“Closer Walk With GOD” Meal Planning Chart

(based on Starch Solution Plan)

Review Sample Planning on page 5.

FRUIT, Salad, or Soup	**COOKED VEGGIE**	**BEANS**	**STARCHY VEGS OR WHOLE GRAINS**	**DESSERT** (Optional)
100 calories	50 to 100 calories	50 calories	200-300+ calories	
1 cup	1 -2 cups	⅓ cup	2 cups	
WEEK 1	WEEK 1	WEEK 1	WEEK 1	WEEK1

FRUIT, Salad, or Soup	**COOKED VEGGIE**	**BEANS**	**STARCHY VEGS OR WHOLE GRAINS**	**DESSERT** (Optional)

WEEK 2	WEEK 2	WEEK 2	WEEK 2	WEEK 2

FRUIT, Salad, or Soup	**COOKED VEGGIE**	**BEANS**	**STARCHY VEGS OR WHOLE GRAINS**	**DESSERT** (Optional)

WEEK 3	**WEEK 3**	**WEEK 3**	**WEEK 3**	**WEEK 3**

FRUIT, Salad, or Soup	**COOKED VEGGIE**	**BEANS**	**STARCHY VEGS OR WHOLE GRAINS**	**DESSERT** (Optional)

WEEK 4	**WEEK 4**	**WEEK 4**	**WEEK 4**	**WEEK 4**

WEEKLY "MEAL PLANNING" EXAMPLE:

My Starch Solution Meal Planning Chart

Free Download at faithfitnesstango.weebly.com

*FRUIT (100 cals)	COOKED VEGGIE	BEANS	STARCHY VEGS OR WHOLE GRAINS	DESSERT
100 - 200 calories	50 to 100 calories	50 calories	200-250 calories	
1 cup	1 -2 cups	⅓ cup	2 cups	
WEEK 1	**WEEK 1**	**WEEK 1**	**WEEK 1**	**WEEK1**
Monday				
blueberries, bananas, pineapple	broccoli	Lima beans	Brown Rice	Banana ice cream
Tuesday				
blue berries, bananas, pineapple	Brussel sprout	Lentil beans	Wild Rice	Homemade Ginger Snap cookie
blue berries, bananas, pineapple	Squash	Lima	Quinoa	
blue berries, bananas, pineapple	California blend	Lentil	Brown Rice	Oatmeal cookie
blue berries, bananas, pineapple	broccoli	Lima	Wild Rice	

Please read:

1. The first column is for Your Starter which can be a Fruit, Salad, or Soup of equivalent calories.
2. All Measurements are estimated as calories may vary depending on the actual food item selected.
3. The recommendations are based on the Starch Solution Weight Loss Plan.
4. Please Watch my “Starch Solution” Playlist for the details.
5. You may need to add more calories depending on your specific caloric need to lose or maintain weight.