

Seattle Sutton's Healthy Eating

1500 Calorie Plant-Based Vegetarian 7-Day Menu & Meal Plan Nutrition Averages

Menu A 03/17/2025

| 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) | (%) | (mcg) |
| Biscuits & Vegetarian Gravy | 490 | 21 | 8 | 155 | 660 | 61 | 4 | 28 | 4 | 16 | 2 | 10 | 20 | 30 | 640 | 2 | 2 |
| 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 | 390 | 10 | 2 | 0 | 60 | 64 | 7 | 43 | 20 | 13 | 0 | 35 | 40 | 15 | 520 | 15 | 0 |
| 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 | 290 | 16 | 5.5 | 35 | 580 | 21 | 4 | 7 | 0 | 15 | 2 | 15 | 6 | 35 | 500 | 20 | 2 |
| 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 Sauce | 440 | 12 | 3 | 15 | 700 | 64 | 8 | 22 | 10 | 19 | 2 | 20 | 20 | 15 | 710 | 10 | 2 |
| Nona Sutton's Lasagna | 480 | 24 | 7.5 | 65 | 730 | 39 | 5 | 14 | 0 | 26 | 6 | 8 | 20 | 35 | 930 | 15 | 0 |
| Average | 444.4 | 18.7 | 4.9 | 43.3 | 544.4 | 51.4 | 5.8 | 17.3 | 5.4 | 19.6 | 2.0 | 14.7 | 21.2 | 18.9 | 634.4 | 10.9 | 1.3 |
| Daily Average | 1333.3 | 56.0 | 14.7 | 130.0 | 1633.3 | 154.3 | 17.3 | 52.0 | 16.3 | 58.7 | 6.0 | 44.0 | 63.7 | 56.7 | 1903.3 | 32.7 | 4.0 |
| W 24 oz low-fat milk | 1573.3 | 56.0 | 14.7 | 160.0 | 1933.3 | 190.3 | 17.3 | 88.0 | 16.3 | 82.7 | 6.0 | 44.0 | 63.9 | 146.7 | 3049.3 | 509.7 | 349.0 |

Menu B 03/20/2025

| 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) | (%) | (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 | 490 | 21 | 8 | 155 | 660 | 61 | 4 | 28 | 4 | 16 | 2 | 10 | 20 | 30 | 640 | 2 | 2 |
| Chick'n Shawarma Wrap | 260 | 9 | 1.5 | 0 | 290 | 36 | 16 | 11 | 1 | 18 | 0 | 45 | 20 | 15 | 680 | 2 | 0 |
| 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 | 407.5 | 16.4 | 4.5 | 53.3 | 469.2 | 49.9 | 6.9 | 14.9 | 3.7 | 15.5 | 2.3 | 16.6 | 25.0 | 16.9 | 545.8 | 7.2 | 1.0 |
| Daily Average | 1222.5 | 49.3 | 13.4 | 160.0 | 1407.5 | 149.8 | 20.8 | 44.8 | 11.0 | 46.5 | 7.0 | 49.8 | 75.0 | 50.8 | 1637.5 | 21.5 | 3.0 |
| W 24 oz low-fat milk | 1462.5 | 49.3 | 13.4 | 190.0 | 1707.5 | 185.8 | 20.8 | 80.8 | 11.0 | 70.5 | 7.0 | 49.8 | 75.2 | 140.8 | 2783.5 | 498.5 | 348.0 |

Menu C 03/24/2025

| 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) | (%) | (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 |
| Banana Bread Oatmeal | 530 | 16 | 3.5 | 0 | 115 | 89 | 10 | 45 | 9 | 12 | 2 | 15 | 60 | 15 | 700 | 15 | 6 |
| 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 | 440 | 18 | 3 | 0 | 860 | 55 | 12 | 8 | 1 | 15 | 4 | 15 | 20 | 10 | 740 | 6 | 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 | 450 | 12 | 4 | 15 | 760 | 56 | 15 | 6 | 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 |
| Average | 451.1 | 16.6 | 4.2 | 21.7 | 543.9 | 57.0 | 8.4 | 17.0 | 3.4 | 20.7 | 2.2 | 28.8 | 23.9 | 16.2 | 684.4 | 11.6 | 2.4 |
| Daily Average | 1353.3 | 49.7 | 12.5 | 65.0 | 1631.7 | 171.0 | 25.3 | 51.0 | 10.3 | 62.0 | 6.7 | 86.3 | 71.7 | 48.7 | 2053.3 | 34.7 | 7.3 |
| W 24 oz low-fat milk | 1593.3 | 49.7 | 12.5 | 95.0 | 1931.7 | 207.0 | 25.3 | 87.0 | 10.3 | 86.0 | 6.7 | 86.3 | 71.9 | 138.7 | 3199.3 | 511.7 | 352.3 |

Menu D 03/27/2025

| 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) | (%) | (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 | 44.3 | 16.0 | 105.0 | 1515.0 | 151.3 | 19.8 | 51.5 | 13.8 | 53.0 | 10.0 | 114.5 | 63.5 | 56.5 | 1957.5 | 31.3 | 8.8 |
| W 24 oz low-fat milk | 1432.5 | 44.3 | 16.0 | 135.0 | 1815.0 | 187.3 | 19.8 | 87.5 | 13.8 | 77.0 | 10.0 | 114.5 | 63.7 | 146.5 | 3103.5 | 508.3 | 353.8 |

Menu E 03/31/2025

| 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) | (%) | (mcg) |
| Egg & Feta Tart | 500 | 28 | 11.5 | 210 | 800 | 35 | 5 | 12 | 0 | 26 | 2 | 15 | 20 | 25 | 520 | 6 | 0 |
| Haystack Breakfast | 480 | 9 | 4.5 | 35 | 620 | 65 | 4 | 30 | 22 | 25 | 2 | 6 | 15 | 25 | 660 | 15 | 10 |
| Morning Protein Plate | 430 | 21 | 6 | 195 | 360 | 47 | 6 | 21 | 3 | 18 | 2 | 30 | 25 | 20 | 460 | 6 | 0 |
| Falafel Bowl | 540 | 16 | 1 | 0 | 660 | 79 | 8 | 6 | 0 | 19 | 2 | 35 | 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 |
| 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 |
| Average | 460.0 | 19.7 | 5.4 | 64.4 | 495.6 | 54.4 | 6.9 | 17.3 | 7.9 | 17.3 | 3.3 | 20.7 | 21.7 | 18.1 | 604.4 | 10.0 | 2.0 |
| Daily Average | 1380.0 | 59.0 | 16.2 | 193.3 | 1486.7 | 163.3 | 20.7 | 52.0 | 23.7 | 52.0 | 10.0 | 62.0 | 65.0 | 54.3 | 1813.3 | 30.0 | 6.0 |
| W 24 oz low-fat milk | 1620.0 | 59.0 | 16.2 | 223.3 | 1786.7 | 199.3 | 20.7 | 88.0 | 23.7 | 76.0 | 10.0 | 62.0 | 65.2 | 144.3 | 2959.3 | 507.0 | 351.0 |

Menu F 04/03/2025

| 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) | (%) | (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 | 0 |
| 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 | 390 | 9 | 4.5 | 25 | 790 | 48 | 9 | 9 | 0 | 27 | 6 | 25 | 20 | 15 | 890 | 4 | 4 |
| Butternut Squash Ravioli | 480 | 24 | 9 | 80 | 540 | 51 | 8 | 11 | 3 | 17 | 10 | 35 | 20 | 25 | 550 | 15 | 4 |
| Pasta Verde with Guajillo Garbanzos | 420 | 13 | 4.5 | 25 | 200 | 62 | 10 | 11 | 0 | 15 | 2 | 60 | 15 | 8 | 890 | 4 | 2 |
| Vegetable Noodle Soup | 320 | 9 | 4 | 15 | 520 | 50 | 10 | 17 | 9 | 10 | 2 | 8 | 35 | 6 | 520 | 15 | 2 |
| Average | 429.2 | 17.3 | 5.1 | 47.9 | 567.9 | 51.3 | 6.8 | 17.3 | 7.4 | 18.3 | 3.3 | 37.3 | 28.3 | 18.8 | 630.8 | 11.8 | 1.7 |
| Daily Average | 1287.5 | 51.8 | 15.4 | 143.8 | 1703.8 | 153.8 | 20.5 | 51.8 | 22.3 | 54.8 | 10.0 | 112.0 | 85.0 | 56.3 | 1892.5 | 35.3 | 5.0 |
| W 24 oz low-fat milk | 1527.5 | 51.8 | 15.4 | 173.8 | 2003.8 | 189.8 | 20.5 | 87.8 | 22.3 | 78.8 | 10.0 | 112.0 | 85.2 | 146.3 | 3038.5 | 512.3 | 350.0 |

| Menu G 04/07/2025 | | | | | | | | | | | | | | | | | | |
|--------------------------------------|----------|------|----------|-------------|--------|-------|-------|-------|--------------|---------|-----------|-----------|------|---------|-----------|------------|-----------|--|
| 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) | (%) | (mcg) | |
| Wheat Croissant with Figs and Brie | 360 | 14 | 7.5 | 40 | 370 | 57 | 7 | 37 | 4 | 9 | 0 | 10 | 6 | 6 | 440 | 4 | 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 | 230 | 6 | 3 | 20 | 440 | 18 | 2 | 4 | 0 | 20 | 0 | 6 | 10 | 25 | 380 | 0 | 0 | |
| Broccoli Cheddar Fritter | 340 | 14 | 4.5 | 20 | 430 | 44 | 7 | 24 | 7 | 12 | 2 | 35 | 15 | 15 | 520 | 10 | 2 | |
| Vegetarian Chick'n Schnitzel | 530 | 11 | 2.5 | 50 | 620 | 76 | 8 | 5 | 1 | 26 | 0 | 15 | 35 | 8 | 600 | 6 | 0 | |
| Vegetables & Dumplings | 260 | 5 | 2.5 | 25 | 340 | 49 | 7 | 15 | 9 | 9 | 10 | 15 | 15 | 20 | 370 | 4 | 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 | |
| Average | 430.0 | 14.3 | 4.7 | 33.9 | 560.0 | 59.0 | 6.6 | 16.6 | 5.7 | 17.9 | 2.2 | 19.9 | 24.0 | 14.3 | 544.4 | 7.1 | 1.1 | |
| Daily Average | 1290.0 | 43.0 | 14.2 | 101.7 | 1680.0 | 177.0 | 19.7 | 49.7 | 17.0 | 53.7 | 6.7 | 59.7 | 72.0 | 43.0 | 1633.3 | 21.3 | 3.3 | |
| W 24 oz low-fat milk | 1530.0 | 43.0 | 14.2 | 131.7 | 1980.0 | 213.0 | 19.7 | 85.7 | 17.0 | 77.7 | 6.7 | 59.7 | 72.2 | 133.0 | 2779.3 | 498.3 | 348.3 | |
| Menu H 04/10/2025 | | | | | | | | | | | | | | | | | | |
| 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) | (%) | (mcg) | |
| Cheddar & Sausage Breakfast Casser | 510 | 25 | 4.5 | 20 | 490 | 51 | 9 | 18 | 0 | 24 | 2 | 8 | 20 | 25 | 660 | 20 | 2 | |
| Harvest Breakfast Bread | 670 | 21 | 2 | 15 | 480 | 50 | 3 | 25 | 15 | 14 | 0 | 4 | 15 | 8 | 360 | 8 | 2 | |
| Cowboy Skillet | 240 | 10 | 4 | 15 | 380 | 25 | 5 | 12 | 0 | 15 | 4 | 100 | 15 | 20 | 520 | 8 | 10 | |
| Potato Pancakes with Smoked Veggies | 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 | 4 | |
| 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 | 25 | 380 | 60 | 6 | 4 | 1 | 12 | 0 | 6 | 20 | 6 | 840 | 10 | 2 | |
| Penne Al Forno | 370 | 10 | 3.5 | 20 | 550 | 36 | 9 | 9 | 0 | 18 | 2 | 80 | 15 | 25 | 590 | 8 | 0 | |
| Veggie Orzo Bake | 340 | 4 | 1 | 0 | 540 | 64 | 13 | 19 | 2 | 14 | 15 | 80 | 30 | 20 | 900 | 15 | 0 | |
| Average | 398.3 | 13.6 | 3.7 | 41.3 | 447.5 | 44.8 | 6.2 | 13.6 | 3.6 | 15.9 | 4.6 | 30.3 | 16.7 | 14.7 | 592.1 | 11.2 | 3.1 | |
| Daily Average | 1195.0 | 40.8 | 11.1 | 123.8 | 1342.5 | 134.3 | 18.5 | 40.8 | 10.8 | 47.8 | 13.8 | 90.8 | 50.0 | 44.0 | 1776.3 | 33.5 | 9.3 | |
| W 24 oz low-fat milk | 1435.0 | 40.8 | 11.1 | 153.8 | 1642.5 | 170.3 | 18.5 | 76.8 | 10.8 | 71.8 | 13.8 | 90.8 | 50.2 | 134.0 | 2922.3 | 510.5 | 354.3 | |
| Menu I 04/14/2025 | | | | | | | | | | | | | | | | | | |
| 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) | (%) | (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 Masc | 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 | |
| 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 | |
| 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 | |
| Average | 425.6 | 15.8 | 4.7 | 31.7 | 501.1 | 55.9 | 6.9 | 16.6 | 4.7 | 17.2 | 4.1 | 27.3 | 19.8 | 17.1 | 658.9 | 9.4 | 1.1 | |
| Daily Average | 1276.7 | 47.3 | 14.2 | 95.0 | 1503.3 | 167.7 | 20.7 | 49.7 | 14.0 | 51.7 | 12.3 | 82.0 | 59.3 | 51.3 | 1976.7 | 28.3 | 3.3 | |
| W 24 oz low-fat milk | 1516.7 | 47.3 | 14.2 | 125.0 | 1803.3 | 203.7 | 20.7 | 85.7 | 14.0 | 75.7 | 12.3 | 82.0 | 59.6 | 141.3 | 3122.7 | 505.3 | 348.3 | |

Menu J 04/17/2025

| 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) | (%) | (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 | 0 |
| 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 | 530 | 20 | 3 | 30 | 790 | 69 | 8 | 12 | 6 | 16 | 2 | 30 | 25 | 10 | 630 | 6 | 0 |
| 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 | 300 | 7 | 3 | 10 | 260 | 49 | 15 | 16 | 4 | 14 | 2 | 70 | 25 | 8 | 890 | 20 | 2 |
| Honey Garlic Chickpea Bowl | 420 | 14 | 6.5 | 25 | 260 | 62 | 8 | 15 | 0 | 12 | 4 | 6 | 15 | 10 | 590 | 10 | 2 |
| Peppered Lentil Salisbury Steak | 390 | 11 | 4 | 10 | 440 | 50 | 13 | 8 | 1 | 22 | 2 | 15 | 30 | 6 | 940 | 20 | 2 |
| Average | 415.0 | 15.8 | 5.3 | 64.2 | 405.4 | 54.3 | 8.8 | 16.8 | 5.8 | 15.9 | 4.5 | 20.9 | 22.1 | 14.9 | 650.0 | 13.2 | 3.3 |
| Daily Average | 1245.0 | 47.3 | 15.9 | 192.5 | 1216.3 | 163.0 | 26.5 | 50.3 | 17.5 | 47.8 | 13.5 | 62.8 | 66.3 | 44.8 | 1950.0 | 39.5 | 9.8 |
| W 24 oz low-fat milk | 1485.0 | 47.3 | 15.9 | 222.5 | 1516.3 | 199.0 | 26.5 | 86.3 | 17.5 | 71.8 | 13.5 | 62.8 | 66.5 | 134.8 | 3096.0 | 516.5 | 354.8 |

Seattle Sutton's Healthy Eating

1500 Calorie Plant-Based Vegetarian 7-Day 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) | (%) | (mcg) |
| Menu A 03/17/2025 | 1573 | 56.0 | 14.7 | 160.0 | 1933.3 | 190.3 | 17.3 | 88.0 | 16.3 | 82.7 | 6.0 | 44.0 | 63.9 | 146.7 | 3049.3 | 509.7 | 349.0 |
| Menu B 03/20/2025 | 1463 | 49.3 | 13.4 | 190.0 | 1707.5 | 185.8 | 20.8 | 80.8 | 11.0 | 70.5 | 7.0 | 49.8 | 75.2 | 140.8 | 2783.5 | 498.5 | 348.0 |
| Menu A & B Average | 1526 | 53.1 | 14.1 | 172.9 | 1836.5 | 188.4 | 18.8 | 87.2 | 14.0 | 77.5 | 6.4 | 46.5 | 68.7 | 144.1 | 2935.4 | 504.9 | 348.6 |
| Menu C 03/24/2025 | 1593 | 49.7 | 12.5 | 95.0 | 1931.7 | 207.0 | 25.3 | 87.0 | 10.3 | 86.0 | 6.7 | 86.3 | 71.9 | 138.7 | 3199.3 | 511.7 | 352.3 |
| Menu D 03/27/2025 | 1433 | 44.3 | 16.0 | 135.0 | 1815.0 | 187.3 | 19.8 | 87.5 | 13.8 | 77.0 | 10.0 | 114.5 | 63.7 | 146.5 | 3103.5 | 508.3 | 353.8 |
| Menu C & D Average | 1524 | 47.3 | 14.0 | 112.1 | 1881.7 | 198.5 | 22.9 | 87.2 | 11.8 | 82.1 | 8.1 | 98.4 | 68.4 | 142.0 | 3158.3 | 510.2 | 352.9 |
| Menu E 03/31/2025 | 1620 | 59.0 | 16.2 | 223.3 | 1786.7 | 199.3 | 20.7 | 88.0 | 23.7 | 76.0 | 10.0 | 62.0 | 65.2 | 144.3 | 2959.3 | 507.0 | 351.0 |
| Menu F 04/03/2025 | 1528 | 51.8 | 15.4 | 173.8 | 2003.8 | 189.8 | 20.5 | 87.8 | 22.3 | 78.8 | 10.0 | 112.0 | 85.2 | 146.3 | 3038.5 | 512.3 | 350.0 |
| Menu E & F Average | 1580 | 55.9 | 15.8 | 202.1 | 1879.7 | 195.2 | 20.6 | 87.9 | 23.1 | 77.2 | 10.0 | 83.4 | 73.8 | 145.2 | 2993.3 | 509.3 | 350.6 |
| Menu G 04/07/2025 | 1530 | 43.0 | 14.2 | 131.7 | 1980.0 | 213.0 | 19.7 | 85.7 | 17.0 | 77.7 | 6.7 | 59.7 | 72.2 | 133.0 | 2779.3 | 498.3 | 348.3 |
| Menu H 04/10/2025 | 1435 | 40.8 | 11.1 | 153.8 | 1642.5 | 170.3 | 18.5 | 76.8 | 10.8 | 71.8 | 13.8 | 90.8 | 50.2 | 134.0 | 2922.3 | 510.5 | 354.3 |
| Menu G & H Average | 1489 | 42.0 | 11.5 | 141.1 | 1835.4 | 194.7 | 19.2 | 81.8 | 14.3 | 75.1 | 9.7 | 73.0 | 62.8 | 133.4 | 2840.6 | 503.5 | 350.9 |
| Menu I 04/14/2025 | 1517 | 47.3 | 14.2 | 125.0 | 1803.3 | 203.7 | 20.7 | 85.7 | 14.0 | 75.7 | 12.3 | 82.0 | 59.6 | 141.3 | 3122.7 | 505.3 | 348.3 |
| Menu J 04/17/2025 | 1485 | 47.3 | 15.9 | 222.5 | 1516.3 | 199.0 | 26.5 | 86.3 | 17.5 | 71.8 | 13.5 | 62.8 | 66.5 | 134.8 | 3096.0 | 516.5 | 354.8 |
| Menu I & J Average | 1503 | 47.3 | 14.7 | 166.8 | 1680.3 | 201.7 | 23.2 | 85.9 | 15.5 | 74.0 | 12.8 | 73.8 | 62.5 | 138.5 | 3111.2 | 510.1 | 351.1 |



For questions regarding this nutritional analysis, please contact the dietitians at Seattle Sutton's Healthy Eating
1-815-780-2060
Dietitians@sshe.com

| 1500 Calorie Plan Daily Average WITH Milk Servings | |
|--|------------|
| Calories | 1525 kcal |
| Total Fat | 47 g |
| Saturated Fat | 14 g |
| Trans Fat | 0 g |
| Cholesterol | 159.0 mg |
| Sodium | 1823 mg |
| Total Carbohydrates | 205.7 g |
| Dietary Fiber | 20.9 g |
| Total Sugars | 86.0 g |
| Added Sugars | 15.7 g |
| Protein | 83.2 g |
| Vitamin D | 350.8 mcg |
| Calcium (%) | 140.65 % |
| Iron (%) | 67.25 % |
| Potassium | 3007.8 mcg |
| Macronutrient Breakdown | |
| Fats | 26% |
| Carbohydrates | 53% |
| Protein | 21% |

| 1500 Calorie Plan Daily Average WITHOUT Milk Servings | |
|---|------------|
| Calories | 1225 kcal |
| Total Fat | 40.0 g |
| Saturated Fat | 9.6 g |
| Trans Fat | 0 g |
| Cholesterol | 129.0 mg |
| Sodium | 1523 mg |
| Total Carbohydrates | 169.7 g |
| Dietary Fiber | 20.9 g |
| Total Sugars | 50.0 g |
| Added Sugars | 15.7 g |
| Protein | 58.3 g |
| Vitamin D | 5.8 mcg |
| Calcium (%) | 50.65 % |
| Iron (%) | 67.03 % |
| Potassium | 1861.8 mcg |
| Macronutrient Breakdown | |
| Fats | 28% |
| Carbohydrates | 53% |
| Protein | 19% |

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 |
| 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 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 |