

Seattle Sutton's Healthy Eating

1500 Calorie Plant-Based Vegetarian Meal Plan

4-Day THURSDAY Menu & Meal Plan Nutrition Averages

Menu B 03/20/2025

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	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	49.25	13.375	160	1407.5	149.75	20.75	44.75	11	46.5	7	49.75	75	50.75	1637.5	21.5	3
W 24 oz low-fat milk	1540.5	56.15	17.575	190	1707.5	188.75	20.75	80.75	11	71.1	37	61.75	75	140.75	2537.5	771.5	303

Menu D 03/27/2025

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	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	44.25	16	105	1515	151.25	19.75	51.5	13.75	53	10	114.5	63.5	56.5	1957.5	31.25	8.75
W 24 oz low-fat milk	1510.5	51.15	20.2	135	1815	190.25	19.75	87.5	13.75	77.6	40	126.5	63.5	146.5	2857.5	781.25	308.75

Menu F 04/03/2025

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	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	51.75	15.375	143.75	1703.75	153.75	20.5	51.75	22.25	54.75	10	112	85	56.25	1892.5	35.25	5
W 24 oz low-fat milk	1605.5	58.65	19.575	173.75	2003.75	192.75	20.5	87.75	22.25	79.35	40	124	85	146.25	2792.5	785.25	305

Menu H 04/10/2025

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 Casserole	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 Veggie	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	40.75	11.125	123.75	1342.5	134.25	18.5	40.75	10.75	47.75	13.75	90.75	50	44	1776.25	33.5	9.25
W 24 oz low-fat milk	1513	47.65	15.325	153.75	1642.5	173.25	18.5	76.75	10.75	72.35	43.75	102.75	50	134	2676.25	783.5	309.25

Menu J 04/17/2025

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)	
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	49	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	47.25	15.875	192.5	1216.25	163	26.5	50.25	17.5	47.75	13.5	62.75	66.25	44.75	1950	39.5	9.75	
W 24 oz low-fat milk	1563	54.15	20.075	222.5	1516.25	202	26.5	86.25	17.5	72.35	43.5	74.75	66.25	134.75	2850	789.5	309.75	

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	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 B 03/20/2025	1540.5	56.2	17.6	190.0	1707.5	188.8	20.8	80.8	11.0	71.1	37.0	61.8	75.0	140.8	2537.5	771.5	303.0
Menu D 03/27/2025	1510.5	51.2	20.2	135.0	1815.0	190.3	19.8	87.5	13.8	77.6	40.0	126.5	63.5	146.5	2857.5	781.3	308.8
Menu F 04/03/2025	1605.5	58.7	19.6	173.8	2003.8	192.8	20.5	87.8	22.3	79.4	40.0	124.0	85.0	146.3	2792.5	785.3	305.0
Menu H 04/10/2025	1513.0	47.7	15.3	153.8	1642.5	173.3	18.5	76.8	10.8	72.4	43.8	102.8	50.0	134.0	2676.3	783.5	309.3
Menu J 04/17/2025	1563.0	54.2	20.1	222.5	1516.3	202.0	26.5	86.3	17.5	72.4	43.5	74.8	66.3	134.8	2850.0	789.5	309.8



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	1546.5 kcal
Total Fat	53.6 g
Saturated Fat	18.6 g
Trans Fat	0.0 g
Cholesterol	175.0 mg
Sodium	1737.0 mg
Total Carbohydrates	189.4 g
Dietary Fiber	21.2 g
Total Sugars	83.8 g
Added Sugars	15.1 g
Protein	74.6 g
Vitamin D	307.2 mcg
Calcium (%)	140.5 %
Iron (%)	68.0 %
Potassium	2742.8 mg
Macronutrient Breakdown	
Fats	31%
Carbohydrates	49%
Protein	19%

1500 Calorie Plan Daily Average WITHOUT Milk Servings	
Calories	1228.5 kcal
Total Fat	46.7 g
Saturated Fat	14.4 g
Trans Fat	#REF! g
Cholesterol	145.0 mg
Sodium	1437.0 mg
Total Carbohydrates	150.4 g
Dietary Fiber	21.2 g
Total Sugars	47.8 g
Includes Added Sugar	15.1 g
Protein	50.0 g
Vitamin D	7.1 mcg
Calcium (%)	50.5 %
Iron (%)	68.0 %
Potassium	1842.8 mcg
Macronutrient Breakdown	
Fats	34%
Carbohydrates	49%
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