

Seattle Sutton's Healthy Eating

1500 Calorie Plant-Based Vegetarian Meal Plan

4-Day THURSDAY Menu & Meal Plan Nutrition Averages

Menu B 08/07/2025

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 Fonduta	400	10	4.5	30	800	45	6	18	2	29	0	35	20	30	650	4	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
Vegetables & Dumplings	290	5	2.5	20	480	54	7	16	10	10	10	20	15	6	510	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
Rasperry Goat Cheese Salad	320	16	6.5	15	180	36	4	25	12	8	6	10	10	6	370	10	2
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	403.3	16.2	5.0	56.3	465.8	49.9	5.8	16.5	5.3	14.2	3.3	14.1	24.2	15.8	491.7	7.8	1.3
Daily Average	1210	48.5	14.875	168.75	1397.5	149.75	17.5	49.5	16	42.5	10	42.25	72.5	47.5	1475	23.5	4
W 24 oz low-fat milk	1528	55.4	19.075	198.75	1697.5	188.75	17.5	85.5	16	67.1	40	54.25	72.5	137.5	2375	773.5	304

Menu D 08/14/2025

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)
Spinach & Cheese Frittata	280	6	3	10	550	35	4	7	0	21	6	110	45	20	1200	20	0
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	280	10	4.5	130	550	34	5	8	0	14	0	25	15	15	270	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
Sofrito Tofu	330	10	1.5	0	450	47	6	4	0	15	2	20	25	15	620	10	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	389.2	14.9	5.3	35.0	486.7	49.2	6.2	16.9	4.6	16.6	3.2	37.8	20.3	19.0	644.2	10.9	2.8
Daily Average	1167.5	44.75	15.75	105	1460	147.5	18.5	50.75	13.75	49.75	9.5	113.25	61	57	1932.5	32.75	8.25
W 24 oz low-fat milk	1485.5	51.65	19.95	135	1760	186.5	18.5	86.75	13.75	74.35	39.5	125.25	61	147	2832.5	782.75	308.25

Menu F 08/21/2025																		
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)	
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	560	33	10	55	750	58	4	18	7	18	4	4	8	35	710	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	10	560	63	13	25	15	18	2	15	20	15	890	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	440.8	18.3	4.9	46.3	583.8	52.7	6.8	17.5	7.3	18.6	3.0	37.8	26.5	18.3	665.0	12.7	2.8	
Daily Average	1322.5	54.75	14.75	138.75	1751.25	158	20.25	52.5	22	55.75	9	113.25	79.5	55	1995	38	8.5	
W 24 oz low-fat milk	1640.5	61.65	18.95	168.75	2051.25	197	20.25	88.5	22	80.35	39	125.25	79.5	145	2895	788	308.5	

Menu H 08/28/2025																		
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)	
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	220	8	4	15	440	21	5	12	0	16	4	100	15	15	510	8	0	
Potato Pancakes with Smoked Veggii	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	7	140	800	65	7	20	6	32	4	20	20	25	1090	10	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 Bake	390	13	4.5	30	290	59	4.5	14	4	11	2	15	15	6	670	8	2	
Average	372.5	12.9	4.0	44.6	410.8	45.6	5.7	14.6	4.4	15.9	3.7	22.8	16.7	12.8	570.4	10.6	2.6	
Daily Average	1117.5	38.75	12	133.75	1232.5	136.75	17.125	43.75	13.25	47.75	11	68.5	50	38.5	1711.25	31.75	7.75	
W 24 oz low-fat milk	1435.5	45.65	16.2	163.75	1532.5	175.75	17.125	79.75	13.25	72.35	41	80.5	50	128.5	2611.25	781.75	307.75	

Menu J 09/04/2025																		
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)	
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	130	290	35	10	10	1	13	2	50	15	4	480	8	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	550	26	7	50	760	63	8	11	2	15	4	60	25	10	930	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	14	4	20	260	76	10	20	13	11	20	30	25	8	850	10	2	
Traditional Cottage Pie	330	8	2.5	10	450	52	15	17	4	14	2	70	25	8	1020	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	419.2	16.4	5.6	61.3	422.1	53.7	9.1	16.3	5.3	16.0	4.7	23.4	22.5	14.9	690.8	14.0	3.4	
Daily Average	1257.5	49.25	16.75	183.75	1266.25	161	27.25	49	15.75	48	14	70.25	67.5	44.75	2072.5	42	10.25	
W 24 oz low-fat milk	1575.5	56.15	20.95	213.75	1566.25	200	27.25	85	15.75	72.6	44	82.25	67.5	134.75	2972.5	792	310.25	

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	Cholestero	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 08/07/2025	1528.0	55.4	19.1	198.8	1697.5	188.8	17.5	85.5	16.0	67.1	40.0	54.3	72.5	137.5	2375.0	773.5	304.0
Menu D 08/14/2025	1485.5	51.7	20.0	135.0	1760.0	186.5	18.5	86.8	13.8	74.4	39.5	125.3	61.0	147.0	2832.5	782.8	308.3
Menu F 08/21/2025	1640.5	61.7	19.0	168.8	2051.3	197.0	20.3	88.5	22.0	80.4	39.0	125.3	79.5	145.0	2895.0	788.0	308.5
Menu H 08/28/2025	1435.5	45.7	16.2	163.8	1532.5	175.8	17.1	79.8	13.3	72.4	41.0	80.5	50.0	128.5	2611.3	781.8	307.8
Menu J 09/04/2025	1575.5	56.2	21.0	213.8	1566.3	200.0	27.3	85.0	15.8	72.6	44.0	82.3	67.5	134.8	2972.5	792.0	310.3



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	1533.0 kcal
Total Fat	54.1 g
Saturated Fat	19.0 g
Trans Fat	0.0 g
Cholesterol	176.0 mg
Sodium	1721.5 mg
Total Carbohydrates	189.6 g
Dietary Fiber	20.1 g
Total Sugars	85.1 g
Added Sugars	16.2 g
Protein	73.4 g
Vitamin D	307.8 mcg
Calcium (%)	138.6 %
Iron (%)	66.1 %
Potassium	2737.3 mg
Macronutrient Breakdown	
Fats	31%
Carbohydrates	49%
Protein	19%

1500 Calorie Plan Daily Average WITHOUT Milk Servings	
Calories	1215.0 kcal
Total Fat	47.2 g
Saturated Fat	14.8 g
Trans Fat	#REF! g
Cholesterol	146.0 mg
Sodium	1421.5 mg
Total Carbohydrates	150.6 g
Dietary Fiber	20.1 g
Total Sugars	49.1 g
Includes Added Sugar	16.2 g
Protein	48.8 g
Vitamin D	7.8 mcg
Calcium (%)	48.6 %
Iron (%)	66.1 %
Potassium	1837.3 mcg
Macronutrient Breakdown	
Fats	35%
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