

Seattle Sutton's Healthy Eating

2000 Calorie Plan 4-Day MONDAY Menu & Meal Plan Nutrition Averages

Menu A 04/21/2025

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)
Open-Faced Asparagus & Gruyere Ome	450	8	2.5	10	750	64	6	17	4	26	2	15	25	15	470	6	0
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	540	13	3	5	85	91	10	62	28	18	2	60	50	20	760	20	0
Biscuits & Sausage Gravy	600	30	10.5	300	830	62	6	28	4	21	2	10	25	30	720	2	2
Moroccan Chicken Skewers	710	18	3	120	340	76	12	18	7	59	0	15	40	10	930	45	2
Baja Tinga Wrap	460	14	4.5	60	620	57	10	5	0	29	2	15	15	15	810	8	4
Margherita Pizza	690	39	14.5	55	1040	56	10	20	0	31	4	40	20	50	840	40	2
Chicken Salad on Croissant	400	21	7	105	380	29	3	11	1	22	6	6	8	2	280	0	0
Crab-Stuffed Flounder	500	16	4	65	900	61	5	7	1	29	6	20	15	15	1060	10	4
Roast Turkey in Dijon Cream Sauce	590	10	4	145	570	66	9	24	10	55	4	30	25	20	1330	40	6
Nona Sutton's Lasagna	440	25	8	65	660	34	5	12	0	23	6	8	15	30	780	15	0
Sweet & Sour Chicken	710	23	5.5	55	590	102	9	17	6	22	2	130	45	8	410	4	2
Average	560.8	20.6	5.8	88.8	606.3	64.3	7.4	20.2	5.7	29.8	3.0	29.4	24.4	18.3	723.3	16.7	1.8
Daily Average	1682.5	61.75	17.5	266.25	1818.75	193	22.25	60.5	17	89.25	9	88.25	73.25	54.75	2170	50	5.5
W 24 oz low-fat milk	2000.5	68.65	21.7	296.25	2118.75	229	22.25	96.5	17	113.85	39	100.25	73.25	144.75	3070	800	305.5

Menu C 04/28/2025

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)
Peach Berry Blintz	580	23	8	105	360	69	3	30	18	25	2	8	10	10	360	8	2
Cheesy Baked Egg Casserole	520	15	7	40	1060	56	8	20	0	38	2	35	25	30	820	15	2
Strawberry Chia Oatmeal	460	16	3	5	50	69	10	35	10	13	2	50	20	15	660	15	15
Ciabatta Egg Sandwich	550	19	9	260	1100	69	6	15	0	27	0	80	30	30	180	0	0
Honey Shrimp Salad	330	16	1.5	30	370	39	6	13	1	14	6	100	20	8	570	20	0
Curry Chicken Salad	770	34	4	60	660	87	11	33	5	32	0	10	25	15	600	10	0
Tuscan Bean Soup & Crostata	550	25	6.5	25	1110	62	12	10	3	20	4	20	25	25	1880	6	0
Lou's Bleu Burger	540	18	4.5	125	890	70	5	26	9	26	0	15	25	15	750	4	0
Chile Cazuela with Spanish Rice	640	22	8	30	540	89	9	15	7	21	4	50	20	25	700	30	2
Penne "Vodka" Meatballs	600	20	5.5	70	480	72	14	9	1	33	2	35	30	15	1170	25	6
Chicken Linguini Alfredo	600	19	7	130	990	58	6	14	0	50	2	120	15	25	1280	0	0
Honey Peach BBQ Chicken	630	15	6.5	155	500	75	5	17	6	53	6	6	20	20	1200	25	8
Average	564.2	20.2	5.9	86.3	675.8	67.9	7.9	19.8	5.0	29.3	2.5	44.1	22.1	19.4	847.5	13.2	2.9
Daily Average	1692.5	60.5	17.625	258.75	2027.5	203.75	23.75	59.25	15	88	7.5	132.25	66.25	58.25	2542.5	39.5	8.75
W 24 oz low-fat milk	2010.5	67.4	21.825	288.75	2327.5	239.75	23.75	95.25	15	112.6	37.5	144.25	66.25	148.25	3442.5	789.5	308.75

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	580	28	13	245	790	57	8	28	0	23	2	15	15	20	510	10	0	
Bacon & Cheddar Clafoutis	480	21	5.5	40	480	49	4	9	0	22	20	80	35	25	1750	25	10	
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	
Chicken Gyro Bowl	730	22	2	110	870	77	5	3	0	51	4	45	40	15	490	8	0	
Pecan-Cranberry Mixed Green Salad	650	47	7	25	320	44	7	17	13	16	4	10	15	35	290	10	0	
Homestyle Roasted Turkey Sandwich	560	11	6	140	430	71	6	31	12	44	6	8	20	10	780	25	4	
Chipotle Black Bean Burger	580	31	4	10	570	64	13	25	15	18	2	15	20	15	890	4	0	
BBQ Meatloaf & Cheddar Mash	730	37	9	115	860	66	7	20	9	39	2	20	20	20	1110	30	10	
Tortelloni Pomodoro	420	15	4.5	70	900	54	9	18	3	19	4	35	25	30	670	8	0	
Cajun Shrimp Etouffee	520	16	6.5	185	730	61	6	9	1	31	4	30	10	10	830	15	2	
Chicken Matzo Ball Soup	650	25	5.5	110	500	63	5	19	11	40	4	6	35	4	940	6	2	
Average	581.7	25.6	6.3	139.2	645.8	58.8	6.9	18.3	5.6	29.6	5.0	33.7	23.3	18.5	802.5	13.3	3.2	
Daily Average	1745	76.75	19	417.5	1937.5	176.5	20.75	54.75	16.75	88.75	15	101	70	55.5	2407.5	40	9.5	
W 24 oz low-fat milk	2063	83.65	23.2	447.5	2237.5	212.5	20.75	90.75	16.75	113.35	45	113	70	145.5	3307.5	790	309.5	

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	740	38	11.5	55	490	91	11	51	8	19	0	15	15	15	800	20	0	
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	440	11	6.5	40	860	35	3	6	0	39	0	15	20	45	560	0	0	
Potato Pancakes with Smoked Veggie C	420	22	8	150	990	48	7	17	2	12	2	10	2	8	910	6	0	
Broccoli Cheddar Fritters	470	21	8	40	660	53	9	26	7	20	2	60	20	25	770	20	2	
Mediterranean Lunch Box	650	29	4	125	830	47	4	4	1	50	0	4	30	15	690	30	2	
Loaded Quesadilla & Tortilla Soup	480	23	10	70	1020	42	4	4	0	27	2	8	10	30	270	20	2	
Pecan and Poppyseed Chicken Salad	620	33	3	65	480	41	5	16	0	44	4	6	15	10	500	6	0	
Capri Chicken with Quinoa Pilaf	500	19	4.5	145	850	33	7	7	0	53	4	50	20	25	1160	15	2	
Pierogi in Mushroom & Tomato Gravy	590	13	5.5	40	770	100	6	16	7	21	2	60	30	10	950	8	2	
Salmon with Creamy Dill Sauce	530	17	5	70	530	58	7	9	0	37	2	70	15	10	1160	15	4	
Turkey Orzo Bake	450	19	6.5	85	460	42	4.5	12	3	29	2	8	15	10	580	10	4	
Average	528.3	22.2	6.6	78.8	698.3	53.6	6.0	16.3	3.3	30.4	1.8	25.7	21.0	17.8	724.2	13.2	1.8	
Daily Average	1585	66.5	19.875	236.25	2095	160.75	17.875	48.75	10	91.25	5.5	77	63	53.25	2172.5	39.5	5.5	
W 24 oz low-fat milk	1903	73.4	24.075	266.25	2395	196.75	17.875	84.75	10	115.85	35.5	89	63	143.25	3072.5	789.5	305.5	

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	420	14	4	220	660	57	7	9	2	19	15	25	15	10	610	10	0	
Chocolate Pancake with Citrus Mascarp	610	26	9	30	250	84	6	40	16	12	0	2	25	15	580	25	4	
Blueberry Almond Torta	580	21	4.5	95	660	79	7	57	13	21	22	160	15	15	700	6	2	
Egg & Cheese Breakfast Sandwich	420	19	6	180	730	40	6	12	1	21	10	90	15	25	660	2	0	
Tex-Mex Fish Taco	590	21	4.5	70	990	65	8	6	3	38	0	6	20	15	1020	6	0	
Smoky Chicken Salad Pita	470	13	1.5	70	540	55	11	10	2	32	4	25	25	20	880	10	0	
Fresh Fruit and Cottage Cheese Plate	540	17	7	50	990	67	6	28	0	33	8	60	15	45	980	15	2	
Loaded Potato Soup	470	16	8	45	540	64	5	8	1	17	4	15	20	30	660	25	15	
Spaghetti Bolognese	520	16	3.5	10	990	70	12	8	1	22	4	10	30	15	800	20	0	
Thai Coconut Chicken	660	21	10	50	780	86	3	16	5	27	2	25	45	10	710	4	0	
Sundried Tomato & Italian Sausage Flat	630	32	6	30	1250	58	10	5	4	35	6	60	25	35	900	2	0	
Salisbury Steak	610	19	5.5	135	680	63	10	12	1	47	4	25	30	10	1490	45	10	
Average	543.3	19.6	5.8	82.1	755.0	65.7	7.6	17.6	4.1	27.0	6.6	41.9	23.3	20.4	832.5	14.2	2.8	
Daily Average	1630	58.75	17.375	246.25	2265	197	22.75	52.75	12.25	81	19.75	125.75	70	61.25	2497.5	42.5	8.25	
W 24 oz low-fat milk	1948	65.65	21.575	276.25	2565	233	22.75	88.75	12.25	105.6	49.75	137.75	70	151.25	3397.5	792.5	308.25	

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 04/21/2025	2000.5	68.7	21.7	296.3	2118.8	229.0	22.3	96.5	17.0	113.9	39.0	100.3	73.3	144.8	3070.0	800.0	305.5
Menu C 04/28/2025	2010.5	67.4	21.8	288.8	2327.5	239.8	23.8	95.3	15.0	112.6	37.5	144.3	66.3	148.3	3442.5	789.5	308.8
Menu E 05/05/2025	2063.0	83.7	23.2	447.5	2237.5	212.5	20.8	90.8	16.8	113.4	45.0	113.0	70.0	145.5	3307.5	790.0	309.5
Menu G 05/12/2025	1903.0	73.4	24.1	266.3	2395.0	196.8	17.9	84.8	10.0	115.9	35.5	89.0	63.0	143.3	3072.5	789.5	305.5
Menu I 05/19/2025	1948.0	65.7	21.6	276.3	2565.0	233.0	22.8	88.8	12.3	105.6	49.8	137.8	70.0	151.3	3397.5	792.5	308.3



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	1985.0 kcal
Total Fat	70.3 g
Saturated Fat	22.0 g
Trans Fat	0.0 g
Cholesterol	315.0 mg
Sodium	2328.8 mg
Total Carbohydrates	222.2 g
Dietary Fiber	23.9 g
Total Sugars	91.2 g
Added Sugars	14.2 g
Protein	112.3 g
Vitamin D	307.5 mcg
Calcium (%)	146.6 %
Iron (%)	68.5 %
Potassium	3258.0 mg
Macronutrient Breakdown	
Fats	30%
Carbohydrates	46%
Protein	24%

2000 Calorie Plan Daily Average WITHOUT Milk Servings	
Calories	1667.0 kcal
Total Fat	63.4 g
Saturated Fat	17.8 g
Trans Fat	0 g
Cholesterol	285.0 mg
Sodium	2013.8 mg
Total Carbohydrates	183.2 g
Dietary Fiber	23.9 g
Total Sugars	55.2 g
Includes Added Sug	14.2 g
Protein	87.7 g
Vitamin D	7.5 mcg
Calcium (%)	56.6 %
Iron (%)	68.5 %
Potassium	2358.0 mcg
Macronutrient Breakdown	
Fats	34%
Carbohydrates	44%
Protein	21%

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