

Seattle Sutton's Healthy Eating

1200 Calorie 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 Sugars	Protein	Vitamin A	Vitamin C	Iron	Calcium	Potassium	Phosphorus	Vitamin D
Unit of Measure	(kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(%)
Open-Faced Asparagus & Gruyere Omelet	320	6	2.5	10	540	41	4	15	2	21	2	15	20	15	410	6	0
Chocolate Crepe & Strawberry Salsa	320	15	1.5	40	260	38	2	11	4	11	0	4	6	2	150	4	0
Blueberry Smoothie Bowl	360	9	1.5	0	55	58	7	38	18	12	0	30	40	15	460	15	0
Biscuits & Sausage Gravy	350	18	6.5	160	460	38	4	19	2	12	2	8	10	20	450	2	2
Moroccan Chicken Skewers	450	13	1	80	250	46	5	13	7	36	0	10	20	4	530	25	2
Baja Tinga Wrap	310	11	3.5	45	420	36	7	4	0	20	2	10	10	15	600	8	4
Margherita Pizza	390	22	7	40	740	30	6	6	0	20	2	30	15	35	530	30	2
Chicken Salad on Croissant	330	17	6.5	80	300	27	3	10	1	16	6	4	6	2	210	0	0
Crab-Stuffed Flounder	380	12	2.5	60	660	44	4	4	1	26	4	15	10	10	690	6	2
Roast Turkey in Dijon Cream Sauce	480	7	3	120	460	53	8	22	10	48	2	20	20	15	1040	35	4
Nona Sutton's Lasagna	360	20	6	45	520	28	4	10	0	17	4	6	15	25	730	15	0
Sweet & Sour Chicken	520	20	4.5	45	420	69	6	12	4	16	2	70	35	6	290	2	2
Average	380.8	14.2	3.8	60.4	423.8	42.3	5.0	13.7	4.1	21.3	2.2	18.5	17.3	13.7	507.5	12.3	1.5
Daily Average	1143	42.5	11.5	181.3	1271.3	127.0	15.0	41.0	12.3	63.8	6.5	55.5	51.8	41.0	1522.5	37.0	4.5
W 16 oz skim milk	1303	42.5	11.5	191.25	1471.3	151.0	15	65.0	12.25	81.75	36.5	55.5	51.75	91	2322.5	107	204.5

Menu C 04/28/2025

Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	Vitamin A	Vitamin C	Iron	Calcium	Potassium	Phosphorus	Vitamin D
Unit of Measure	(kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(%)
Peach Berry Blintz	360	15	5.5	65	260	43	2	20	11	16	0	6	8	8	280	6	2
Cheesy Baked Egg Casserole	280	8	3.5	20	530	33	6	14	0	19	0	30	15	15	540	8	2
Strawberry Chia Oatmeal	300	11	2	0	35	45	6	21	7	9	2	30	15	10	420	10	8
Ciabatta Egg Sandwich	280	10	4.5	130	560	34	5	8	0	14	0	25	15	15	270	0	0
Honey Shrimp Salad	260	14	1.5	25	320	28	5	8	1	10	4	60	15	4	390	15	0
Curry Chicken Salad	470	22	2.5	45	400	48	6	19	3	21	0	6	15	10	390	6	0
Tuscan Bean Soup & Crostata	320	14	3	10	710	36	8	5	1	13	2	10	15	15	1190	4	0
Lou's Bleu Burger	490	17	4.5	120	780	61	5	20	7	25	0	10	25	15	640	2	0
Chile Cazuela with Spanish Rice	350	9	3.5	15	340	56	5	5	0	13	2	40	10	15	430	20	2
Penne "Vodka" Meatballs	420	16	4.5	55	350	49	9	7	1	24	2	30	20	10	890	20	4
Chicken Linguini Alfredo	350	11	4.5	60	560	39	4	10	0	25	2	110	8	20	720	0	0
Honey Peach BBQ Chicken	470	12	4.5	120	400	50	3	11	5	40	4	4	10	15	920	15	6
Average	362.5	13.3	3.7	55.4	437.1	43.5	5.3	12.3	3.0	19.1	1.5	30.1	14.3	12.7	590.0	8.8	2.0
Daily Average	1088	39.8	11.0	166.3	1311.3	130.5	16.0	37.0	9.0	57.3	4.5	90.3	42.8	38.0	1770.0	26.5	6.0
W 16 oz skim milk	1248	39.75	11	176.25	1511.3	154.5	16	61.0	9	75.25	34.5	90.25	42.75	88	2570	96.5	206

Menu E 05/05/2025

Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	Vitamin A	Vitamin C	Iron	Calcium	Potassium	Phosphorus	Vitamin D
Unit of Measure	(kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(%)
Egg & Feta Tart	300	17	7	140	520	26	4	11	0	14	2	6	6	10	220	4	0
Bacon & Cheddar Clafoutis	340	15	4	30	340	32	3	6	0	16	10	50	25	20	1190	15	8
Morning Protein Plate	430	21	6	195	360	47	6	21	3	18	2	30	25	20	460	6	0
Bacon & Egg Bagel Sandwich	330	12	3	160	530	42	6	12	0	21	2	80	15	6	540	4	0
Chicken Gyro Bowl	410	13	1.5	65	480	40	4	2	0	30	2	25	20	10	310	4	0
Pecan-Cranberry Mixed Green Salad	460	33	4.5	15	160	33	7	19	15	10	4	10	10	20	280	8	0
Homestyle Roasted Turkey Sandwich	360	6	3	70	340	55	5	22	8	24	2	8	15	6	450	15	2
Chipotle Black Bean Burger	470	25	3.5	5	510	51	11	16	9	16	2	10	20	10	740	2	0

BBQ Meatloaf & Cheddar Mash	400	19	5.5	60	470	39	4	13	6	21	2	15	15	10	690	20	6
Tortellini Pomodoro	280	10	3.5	50	560	35	5	12	3	12	2	15	15	20	370	4	0
Cajun Shrimp Etoufee	350	13	4.5	140	530	39	4	7	1	22	2	20	8	8	570	8	2
Chicken Matzo Ball Soup	520	20	5.5	95	370	53	4	18	10	33	4	6	30	4	810	6	2
Average	387.5	17.0	4.3	85.4	430.8	41.0	5.3	13.3	4.6	19.8	3.0	22.9	17.0	12.0	552.5	8.0	1.7
Daily Average	1163	51.0	12.9	256.3	1292.5	123.0	15.8	39.8	13.8	59.3	9.0	68.8	51.0	36.0	1657.5	24.0	5.0
W 16 oz skim milk	1323	51	12.875	266.25	1492.5	147.0	15.75	63.8	13.75	77.25	39	68.75	51	86	2457.5	94	205

Menu G 05/12/2025

Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	Vitamin A	Vitamin C	Iron	Calcium	Potassium	Phosphorus	Vitamin D
Unit of Measure	(kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(%)
Wheat Croissant with Brie	480	26	8	40	360	54	7	31	4	13	0	8	10	10	510	15	0
Superfood Brioche French Toast	250	10	3.5	30	220	33	3	18	6	7	2	2	30	6	180	2	2
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 Cre	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 Chicken with Quinoa Pilaf	440	18	4.5	115	740	24	5	6	0	44	4	45	10	25	940	15	2
Loaded Quesadilla & Tortilla Soup	380	19	4	55	810	34	4	4	0	21	2	6	10	25	250	15	2
Pecan and Poppyseed Chicken Salad	370	19	2	35	290	25	3	9	0	25	2	4	10	6	290	4	0
Mediterranean Lunch Box	430	19	3	80	540	31	7	4	0	36	0	4	15	15	620	20	2
Pierogi in Mushroom & Tomato Gravy	310	7	3	20	400	53	3	8	3	11	2	35	15	6	530	6	2
Salmon with Creamy Dill Sauce	370	13	4.5	65	440	34	4	6	0	30	2	40	10	6	830	10	4
Turkey Orzo Bake	310	14	4.5	50	330	28	2.5	9	3	18	2	4	10	10	340	8	2
Average	349.2	15.0	4.1	52.5	471.7	34.2	4.4	11.3	2.0	20.4	1.7	16.3	12.3	12.9	499.2	9.1	1.5
Daily Average	1048	45.0	12.4	157.5	1415.0	102.5	13.1	33.8	6.0	61.3	5.0	48.8	36.8	38.8	1497.5	27.3	4.5
W 16 oz skim milk	1208	45	12.375	167.5	1615.0	126.5	13.125	57.8	6	79.25	35	48.75	36.75	88.75	2297.5	97.25	204.5

Menu I 05/19/2025

Meal Name	Calories	Fat	Sat Fat	Cholesterol	Sodium	Carbs	Fiber	Sugar	Added Sugars	Protein	Vitamin A	Vitamin C	Iron	Calcium	Potassium	Phosphorus	Vitamin D
Unit of Measure	(kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(%)
"Chorizo" and Egg Breakfast Taco	260	8	2	130	380	37	5	8	2	11	15	20	10	8	540	8	0
Chocolate Pancake with Citrus Mascarpone	330	15	5.5	20	135	45	3	23	9	7	0	2	15	8	300	10	2
Blueberry Almond Torta	410	15	3	55	390	57	5	40	13	14	0	70	10	10	400	4	2
Open-Faced Breakfast Sandwich	300	18	6	180	580	19	2	5	0	15	10	15	8	15	320	0	0
Tex-Mex Fish Taco	350	13	3.5	40	550	37	5	4	2	22	0	4	10	15	650	6	0
Smoky Chicken Salad Pita	330	11	1.5	60	420	38	7	9	1	25	2	20	15	10	680	8	0
Fresh Fruit and Cottage Cheese Plate	320	9	4	25	620	37	4	19	0	21	4	40	10	25	660	8	2
Loaded Potato Soup	380	15	7	45	460	48	4	6	1	15	4	10	15	25	520	20	10
Spaghetti Bolognese	320	11	1.5	0	200	43	8	6	0	11	2	8	20	6	500	8	0
Thai Coconut Chicken	440	14	6	40	550	56	2	9	3	20	2	15	30	8	500	4	0
Sundried Tomato & Italian Sausage Flatbread	420	21	4	20	860	41	7	3	2	24	4	35	20	25	630	0	0
Salisbury Steak	330	10	3	65	380	36	7	8	1	25	2	15	20	6	770	25	6
Average	349.2	13.3	3.9	56.7	460.4	41.2	4.9	11.7	2.8	17.5	3.8	21.2	15.3	13.4	539.2	8.4	1.8
Daily Average	1048	40.0	11.8	170.0	1381.3	123.5	14.8	35.0	8.5	52.5	11.3	63.5	45.8	40.3	1617.5	25.3	5.5
W 16 oz skim milk	1208	40	11.75	180	1581.3	147.5	14.75	59.0	8.5	70.5	41.25	63.5	45.75	90.25	2417.5	95.25	205.5

Seattle Sutton's Healthy Eating

1200 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	Vitamin A	Vitamin C	Iron	Calcium	Potassium	Phosphorus	Vitamin D
Unit of Measure	(kcal)	(g)	(g)	(mg)	(mg)	(g)	(g)	(g)	(g)	(g)	(%)	(%)	(%)	(%)	(mg)	(%)	(%)
Menu A 04/21/2025	1270.0	49.0	13.2	265.0	1453.3	139.3	14.0	61.7	12.0	73.7	39.3	59.7	46.3	91.3	2313.3	98.0	206.0
Menu C 04/28/2025	1196.7	40.0	10.2	108.3	1368.3	149.7	17.0	60.3	8.0	68.0	34.7	107.3	40.3	85.7	2550.0	99.7	206.0
Menu E 05/05/2025	1270.0	49.0	13.2	265.0	1453.3	139.3	14.0	61.7	12.0	73.7	39.3	59.7	46.3	91.3	2313.3	98.0	206.0
Menu G 05/12/2025	1236.7	44.0	12.7	158.3	1660.0	132.3	14.0	59.0	6.7	82.7	34.7	60.3	41.7	94.3	2386.7	101.0	205.3
Menu I 05/19/2025	1220.0	39.0	10.3	140.0	1568.3	154.3	15.3	64.3	10.7	69.7	39.7	71.3	46.7	88.3	2420.0	88.7	202.0



For questions regarding this nutritional analysis, please contact the dietitians at
Seattle Sutton's Healthy Eating
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1200 Calorie Plan Monday 4-Day Plan Including 2 servings of Non-Fat Milk/Day	
Calories	1239 kcal
Total Fat	44.2 g
Saturated Fat	12 g
Trans Fat	0 g
Cholesterol	187.3 mg
Sodium	1501 mg
Total Carbohydrates	143.0 g
Dietary Fiber	16.9 g
Total Sugars	61.4 g
Added Sugars	9.9 g
Protein	73.5 g
Vitamin D	205.1 mcg
Calcium (%)	90.20 %
Iron (%)	44.27 %
Potassium	2396.7 mcg
Macronutrient Breakdown	
Fats	32%
Carbohydrates	46%
Protein	24%

1200 Calorie Plan Monday 4-Day Plan WITHOUT MILK SERVINGS	
Calories	1078.7 kcal
Total Fat	44.2 g
Saturated Fat	12 g
Trans Fat	0 g
Cholesterol	177.3 mg
Sodium	1301 mg
Total Carbohydrates	119.0 g
Dietary Fiber	16.9 g
Total Sugars	37.4 g
Includes Added !	9.9 g
Protein	55.5 g
Vitamin D	5.1 mcg
Calcium (%)	40.20 %
Iron (%)	44.27 %
Potassium	1596.7 mcg
Macronutrient Breakdown	
Fats	36%
Carbohydrates	44%
Protein	21%

The 1200 calorie plan is recommended with 2 glasses of Skim/Nonfat Milk

Skim Milk Additions		
Amount	8 oz	16 oz
Calories	80 kcal	160 kcal
Total Fat	0 g	0 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	10 mg	20 mg
Sodium	100	200
Total Carbohydrates	12 g	24 g
Dietary Fiber	0 g	0 g
Total Sugars	12 g	24 g
Includes Added Sugars	0 g	0 g
Protein	9 g	18 g
Vitamin D	100 mcg	200mcg
Calcium (%)	25%	50%
Iron (%)	0%	0%
Potassium	400 mcg	800 mcg