800            | 49           | 6            | 14           | 4                   | 19             | 4            | 4            | 35          | 40             | 690               | 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         | 4.5            | 25                  | 560            | 63           | 12           | 27           | 20                  | 17             | 2            | 15           | 20          | 15             | 830               | 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                             | 435.0              | 17.5       | 5.0            | 47.1                | 587.9          | 51.9         | 6.8          | 17.3         | 7.5                 | 18.6           | 3.0          | 37.8         | 28.8        | 18.8           | 658.3             | 12.7              | 2.8                |  |
| Daily Average                       | 1305               | 52.5       | 14.875         | 141.25              | 1763.75        | 155.75       | 20.5         | 52           | 22.5                | 55.75          | 9            | 113.25       | 86.25       | 56.25          | 1975              | 38                | 8.5                |  |
| W 24 oz low-fat milk                | 1623               | 59.4       | 19.075         | 171.25              | 2063.75        | 194.75       | 20.5         | 88           | 22.5                | 80.35          | 39           | 125.25       | 86.25       | 146.25         | 2875              | 788               | 308.5              |  |
| Menu H 05/15/2025                   |                    |            |                |                     |                |              |              |              |                     |                |              |              |             |                |                   |                   |                    |  |
| Meal Name<br>Unit of Measure        | Calories<br>(Kcal) | Fat<br>(g) | Sat Fat<br>(g) | Cholesterol<br>(mg) | Sodium<br>(mg) | Carbs<br>(g) | Fiber<br>(g) | Sugar<br>(g) | Added Sugars<br>(g) | Protein<br>(g) | Vit A<br>(%) | Vit C<br>(%) | Iron<br>(%) | Calcium<br>(%) | Potassium<br>(mg) | Phosphorus<br>(%) | Vitamin D<br>(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                      | 240                | 10         | 4              | 15                  | 380            | 25           | 5            | 12           | 0                   | 15             | 4            | 100          | 15          | 20             | 520               | 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 Orzo Bake      | 390                | 13         | 4.5            | 30                  | 290            | 59           | 4.5          | 14           | 4                   | 11             | 2            | 15           | 15          | 6              | 670               | 8                 | 2                  |  |
| Average                             | 374.2              | 13.1       | 3.8            | 42.9                | 388.3          | 46.3         | 5.7          | 14.2         | 4.4                 | 15.6           | 3.7          | 22.8         | 16.7        | 12.8           | 557.9             | 11.0              | 2.6                |  |
| Daily Average                       | 1122.5             | 39.25      | 11.375         | 128.75              | 1165           | 138.75       | 17.125       | 42.5         | 13.25               | 46.75          | 11           | 68.5         | 50          | 38.5           | 1673.75           | 33                | 7.75               |  |
| W 24 oz low-fat milk                | 1440.5             | 46.15      | 15.575         | 158.75              | 1465           | 177.75       | 17.125       | 78.5         | 13.25               | 71.35          | 41           | 80.5         | 50          | 128.5          | 2573.75           | 783               | 307.75             |  |
| Menu J 05/22/2025                   |                    |            |                |                     |                |              |              |              |                     |                |              |              |             |                |                   |                   |                    |  |
| Meal Name<br>Unit of Measure        | Calories<br>(Kcal) | Fat<br>(g) | Sat Fat<br>(g) | Cholesterol<br>(mg) | Sodium<br>(mg) | Carbs<br>(g) | Fiber<br>(g) | Sugar<br>(g) | Added Sugars<br>(g) | Protein<br>(g) | Vit A<br>(%) | Vit C<br>(%) | Iron<br>(%) | Calcium<br>(%) | Potassium<br>(mg) | Phosphorus<br>(%) | Vitamin D<br>(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                  | 900            | 63           | 8            | 11           | 2                   | 15             | 4            | 60           | 25          | 10             | 980               | 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                | 13         | 4              | 20                  | 220            | 76           | 10           | 21           | 13                  | 10             | 20           | 30           | 25          | 8              | 850               | 10                | 2                  |  |
| Traditional Cottage Pie             | 310                | 6          | 2.5            | 10                  | 270            | 51           | 15           | 16           | 4                   | 14             | 2            | 70           | 25          | 8              | 930               | 20                | 2                  |  |
| Honey Garlic Chickpea Bowl          | 420                | 14         | 6.5            | 25                  | 260            | 62           | 8            | 15           | 0                   | 12             | 4            | 6            | 15          | 10             | 590               | 10                | 2                  |  |
| 0                                   | 390                | 11         | 4              | 10                  | 440            | 50           | 13           | 8            | 1                   | 22             | 2            | 15           | 30          | 6              | 940               | 20                | 2                  |  |
| Average                             | 417.5              | 16.2       | 5.6            | 65.8                | 415.4          | 54.0         | 8.8          | 16.7         | 5.5                 | 15.8           | 4.7          | 23.4         | 22.1        | 14.9           | 682.5             | 13.5              | 4.3                |  |
| Daily Average                       | 1252.5             | 48.5       | 16.75          | 197.5               | 1246.25        | 162          | 26.5         | 50           | 16.5                | 47.5           | 14           | 70.25        | 66.25       | 44.75          | 2047.5            | 40.5              | 12.75              |  |
| W 24 oz low-fat milk                | 1570.5             | 55.4       | 20.95          | 227.5               | 1546.25        | 201          | 26.5         | 86           | 16.5                | 72.1           | 44           | 82.25        | 66.25       | 134.75         | 2947.5            | 790.5             | 312.75             |  |

# Seattle Sutton's Healthy Eating

## 1500 Calorie Plant-Based Vegetarian Meal 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 04/24/2025         | 1543.0   | 55.4 | 17.8    | 196.3       | 1725.0 | 192.3 | 19.3  | 81.8  | 13.0         | 68.9    | 39.5  | 54.3  | 73.8 | 138.5   | 2492.5    | 773.0      | 303.5     |
| Menu D 05/01/2025         | 1510.5   | 51.2 | 20.2    | 135.0       | 1815.0 | 190.3 | 19.8  | 87.5  | 13.8         | 77.6    | 40.0  | 126.5 | 63.5 | 146.5   | 2857.5    | 781.3      | 308.8     |
| Menu F 05/08/2025         | 1623.0   | 59.4 | 19.1    | 171.3       | 2063.8 | 194.8 | 20.5  | 88.0  | 22.5         | 80.4    | 39.0  | 125.3 | 86.3 | 146.3   | 2875.0    | 788.0      | 308.5     |
| Menu H 05/15/2025         | 1440.5   | 46.2 | 15.6    | 158.8       | 1465.0 | 177.8 | 17.1  | 78.5  | 13.3         | 71.4    | 41.0  | 80.5  | 50.0 | 128.5   | 2573.8    | 783.0      | 307.8     |
| Menu J 05/22/2025         | 1570.5   | 55.4 | 21.0    | 227.5       | 1546.3 | 201.0 | 26.5  | 86.0  | 16.5         | 72.1    | 44.0  | 82.3  | 66.3 | 134.8   | 2947.5    | 790.5      | 312.8     |



For questions regarding this  
nutritional analysis, please contact  
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1-815-780-2060  
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| 1500 Calorie Plan Daily Average<br>WITH Milk Servings |             |
|-------------------------------------------------------|-------------|
| Calories                                              | 1537.5 kcal |
| Total Fat                                             | 53.5 g      |
| Saturated Fat                                         | 18.7 g      |
| Trans Fat                                             | 0.0 g       |
| Cholesterol                                           | 177.8 mg    |
| Sodium                                                | 1723.0 mg   |
| Total Carbohydrates                                   | 191.2 g     |
| Dietary Fiber                                         | 20.6 g      |
| Total Sugars                                          | 84.4 g      |
| Added Sugars                                          | 15.8 g      |
| Protein                                               | 74.1 g      |
| Vitamin D                                             | 308.3 mcg   |
| Calcium (%)                                           | 138.9 %     |
| Iron (%)                                              | 68.0 %      |
| Potassium                                             | 2749.3 mg   |
| Macronutrient Breakdown                               |             |
| Fats                                                  | 31%         |
| Carbohydrates                                         | 50%         |
| Protein                                               | 19%         |

| 1500 Calorie Plan Daily Average<br>WITHOUT Milk Servings |             |
|----------------------------------------------------------|-------------|
| Calories                                                 | 1219.5 kcal |
| Total Fat                                                | 46.6 g      |
| Saturated Fat                                            | 14.5 g      |
| Trans Fat                                                | #REF! g     |
| Cholesterol                                              | 147.8 mg    |
| Sodium                                                   | 1423.0 mg   |
| Total Carbohydrates                                      | 152.2 g     |
| Dietary Fiber                                            | 20.6 g      |
| Total Sugars                                             | 48.4 g      |
| Includes Added Sugar                                     | 15.8 g      |
| Protein                                                  | 49.5 g      |
| Vitamin D                                                | 8.3 mcg     |
| Calcium (%)                                              | 48.9 %      |
| Iron (%)                                                 | 68.0 %      |
| Potassium                                                | 1849.3 mcg  |
| Macronutrient Breakdown                                  |             |
| Fats                                                     | 34%         |
| Carbohydrates                                            | 50%         |
| Protein                                                  | 16%         |

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  |