

STARCH SOLUTION MEAL PLAN

PLANT BASED MEAL PLAN BY FIBERFOODFACTORY

MONDAY

Lentil Shepherds Pie

Potato fries and salad
with tofu mayo and ketchup

TUESDAY

**Whole grain pasta with
"cheese" sauce**
with broccoli/steamed veggies

Lentil Shepherds pie
with side salad

WEDNESDAY

Pasta salad

**Rice, thai spiced broccoli and
beans**

THURSDAY

Rice and bean salad

Mexican rice
+ side salad

FRIDAY

Chickpea salad

Mushroom tacos

SATURDAY

Leftovers

Pizza

SUNDAY

Pancake brunch

Bean burgers

