



SEATTLE SUTTON'S HEALTHY EATING -2000 CALORIE WEEK E MENU ANALYSIS

Nutritional data effective 02/26/18. SSHE reserves the right to make changes or substitutions.

Always check the label for accurate nutrition and allergy information.

Menus and ingredients may vary regionally.

Meal	Amount Unit	Kcal kcal	Protein g	Carb g	Fat g	Chol mg	Sat Fat g	Sodium mg	Diet Fiber g	Sugar g
WEEK E. 1st Part		1984.121	115.598	219.695	76.298	79.885	20.056	3014.254	29.853	83.006
Breakfast		472.900	44.251	64.181	5.369	15.096	2.409	1077.884	7.744	25.006
Southwestern Frittata	2.000 svg.	244.589	28.815	23.306	3.230	10.196	2.010	557.036	3.835	6.541
Salsa	1.000 oz.	7.500	0.500	2.000	0.000	0.000	0.000	210.000	0.500	1.000
Wheat English Muffin	1.000 item	120.000	6.000	24.000	1.500	0.000	0.000	180.000	3.000	3.000
Apricot Peach Spread	1.000 oz.	10.160	0.190	2.575	0.026	0.000	0.002	0.998	0.409	2.166
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	4.900	0.397	129.850	0.000	12.299
Lunch		689.588	24.154	58.537	40.960	30.212	8.960	374.881	6.807	34.455
Spring Lettuce Mix	3.000 oz.	17.860	1.612	3.045	0.280	0.000	0.047	30.277	1.549	0.701
Flatbread Cracker	2.000 item	80.000	2.000	13.000	2.000	0.000	0.000	84.000	0.000	1.000
Pecan Halves Spring Salad	1.000 oz.	210.000	3.000	4.000	20.500	0.000	2.000	0.000	3.000	1.000
Swiss Cheese	1.000 oz.	101.248	8.100	1.012	8.100	25.312	5.062	60.749	0.000	0
Sweetened Dried Cranberries	0.800 oz.	77.564	0.068	19.085	0.113	0.000	0.000	0.454	1.134	15.195
Celery Seed Dressing	1.000 oz.	90.578	0.137	1.328	9.336	0.000	1.452	53.727	0.176	0.935
Tomato Juice	4.000 oz.	21.687	0.490	4.768	0.018	0.000	0.001	15.825	0.949	3.325
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	4.900	0.397	129.850	0.000	12.299
Dinner		821.633	47.193	96.977	29.970	34.577	8.686	1561.488	15.302	23.546
Pizza Topping	6.000 oz.	316.191	24.013	17.213	16.777	29.677	5.925	936.822	6.930	5.428
Pizza Crust	4.500 oz.	302.347	12.693	60.980	3.100	0.000	0.893	327.734	6.634	2.143
Arugula	2.000 oz.	14.175	1.463	2.070	0.374	0.000	0.049	15.309	0.907	1.162
Italian Dressing	2.000 oz.	98.270	0.277	4.415	9.106	0.000	1.422	151.773	0.831	2.513
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	4.900	0.397	129.850	0.000	12.299
*****		2172.559	88.062	280.004	81.818	33.991	112.752	2585.210	138.003	29.725
Breakfast		573.234	19.007	81.761	20.737	10.454	38.384	885.134	19.900	5.925
Flax Plus Waffles	4.000 item	380.000	8.000	54.000	16.000	10.000	12.000	660.000	0.000	3.000
Cream Cheese	0.750 oz.	45.000	2.000	1.000	4.000	0.000	1.000	95.000	15.000	2.500
Lingonberry Sauce	2.000 oz.	57.584	0.261	14.462	0.125	0.454	13.085	0.284	0.000	0.028
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	0.000	12.299	129.850	4.900	0.397
Lunch		787.394	38.519	76.441	39.616	113.203	19.725	828.695	7.977	39.683
Apple, Medium	4.000 oz.	58.967	0.295	15.660	0.193	0.000	0.032	1.134	2.722	11.782
Potato Skin Casserole	1.500 svg.	417.509	25.591	22.103	27.478	91.123	15.212	587.427	2.127	0.070

Meal	Amount Unit	Kcal kcal	Protein g	Carb g	Fat g	Chol mg	Sat Fat g	Sodium mg	Diet Fiber g	Sugar g
Sour Cream and Chives	2.000 oz.	70.267	1.887	5.378	4.333	17.180	2.585	60.284	0.129	3.531
Carob Chip Cookie	1.000 item	150.000	2.000	21.000	7.000	0.000	1.500	50.000	3.000	12.000
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	4.900	0.397	129.850	0.000	12.299
Dinner		811.932	30.535	121.802	21.465	4.900	4.075	871.382	15.560	34.685
Herb Wrap	2.000 item	140.000	6.000	24.000	2.000	0.000	0.000	320.000	2.000	0.000
Guacamole	1.500 oz.	52.500	0.000	0.000	2.250	0.000	0.750	97.500	1.500	0.000
Roasted Vegetable Mix	7.000 oz.	152.994	6.722	27.726	3.544	0.000	0.346	70.860	6.654	6.465
Sweet Potato Casserole	6.000 oz.	195.788	3.066	39.778	2.558	0.000	0.332	28.172	3.906	11.422
Cashew Crunch Cluster	1.500 oz.	180.000	6.000	18.000	10.500	0.000	2.250	225.000	1.500	4.500
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	4.900	0.397	129.850	0.000	12.299
****		1789.573	117.868	248.214	38.533	181.603	9.509	1906.386	22.435	110.707
Breakfast		557.708	18.674	108.464	6.774	19.900	2.934	465.701	7.019	58.514
Cinnamon Raisin Bagel	1.000 item	200.000	7.000	40.000	2.000	0.000	0.000	210.000	4.000	3.000
Prunes	1.500 oz.	102.058	0.927	27.165	0.162	0.000	0.037	0.850	3.019	16.215
Reduced Fat Cream Cheese	0.750 oz.	45.000	2.000	1.000	4.000	15.000	2.500	95.000	0.000	1.000
Apple Juice	8.000 fl. oz.	120.000	0.000	28.000	0.000	0.000	0.000	30.000	0.000	26.000
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	4.900	0.397	129.850	0.000	12.299
Lunch		519.402	35.856	66.449	12.587	53.566	4.782	725.576	7.598	30.736
White Bean Stew	12.000 oz.	213.757	20.778	22.635	4.370	33.901	0.713	272.409	4.285	4.535
Shredded Mozzarella	0.350 oz.	31.893	2.481	0.354	2.126	5.316	1.240	60.243	0.000	0.000
Sour Cream Topping	1.000 oz.	37.799	0.945	2.835	2.362	9.450	1.417	33.074	0.000	1.890
Honey Wheat Biscuit	1.000 item	100.000	2.000	17.000	3.000	0.000	1.000	230.000	1.000	3.000
Orange	3.400 oz.	45.303	0.906	11.326	0.116	0.000	0.014	0.000	2.313	9.012
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	4.900	0.397	129.850	0.000	12.299
Dinner		712.463	63.338	73.301	19.172	108.137	1.793	715.110	7.818	21.457
Grilled Salmon Fillet	6.000 oz.	180.000	31.500	1.500	6.000	97.500	0.750	330.000	0.000	0.000
Couscous	5.400 oz.	214.208	6.895	42.067	0.336	0.000	0.062	89.349	2.868	0.907
Edamame	3.500 oz.	140.000	12.833	10.500	7.000	0.000	0.583	17.500	4.667	3.500
Asparagus Spears	1.500 oz.	10.247	1.537	1.537	0.000	0.000	0.000	0.000	0.256	1.025
Dill Sauce	2.000 oz.	77.358	1.827	5.397	5.224	5.737	0.001	148.411	0.027	3.727
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	4.900	0.397	129.850	0.000	12.299
****		1878.067	113.444	241.210	54.104	143.870	16.009	2111.758	41.676	114.625
Breakfast		548.561	30.573	60.064	21.706	12.460	2.012	197.001	5.368	48.248
Greek Vanilla Yogurt	6.000 oz.	143.638	12.852	21.924	0.000	7.560	0.000	52.919	0.000	20.412
Spiced Peaches	6.000 oz.	69.575	0.030	16.669	0.014	0.000	0.009	13.781	0.047	13.702
Almonds and Thyme	1.500 oz.	244.698	8.944	9.173	21.079	0.000	1.606	0.451	5.320	1.836
Nonfat, Skim or Fat Free Milk	8 fl. oz.	90.650	8.747	12.299	0.613	4.900	0.397	129.850	0.000	12.299
Lunch		688.500	37.365	100.745	16.693	45.695	9.428	1021.104	27.614	42.900
Tomato Basil Soup	1.500 svg.	127.888	5.838	23.834	0.080	0.795	0.031	185.424	5.638	13.585
Grilled Cheese	2.000 svg.	420.000	22.000	52.000	16.000	40.000	9.000	700.000	20.000	8.000
Fresh Fruit	4.000 oz.	49.962	0.780	12.611	0.000	0.000	0.000	5.831	1.976	9.016
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.65	8.75	12.30	0.61	4.90	0.40	129.85	0.00	12.30

Meal	Amount Unit	Kcal kcal	Protein g	Carb g	Fat g	Chol mg	Sat Fat g	Sodium mg	Diet Fiber g	Sugar g
Dinner		641.006	45.507	80.401	15.705	85.716	4.569	893.653	8.694	23.476
Turkey Tetrazzini	1.500 svg.	424.225	33.733	52.679	7.986	80.816	3.507	556.964	3.245	5.447
Antipasto Salad	8.000 oz.	126.131	3.027	15.423	7.106	0.000	0.666	206.838	5.449	5.730
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	4.900	0.397	129.850	0.000	12.299
WEEK E. 2nd Part		1853.911	114.366	269.151	31.012	130.510	9.569	1876.788	18.324	145.569
Breakfast		522.932	27.950	82.625	9.118	4.900	1.814	284.224	6.414	57.811
Dark Chocolate & Cranberry Crur	1.500 oz.	198.447	2.835	28.350	8.505	0.000	1.417	77.961	2.835	8.505
Cherry Cranberry Sauce	3.750 oz.	73.523	0.338	19.195	0.000	0.000	0.000	0.475	2.735	15.070
Strawberry Greek Yogurt	6.750 oz.	160.313	16.031	22.781	0.000	0.000	0.000	75.938	0.844	21.938
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	4.900	0.397	129.850	0.000	12.299
Lunch		686.538	45.668	81.602	14.472	83.656	4.342	721.652	4.708	52.391
Vanilla Yogurt	6.000 oz.	150.086	7.004	25.014	2.501	10.006	1.501	100.057	0.000	25.014
Pita Bread	1.000 item	100.000	3.000	18.000	0.000	0.000	0.000	160.000	2.000	1.000
Chicken Breast	5.000 oz.	150.000	26.250	0.000	5.000	68.750	1.250	287.500	0.000	0.000
Spinach	1.000 oz.	6.670	0.667	1.001	0.000	0.000	0.000	21.679	0.667	0.000
Dried Cranberries	1.000 oz.	86.749	0.000	17.577	0.283	0.000	0.283	0.850	1.701	4.536
Chopped Apple	2.000 oz.	29.483	0.000	7.711	0.000	0.000	0.000	0.454	0.340	5.897
Apple Vinegarette Dressing	0.750 oz.	72.899	0.000	0.000	6.075	0.000	0.911	21.262	0.000	3.645
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	4.900	0.397	129.850	0.000	12.299
Dinner		644.441	40.748	104.925	7.422	41.954	3.412	870.913	7.201	35.367
Cucumber Salad	4.500 oz.	29.005	0.634	5.850	0.091	0.000	0.031	3.648	0.629	3.322
Pumpnickel Roll	2.000 item	120.000	4.000	26.000	1.000	0.000	0.000	280.000	2.000	0.000
Cooked Carrots	4.500 oz.	71.937	0.782	18.034	0.153	0.000	0.027	92.001	3.426	13.919
Tuna Casserole	1.500 svg.	332.850	26.585	42.741	5.566	37.054	2.957	365.414	1.147	5.826
Milk, Non Fat Skim or Fat Free,	8.000 fl. oz.	90.650	8.747	12.299	0.613	4.900	0.397	129.850	0.000	12.299
*****		1789.158	116.957	208.408	56.722	143.787	16.294	2318.785	31.999	90.509
Breakfast		472.305	43.722	49.796	11.864	54.298	5.519	969.527	13.241	18.307
Quiche	1.500 svg.	161.655	20.975	7.497	5.751	19.398	3.622	369.677	1.241	2.008
Multigrain Bread	2.000 item	140.000	6.000	30.000	1.000	0.000	0.000	200.000	12.000	4.000
Turkey Sausage Link	2.000 item	80.000	8.000	0.000	4.500	30.000	1.500	270.000	0.000	0.000
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	4.900	0.397	129.850	0.000	12.299
Lunch		708.695	30.149	73.034	34.898	27.284	9.217	900.716	8.595	40.595
Caesar Salad	4.000 oz.	19.278	1.395	3.731	0.340	0.000	0.044	9.072	2.381	1.349
Romano Shredded Cheese	0.500 oz.	56.699	2.835	0.000	5.670	14.175	2.835	311.845	0.000	0.000
Caesar Dressing	2.500 oz.	134.320	5.798	4.304	10.850	8.209	2.266	259.950	0.189	2.271
Slivered Almonds	0.500 oz.	87.748	3.375	2.700	7.425	0.000	0.675	0.000	2.025	0.675
Chocolate Zucchini Muffin	4.000 oz.	320.000	8.000	50.000	10.000	0.000	3.000	190.000	4.000	24.000
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	4.900	0.397	129.850	0.000	12.299

Meal	Amount Unit	Kcal kcal	Protein g	Carb g	Fat g	Chol mg	Sat Fat g	Sodium mg	Diet Fiber g	Sugar g
Dinner		608.158	43.087	85.577	9.961	62.205	1.558	448.542	10.164	31.606
Green Pepper	1.000 item	23.800	1.023	5.522	0.202	0.000	0.069	3.570	2.023	2.856
Stuffed Pepper Filling	11.000 oz.	336.492	30.410	40.221	4.692	57.305	1.092	211.050	4.780	8.730
Marinara Sauce	2.000 oz.	27.216	0.907	4.536	0.454	0.000	0.000	9.072	1.361	2.722
Corn Muffin	1.000 item	130.000	2.000	23.000	4.000	0.000	0.000	95.000	2.000	5.000
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	4.900	0.397	129.850	0.000	12.299
*****		2086.153	112.879	294.782	54.565	129.286	10.868	1901.990	48.679	100.422
Breakfast		691.619	25.035	99.228	22.141	4.900	2.433	196.667	14.755	32.561
Pumpkin Flax Plus Cereal	3.500 oz.	463.042	13.230	69.456	16.537	0.000	1.654	66.149	9.922	16.537
Cranberry, Almond, and Flax	1.250 oz.	137.927	3.059	17.472	4.991	0.000	0.382	0.669	4.832	3.725
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	4.900	0.397	129.850	0.000	12.299
Lunch		670.209	51.853	100.655	9.816	76.280	1.632	567.447	14.429	41.804
Chicken Breast	4.700 oz.	118.967	26.173	0.000	1.586	71.380	0.397	126.898	0.000	0.000
Teriyaki Topping	0.500 fl. oz.	5.979	0.295	1.090	0.008	0.000	0.001	141.667	0.027	0.746
Bun	1.000 item	140.000	8.000	27.000	1.000	0.000	0.000	130.000	6.000	1.000
Cherry Dessert	4.700 oz.	89.957	1.150	20.683	0.547	0.000	0.124	3.373	1.984	18.130
Granola Kashi Topping	2.000 oz.	224.656	7.489	39.582	6.062	0.000	0.713	35.660	6.419	9.628
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	4.900	0.397	129.850	0.000	12.299
Dinner		724.325	35.990	94.900	22.607	48.106	6.803	1137.875	19.495	26.057
Tuscan Ravioli	8.000 item	384.000	14.400	59.200	9.600	24.000	2.400	624.000	9.600	3.200
Creamy Tomato Pesto	3.000 oz.	97.202	3.332	4.226	7.656	19.206	4.004	345.872	0.360	2.812
Chopped Tomatoes	0.250 oz.	1.276	0.062	0.276	0.014	0.000	0.002	0.354	0.085	0.186
Vegetable Blend	6.000 oz.	151.197	9.450	18.900	4.725	0.000	0.000	37.799	9.450	7.560
Nonfat, Skim or Fat Free Milk	8.000 fl. oz.	90.650	8.747	12.299	0.613	4.900	0.397	129.850	0.000	12.299