

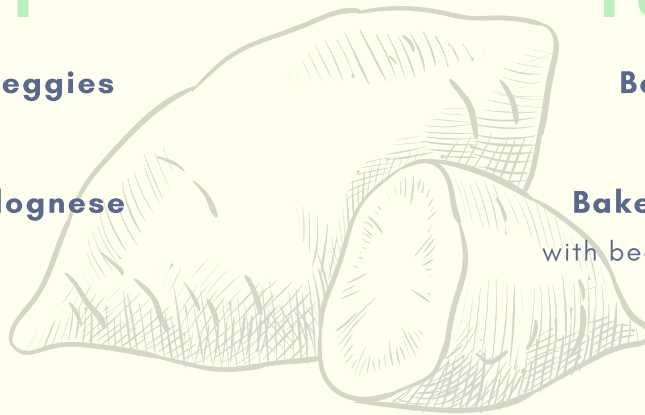
# STARCH SOLUTION MEAL PLAN

PLANT BASED MEAL PLAN BY FIBERFOODFACTORY

## MONDAY

Salad with roasted veggies

Pasta with veggie bolognese



## TUESDAY

Bolognese pasta

Baked sweet potatoes  
with beans and salsa, sidesalad

## WEDNESDAY

Sweet potato kale salad

Noodle stir fry  
with tofu and veggies



## THURSDAY

Leftovers

Risotto

## FRIDAY

Risotto

Lasagna



## SATURDAY

Leftovers

Green curry with rice

## SUNDAY

Tofu scramble toast with  
hollandaise

Pumpkin soup

