

## Seattle Sutton's Healthy Eating

# 2000 Calorie 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 Sugars (g)	Protein (g)	Vit A (%)	Vit C (%)	Iron (%)	Calcium (%)	Potassium (mg)	Phosphorus (%)	Vitamin D (mcg)
Open-Faced Asparagus & Gruyere Ome	450	8	2.5	10	750	64	6	17	4	26	2	15	25	15	470	6	0
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	540	13	3	5	85	91	10	62	28	18	2	60	50	20	760	20	0
Biscuits & Sausage Gravy	590	30	10	300	800	61	5	27	4	21	2	10	25	30	710	2	2
Moroccan Chicken Skewers	710	18	3	120	340	76	12	18	7	59	0	15	40	10	930	45	2
Baja Tinga Wrap	460	14	4.5	60	620	57	10	5	0	29	2	15	15	15	810	8	4
Margherita Pizza	560	31	12.5	50	840	45	8	20	0	25	2	25	15	50	800	30	2
Chicken Salad on Croissant	400	21	7	105	380	29	3	11	1	22	6	6	8	2	280	0	0
Crab-Stuffed Flounder	500	16	4	65	900	61	5	7	1	29	6	20	15	15	1060	10	4
Roast Turkey in Dijon Cream Sauce	590	10	4	145	570	66	9	24	10	55	4	30	25	20	1330	40	6
Nona Sutton's Lasagna	480	24	7.5	65	730	39	5	14	0	26	6	8	20	35	930	15	0
Sweet & Sour Chicken	710	23	5.5	55	590	102	9	17	6	22	2	130	45	8	410	4	2
Average	552.5	19.8	5.6	88.3	592.9	63.8	7.2	20.3	5.7	29.5	2.8	28.2	24.4	18.7	731.7	15.8	1.8
Daily Average	1657.5	59.5	16.75	265	1778.75	191.25	21.5	60.75	17	88.5	8.5	84.5	73.25	56	2195	47.5	5.5
W 24 oz low-fat milk	1975.5	66.4	20.95	295	2078.75	227.25	21.5	96.75	17	113.1	38.5	96.5	73.25	146	3095	797.5	305.5

### 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	580	23	8	105	360	69	3	30	18	25	2	8	10	10	360	8	2
Cheesy Baked Egg Casserole	520	15	7	40	1060	56	8	20	0	38	2	35	25	30	820	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	550	19	9	260	1100	69	6	15	0	27	0	80	30	30	180	0	0
Honey Shrimp Salad	330	16	1.5	30	370	39	6	13	1	14	6	100	20	8	570	20	0
Curry Chicken Salad	770	34	4	60	660	87	11	33	5	32	0	10	25	15	600	10	0
Tuscan Bean Soup & Crostata	510	22	4	10	930	64	13	10	3	16	4	20	25	15	800	8	0
Lou's Bleu Burger	540	18	4.5	125	890	70	5	26	9	26	0	15	25	15	750	4	0
Chile Cazuela with Spanish Rice	640	22	8	30	540	89	9	15	7	21	4	50	20	25	700	30	2
Penne "Vodka" Meatballs	600	21	6.5	130	590	76	9	9	1	31	2	35	25	15	1100	25	6
Chicken Linguini Alfredo	600	19	7	130	990	58	6	14	0	50	2	120	15	25	1280	0	0
Honey Peach BBQ Chicken	630	15	6.5	155	500	75	5	17	6	53	6	6	20	20	1200	25	8
Average	566.7	20.0	5.8	89.6	675.4	70.1	7.6	20.6	4.9	28.8	2.5	41.2	25.0	18.6	755.0	13.3	2.2
Daily Average	1700	60	17.375	268.75	2026.25	210.25	22.75	61.75	14.75	86.25	7.5	123.5	75	55.75	2265	40	6.5
W 24 oz low-fat milk	2018	66.9	21.575	298.75	2326.25	246.25	22.75	97.75	14.75	110.85	37.5	135.5	75	145.75	3165	790	306.5

**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	580	28	13	245	790	57	8	28	0	23	2	15	15	20	510	10	0
Haystack Breakfast	480	9	4.5	35	620	65	4	30	22	25	2	6	15	25	660	15	10
Morning Protein Plate	690	39	9	430	580	57	7	28	3	25	6	60	25	30	750	15	10
Bacon & Egg Bagel Sandwich	390	15	4	190	720	43	6	12	0	27	2	80	20	8	620	4	0
Chicken Gyro Bowl	730	22	2	110	890	77	5	3	0	51	2	35	40	15	490	8	0
Pecan-Cranberry Mixed Green Salad	650	47	7	25	320	44	7	17	13	16	4	10	15	35	290	10	0
Homestyle Roasted Turkey Sandwich	560	11	6	140	430	71	6	31	12	44	6	8	20	10	780	25	4
Chipotle Black Bean Burger	580	31	4	10	570	64	13	25	15	18	2	15	20	15	890	4	0
BBQ Meatloaf & Cheddar Mash	730	37	9	115	860	66	7	20	9	39	2	20	20	20	1110	30	10
Tortelloni Pomodoro	420	15	4.5	70	900	54	9	18	3	19	4	35	25	30	670	8	0
Cajun Shrimp Etouffee	520	16	6.5	185	790	61	6	9	1	31	4	20	10	10	820	15	2
Southern Chicken Noodle Soup	410	13	4.5	95	330	43	4	17	9	30	4	6	30	4	500	6	2
Average	561.7	23.6	6.2	137.5	650.0	58.5	6.8	19.8	7.3	29.0	3.3	25.8	21.3	18.5	674.2	12.5	3.2
Daily Average	1685	70.75	18.5	412.5	1950	175.5	20.5	59.5	21.75	87	10	77.5	63.75	55.5	2022.5	37.5	9.5
W 24 oz low-fat milk	2003	77.65	22.7	442.5	2250	211.5	20.5	95.5	21.75	111.6	40	89.5	63.75	145.5	2922.5	787.5	309.5

**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	740	38	11.5	55	490	91	11	51	8	19	0	15	15	15	800	20	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	440	11	6.5	40	860	35	3	6	0	39	0	15	20	45	560	0	0
Potato Pancakes with Smoked Veggie C	420	22	8	150	990	48	7	17	2	12	2	10	2	8	910	6	0
Broccoli Cheddar Fritters	470	21	8	40	660	53	9	26	7	20	2	60	20	25	770	20	2
Mediterranean Lunch Box	650	29	4	125	830	47	4	4	1	50	0	4	30	15	690	30	2
Chicken & Dumplings	360	10	3	80	660	44	6	15	10	27	10	15	15	6	730	6	0
Pecan and Poppyseed Chicken Salad	620	33	3	65	480	41	5	16	0	44	4	6	15	10	500	6	0
Chicken Schnitzel	680	13	2.5	170	860	86	6	5	1	48	0	15	30	6	960	6	0
Pierogi in Mushroom & Tomato Gravy	590	13	5.5	40	770	100	6	16	7	21	2	60	30	10	950	8	0
Salmon with Creamy Dill Sauce	530	17	5	70	530	58	7	9	0	37	2	70	15	10	1160	15	4
Turkey Orzo Bake	660	12	3.5	155	740	80	10	16	5	58	20	15	40	25	1600	40	2
Average	550.8	20.0	5.6	87.5	692.5	61.3	6.5	17.3	4.4	32.4	3.7	23.9	24.3	15.4	830.8	13.8	1.2
Daily Average	1652.5	60	16.875	262.5	2077.5	184	19.5	52	13.25	97.25	11	71.75	73	46.25	2492.5	41.25	3.5
W 24 oz low-fat milk	1970.5	66.9	21.075	292.5	2377.5	220	19.5	88	13.25	121.85	41	83.75	73	136.25	3392.5	791.25	303.5

**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	420	14	4	220	660	57	7	9	2	19	15	25	15	10	610	10	0
Chocolate Pancake with Citrus Mascarp	610	26	9	30	250	84	6	40	16	12	0	2	25	15	580	25	4
Blueberry Almond Torta	580	21	4.5	95	660	79	7	57	13	21	22	160	15	15	700	6	2
Egg & Cheese Breakfast Sandwich	420	19	6	180	730	40	6	12	1	21	10	90	15	25	660	2	0
Tex-Mex Fish Taco	590	21	4.5	70	990	65	8	6	3	38	0	6	20	15	1020	6	0
Smoky Chicken Salad Pita	470	13	1.5	70	540	55	11	10	2	32	4	25	25	20	880	10	0
Fresh Fruit and Cottage Cheese Plate	540	17	7	50	#REF!	67	6	28	0	33	8	60	15	45	980	15	2
Loaded Potato Soup	470	16	8	45	540	64	5	8	1	17	4	15	20	30	660	25	15
Spaghetti Bolognese	520	16	3.5	10	990	70	12	8	1	22	4	10	30	15	800	20	0
Thai Coconut Chicken	660	21	10	50	780	86	3	16	5	27	2	25	45	10	710	4	0
Sundried Tomato & Italian Sausage Flat	630	32	6	30	1250	58	10	5	4	35	6	60	25	35	900	2	0
Salisbury Steak	610	19	5.5	135	680	63	10	12	1	47	4	25	30	10	1490	45	10
Average	543.3	19.6	5.8	82.1	#REF!	65.7	7.6	17.6	4.1	27.0	6.6	41.9	23.3	20.4	832.5	14.2	2.8
Daily Average	1630	58.75	17.375	246.25	#REF!	197	22.75	52.75	12.25	81	19.75	125.75	70	61.25	2497.5	42.5	8.25
W 24 oz low-fat milk	1948	65.65	21.575	276.25	#REF!	233	22.75	88.75	12.25	105.6	49.75	137.75	70	151.25	3397.5	792.5	308.25

# Seattle Sutton's Healthy Eating

## 2000 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	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	1975.5	66.4	21.0	295.0	2078.8	227.3	21.5	96.8	17.0	113.1	38.5	96.5	73.3	146.0	3095.0	797.5	305.5
Menu C 03/24/2025	2018.0	66.9	21.6	298.8	2326.3	246.3	22.8	97.8	14.8	110.9	37.5	135.5	75.0	145.8	3165.0	790.0	306.5
Menu E 03/31/2025	2003.0	77.7	22.7	442.5	2250.0	211.5	20.5	95.5	21.8	111.6	40.0	89.5	63.8	145.5	2922.5	787.5	309.5
Menu G 04/07/2025	1970.5	66.9	21.1	292.5	2377.5	220.0	19.5	88.0	13.3	121.9	41.0	83.8	73.0	136.3	3392.5	791.3	303.5
Menu I 04/14/2025	1948.0	65.7	21.6	276.3	#REF!	233.0	22.8	88.8	12.3	105.6	49.8	137.8	70.0	151.3	3397.5	792.5	308.3



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

1-815-780-2060  
[Dietitians@sshe.com](mailto:Dietitians@sshe.com)

2000 Calorie Plan Daily Average WITH Milk Servings	
Calories	1983.0 kcal
Total Fat	67.4 g
Saturated Fat	21.2 g
Trans Fat	0.0 g
Cholesterol	321.0 mg
Sodium	#REF! mg
Total Carbohydrates	227.6 g
Dietary Fiber	23.8 g
Total Sugars	93.4 g
Added Sugars	15.8 g
Protein	112.6 g
Vitamin D	306.7 mcg
Calcium (%)	145.0 %
Iron (%)	71.0 %
Potassium	3194.5 mg
Macronutrient Breakdown	
Fats	29%
Carbohydrates	47%
Protein	24%

2000 Calorie Plan Daily Average WITHOUT Milk Servings	
Calories	1665.0 kcal
Total Fat	60.5 g
Saturated Fat	17.0 g
Trans Fat	0 g
Cholesterol	291.0 mg
Sodium	#REF! mg
Total Carbohydrates	188.6 g
Dietary Fiber	23.8 g
Total Sugars	57.4 g
Includes Added Sug	15.8 g
Protein	88.0 g
Vitamin D	6.6 mcg
Calcium (%)	55.0 %
Iron (%)	71.0 %
Potassium	2294.5 mcg
Macronutrient Breakdown	
Fats	33%
Carbohydrates	45%
Protein	21%

The 2000 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 Sugar	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