

Seattle Sutton's Healthy Eating

1500 Calorie Plant-Based Vegetarian Meal Plan

4-Day MONDAY Menu & Meal Plan Nutrition Averages

Menu A 03/17/2025

Meal Name Unit of Measure	Calories (Kcal)	Fat (g)	Sat Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Added Sugar (g)	Protein (g)	Vit A (%)	Vit C (%)	Iron (%)	Calcium (%)	Potassium (mg)	Phosphorus (%)	Vitamin D (mcg)
Biscuits & Vegetarian Gravy	490	21	8	155	660	61	4	28	4	16	2	10	20	30	640	2	2
Chocolate Crepe & Strawberry Sa	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
Biscuits & Vegetarian Gravy	490	21	8	155	660	61	4	28	4	16	2	10	20	30	640	2	2
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
Egg Salad on Croissant	320	19	7	250	360	27	3	11	1	10	6	4	15	4	160	0	0
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 Sauc	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
Sweet & Sour Tofu	560	22	5.5	20	530	77	4	18	6	13	2	6	20	15	360	4	2
Average	447.5	19.2	5.4	67.9	537.5	52.3	5.3	17.8	5.0	17.9	2.3	12.7	20.5	18.3	572.5	8.7	1.3
Daily Average	1342.5	57.5	16.125	203.75	1612.5	157	15.75	53.25	15	53.75	7	38	61.5	54.75	1717.5	26	4
W 24 oz low-fat milk	1660.5	64.4	20.325	233.75	1912.5	196	15.75	89.25	15	78.35	37	50	61.5	144.75	2617.5	776	304

Menu C 03/24/2025

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	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
Ciabatta Egg Sandwich	300	10	4.5	130	550	40	5	12	0	14	0	60	15	15	140	0	0
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
Lou's Bleu Veggie Burger	560	25	6.5	10	950	59	5	18	3	29	0	15	35	15	760	2	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
Homestyle Macaroni and Cheese	560	14	6	35	340	91	9	19	5	23	8	100	25	25	1140	35	10
Average	456.7	16.5	4.5	30.8	561.3	58.6	7.9	16.8	3.3	21.0	2.3	36.2	24.2	16.8	683.3	11.8	2.7
Daily Average	1370	49.5	13.625	92.5	1683.75	175.75	23.75	50.5	9.75	63	7	108.5	72.5	50.25	2050	35.25	8
W 24 oz low-fat milk	1688	56.4	17.825	122.5	1983.75	214.75	23.75	86.5	9.75	87.6	37	120.5	72.5	140.25	2950	785.25	308

Menu E 03/31/2025

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	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
Bagel Breakfast Sandwich	350	13	3	135	790	42	6	12	0	23	2	80	20	6	610	4	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
Chipotle Black Bean Burger	580	31	4.5	25	560	63	12	27	20	17	2	15	20	15	830	4	0
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
Vegetable Noodle Soup	320	9	4	15	520	50	10	17	9	10	2	8	35	6	520	15	2
Average	449.2	19.2	5.0	62.9	527.5	53.8	7.5	17.7	8.3	17.2	3.0	24.1	22.5	15.8	616.7	9.4	1.7
Daily Average	1347.5	57.5	15	188.75	1582.5	161.25	22.5	53	25	51.5	9	72.25	67.5	47.5	1850	28.25	5
W 24 oz low-fat milk	1665.5	64.4	19.2	218.75	1882.5	200.25	22.5	89	25	76.1	39	84.25	67.5	137.5	2750	778.25	305

Menu G 04/07/2025

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)
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
Potato Pancakes with Smoked Veggies	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
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
Poppyseed Sweet Potato Salad	420	16	2.5	10	280	58	6	23	9	11	20	25	20	10	680	15	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
Veggie Orzo Bake	340	4	1	0	540	64	13	19	2	14	15	80	30	20	900	15	0
Average	409.2	13.7	4.3	34.6	543.3	57.1	6.9	16.9	5.3	16.2	4.8	24.2	22.3	13.8	590.0	8.2	0.8
Daily Average	1227.5	41	12.75	103.75	1630	171.25	20.75	50.75	15.75	48.5	14.25	72.5	67	41.25	1770	24.5	2.5
W 24 oz low-fat milk	1545.5	47.9	16.95	133.75	1930	210.25	20.75	86.75	15.75	73.1	44.25	84.5	67	131.25	2670	774.5	302.5

Menu I 04/14/2025

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)
"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 Masci	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
Open-Faced Breakfast Sandwich	330	17	5.5	140	640	22	4	5	1	21	8	15	15	20	480	0	0
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
Loaded Potato Soup	470	16	8	45	540	64	5	8	1	17	4	15	20	30	660	25	15
Spaghetti Bolognese	430	13	1.5	0	260	61	11	8	1	16	2	61	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
Peppered Lentil Salisbury Steak	390	11	4	10	440	50	13	8	1	22	2	15	30	6	940	20	2
Average	418.3	15.5	5.0	40.0	510.8	53.3	7.0	14.2	3.8	17.9	4.3	24.3	20.3	17.5	667.5	10.8	2.3
Daily Average	1255	46.5	15	120	1532.5	159.75	21	42.5	11.25	53.75	12.75	72.75	60.75	52.5	2002.5	32.5	6.75
W 24 oz low-fat milk	1573	53.4	19.2	150	1832.5	198.75	21	78.5	11.25	78.35	42.75	84.75	60.75	142.5	2902.5	782.5	306.75

Seattle Sutton's Healthy Eating

1500 Calorie Plant-Based Vegetarian Meal 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 03/17/2025	1660.5	64.4	20.3	233.8	1912.5	196.0	15.8	89.3	15.0	78.4	37.0	50.0	61.5	144.8	2617.5	776.0	304.0
Menu C 03/24/2025	1688.0	56.4	17.8	122.5	1983.8	214.8	23.8	86.5	9.8	87.6	37.0	120.5	72.5	140.3	2950.0	785.3	308.0
Menu E 03/31/2025	1665.5	64.4	19.2	218.8	1882.5	200.3	22.5	89.0	25.0	76.1	39.0	84.3	67.5	137.5	2750.0	778.3	305.0
Menu G 04/07/2025	1545.5	47.9	17.0	133.8	1930.0	210.3	20.8	86.8	15.8	73.1	44.3	84.5	67.0	131.3	2670.0	774.5	302.5
Menu I 04/14/2025	1573.0	53.4	19.2	150.0	1832.5	198.8	21.0	78.5	11.3	78.4	42.8	84.8	60.8	142.5	2902.5	782.5	306.8



For questions regarding this nutritional analysis, please contact the dietitians at Seattle Sutton's Healthy Eating

1-815-780-2060
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1500 Calorie Plan Daily Average WITH Milk Servings	
Calories	1626.5 kcal
Total Fat	56.2 g
Saturated Fat	18.3 g
Trans Fat	0.0 g
Cholesterol	171.8 mg
Sodium	1908.3 mg
Total Carbohydrates	204.0 g
Dietary Fiber	20.8 g
Total Sugars	86.0 g
Added Sugars	15.4 g
Protein	78.7 g
Vitamin D	305.3 mcg
Calcium (%)	139.3 %
Iron (%)	65.9 %
Potassium	2778.0 mg
Macronutrient Breakdown	
Fats	28%
Carbohydrates	51%
Protein	20%

1500 Calorie Plan Daily Average WITHOUT Milk Servings	
Calories	1308.5 kcal
Total Fat	49.3 g
Saturated Fat	14.1 g
Trans Fat	#REF! g
Cholesterol	141.8 mg
Sodium	1593.3 mg
Total Carbohydrates	165.0 g
Dietary Fiber	20.8 g
Total Sugars	50.0 g
Includes Added Sugar	15.4 g
Protein	54.1 g
Vitamin D	5.3 mcg
Calcium (%)	49.3 %
Iron (%)	65.9 %
Potassium	1878.0 mcg
Macronutrient Breakdown	
Fats	34%
Carbohydrates	50%
Protein	17%

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