

For the most consistent daily calorie intake, enjoy meals in this suggested order.

Nutrition information is averaged with the addition of 3 servings of low-fat dairy servings. Meals Prepared for Pickup/Ship

Date of 7/3/25. Best consumed by 7/10/25.

Day 1



- **Breakfast - Egg Fonduta**

- Remove items from container. Heat fonduta in microwave for 1 1/2 minutes. Toast bread.
- If preferred, heat fonduta in a toaster oven 1 1/2 minutes or in an air fryer for 4 - 5 minutes at 375 degrees.

- **Lunch - Three-Bean Chili**

- Remove items from container. Heat chili in microwave for 1 - 1 1/2 minutes. Garnish with cheese and enjoy with guacamole and chips.

- ★ **Dinner - Raspberry Goat Cheese Salad**

- Remove items from container. Arrange lettuce on a plate with beets and top with dressing and pistachio mix. Enjoy cookie for dessert.

Day 2

- **Breakfast - Strawberry Cheesecake French Toast**

- Remove items from container. Heat French toast in microwave for 30 seconds, or toast if preferred. Top toast with gelee and cream.

- **Lunch - El Pastor Bowl**

- Remove items from container. Heat garbanzos for 1 - 1 1/2 minutes. Combine remaining ingredients and top with heated garbanzo beans.

- **Dinner - Black Bean Enchilada Bake**

- Remove items from container. Heat enchilada in microwave for 1 1/2 minutes. Enjoy corn salad cold.
- If preferred, heat enchilada in air fryer at 375 degrees for 4 - 5 minutes.

Day 3

- **Breakfast - Wild Blackberry Parfait**

- Enjoy meal cold. Top yogurt with blackberry coulis and granola.

- **Lunch - Vegetables & Dumplings**

- Remove items from container. Heat vegetables and dumplings with peas & carrots in microwave for 1 - 1 1/2 minutes. Enjoy with dessert.

- **Dinner - Rustic Zucchini Cavatappi**

- Remove items from container. Mix the pasta and sauce together; heat in microwave for 2 - 2 1/2 minutes. Top with cheese. Toast roll. Enjoy with dessert.

Day 4

- **Breakfast - Biscuits & Vegetarian Gravy**

- Remove items from container. Toast biscuit, if desired. Heat gravy and egg in microwave for 1 - 1 1/2 minutes. Pour gravy over biscuit and enjoy with egg and fruit.

- **Lunch - Egg Salad on Croissant**

- Slice and toast croissant, assemble as egg salad sandwich and enjoy with fresh fruit.

- **Dinner - Sweet & Sour Tofu**

- Remove items from container. Microwave for 3 minutes.
- If preferred, warm tofu in air fryer for 4 minutes at 375 degrees.

Check out our upcoming menus by clicking on the QR Code!



Keep Healthy On

Vacation



We all know that losing weight and maintaining a healthy lifestyle is hard work. Add in travel — with irregular schedules, tempting foods, and airport lounge cocktails — and it can feel downright impossible. But with a little planning, you can enjoy your trip and stay on track with your goals. Here's how:

Plan Ahead for Snacks. 🍌 Healthy snacks are key for healthy traveling. Bring along healthy snacks like nuts, fruit, whole grain crackers and hummus. If you don't let yourself get too hungry, you will be less likely to indulge in unhealthy fare. A refillable water bottle is a must, too!

Make Movement Part of the Journey. 🏃 Skip the elevators and take the stairs when possible. Many destinations also offer fun ways to stay active: walking tours, bike rentals, even kayak excursions. Explore while you move!

Watch Your Alcohol Intake. 🍹 Sure, it's vacation but certain drinks can really blow a calorie count for the day. A jumbo margarita can contain a whooping 700 calories! If you choose to drink, stick with lighter options like a white wine spritzer or light beer.

☀️ Plan Ahead, Stay Confident ☀️

Healthy travel isn't about restriction, it's about making mindful choices that support how you want to feel. A little prep goes a long way, and the confidence boost you get from sticking to your goals? Totally worth it.



Join the Seattle Sutton's Healthy Eating Facebook Community Group!



SCAN NOW



Celebrating 40 Years
Seattle Sutton's
HEALTHY EATING®

Cheers to 40 Years! Seattle Sutton's Healthy Eating Turns the Big 4-0. We're celebrating four decades of helping people eat better, feel better, and live healthier!

Back in 1985, Seattle Sutton—a compassionate registered nurse—launched a mission to support her husband's patients with nutritious, portion-controlled meals. Fast forward to today, and that small idea has become a trusted go-to for thousands looking to lose weight, eat well, and take control of their health.

From humble beginnings to nationwide impact, we've stayed true to Seattle's vision: **simple, science-backed meals that make healthy living easier.** Here's to the past 40 years—and to many more ahead. Thank you for being part of our journey!



Seattle Sutton's Healthy Eating is proud to honor our US Military, with a 10% off lifetime offer for 5 weeks of our fresh, healthy meals.



The We Salute Benefits Program (formerly Veterans Advantage) is a nationwide benefits program created to provide rewards to the members of those who have served in the United States Military including active military members, retired veterans, members of the National Guard and Reserves.