

10-Day Egg Diet Plan for Women Over 40 PDF

Nourishment tailored for mature women.

The 10-Day Egg Diet Plan is perfect for women over 40 looking to enhance their health and vitality. Featuring 30 protein-packed recipes, this plan not only promotes weight loss but also supports hormonal balance. Embrace a simpler way to nourish your body and feel fantastic.

DAILY NUTRITION OVERVIEW

DAY	CALORIES	PROTEIN	CARBS	FATS
Day 1	1,500	106g	51g	104g
Day 2	1,501	104g	86g	89g
Day 3	1,499	104g	82g	87g
Day 4	1,497	107g	50g	101g
Day 5	1,495	113g	120g	57g
Day 6	1,507	117g	79g	95g
Day 7	1,486	122g	83g	86g
Day 8	1,519	122g	81g	89g
Day 9	1,569	114g	97g	86g
Day 10	1,569	112g	155g	58g
Avg	1,514	112g	88g	85g

CALORIE DISTRIBUTION



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Pepper and Broccoli Omelette

Eggplant & Egg Stir-Fry

Spicy Egg & Black Bean Tacos

Boiled Egg and Veggie Stir-Fry

Grilled Vegetable & Egg Bowl

+ 18 more recipes inside

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30 Recipes

10-day meal plan



112g Protein

Daily average



1,514 cal/day

Daily average



Macro Balanced

88g C / 85g F avg

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Day 1

3 meals · 1,500 calories

BREAKFAST	Warm Tomato and Spinach Frittata	476 kcal
LUNCH	Egg Salad with Greek Yogurt	496 kcal
DINNER	Egg and Vegetable Stir-Fry	528 kcal

Protein: 106g Carbs: 51g Fats: 104g

1. Warm Tomato and Spinach Frittata

This frittata is an easy, protein-packed breakfast option featuring eggs, spinach, and juicy tomatoes, supporting hormone balance and muscle maintenance. The inclusion of fresh herbs adds flavor and antioxidants, which are beneficial for reducing menopause-related inflammation.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	476 kcal
Protein	31g
Carbs	14g
Fats	34g



Ingredients

Eggs	4.2 large / 4.2g
Fresh spinach, chopped	1.4 cup / 336 ml
Cherry tomatoes, halved	0.7 cup / 168 ml

Olive oil	1.4 tbsp / 21 ml
Salt	to taste / to taste
Pepper	to taste / to taste

Instructions

1. Preheat oven to 350°F (175°C).
2. In an oven-safe skillet, heat olive oil over medium heat; add spinach and tomatoes, cooking until spinach is wilted.
3. Whisk eggs with salt and pepper, pour over vegetables, and cook until edges firm up. Transfer the skillet to the oven and bake for about 10 minutes until set.

2. Egg Salad with Greek Yogurt

This creamy egg salad replaces traditional mayo with Greek yogurt for added protein and probiotics, supporting digestive health. High in protein and healthy fats, it's great for hormonal balance and satiety.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	496 kcal
Protein	34g
Carbs	12g
Fats	37g



Ingredients

Hard-boiled eggs, chopped	3 large / 3 large
Greek yogurt	0.4 cup / 93 ml
Dijon mustard	1.6 tsp / 7.8 ml
Celery, diced	0.4 cup / 93 ml
Green onion, sliced	3.1 tbsp / 46.5 ml
Salt	to taste / to taste
Pepper	to taste / to taste

Instructions

1. In a bowl, combine 2 chopped hard-boiled eggs, 0.4 cup (93 ml) Greek yogurt, and 1.6 tsp (7.8 ml) Dijon mustard.
2. Add 0.4 cup (93 ml) diced celery and 3.1 tbsp (46.5 ml) sliced green onion.
3. Season with salt and pepper to taste and mix well.

3. Egg and Vegetable Stir-Fry

This quick and colorful stir-fry combines boiled eggs with a variety of vegetables, providing essential vitamins and minerals while keeping the dish low-carb. The high protein content helps to maintain energy levels and muscle mass.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	10 min
Calories	528 kcal
Protein	41g
Carbs	25g
Fats	33g



Ingredients

Boiled eggs	3 large / 3 large
Mixed vegetables (broccoli, bell peppers, carrots)	3.3 cups / 792 ml
Olive oil	1.7 tbsp / 24.8 ml
Low sodium soy sauce	1.7 tbsp / 24.8 ml

Instructions

1. Heat 1.7 tbsp (24.8 ml) of olive oil in a skillet over medium-high heat.
2. Add 3.3 cups (792 ml) of mixed vegetables and stir-fry for 5-7 minutes until tender.
3. Slice 2 boiled eggs and add them to the skillet, drizzling with 1.7 tbsp (24.8 ml) low sodium soy sauce before serving.

Day 2

3 meals · 1,501 calories

BREAKFAST Pepper and Broccoli Omelette **448 kcal**

LUNCH Egg & Quinoa Salad with Lemon Vinaigrette **558 kcal**

DINNER Eggplant & Egg Stir-Fry **495 kcal**

Protein: 104g Carbs: 86g Fats: 89g

4. Pepper and Broccoli Omelette

This omelette combines colorful peppers and nutrient-dense broccoli to increase your vitamin intake, which is crucial for energy and immune support. Eggs provide essential protein, supporting muscle mass during menopause.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	5 min
Calories	448 kcal
Protein	34g
Carbs	14g
Fats	31g



Ingredients

Eggs	4 large / 4 large
Bell pepper, diced	0.4 cup / 84 ml
Broccoli florets	0.4 cup / 84 ml
Olive oil	1.4 tbsp / 21 ml
Salt and pepper	to taste / to taste

Instructions

1. In a bowl, whisk together 4 large eggs, adding salt and pepper to taste.
2. Heat 1.4 tbsp (21 ml) olive oil in a skillet over medium heat.
3. Add 0.4 cup (84 ml) diced bell pepper and 0.4 cup (84 ml) broccoli florets, cooking for 2-3 minutes.
4. Pour the eggs over the vegetables, cooking until set, about 2-3 minutes. Serve warm.

5. Egg & Quinoa Salad with Lemon Vinaigrette

A refreshing salad combining quinoa and eggs, this meal is rich in protein and fiber, perfect for maintaining energy levels. The lemon vinaigrette adds a zesty flavor while providing antioxidants that help combat inflammation.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	558 kcal
Protein	34g
Carbs	47g
Fats	28g



Ingredients

Hard-boiled eggs, chopped	3 large / 3 large
Cooked quinoa	0.8 cup / 186 ml
Chopped parsley	0.4 cup / 93 ml
Olive oil	1.6 tbsp / 23.3 ml
Lemon juice	1.6 tbsp / 23.3 ml
Salt	to taste / to taste
Pepper	to taste / to taste

Instructions

1. In a bowl, combine 2 chopped hard-boiled eggs, 0.8 cup (186 ml) cooked quinoa, and 0.4 cup (93 ml) chopped parsley.
2. In a separate small bowl, whisk together 1.6 tbsp (23.3 ml) olive oil, 1.6 tbsp (23.3 ml) lemon juice, salt, and pepper.
3. Pour the vinaigrette over the salad and mix well.

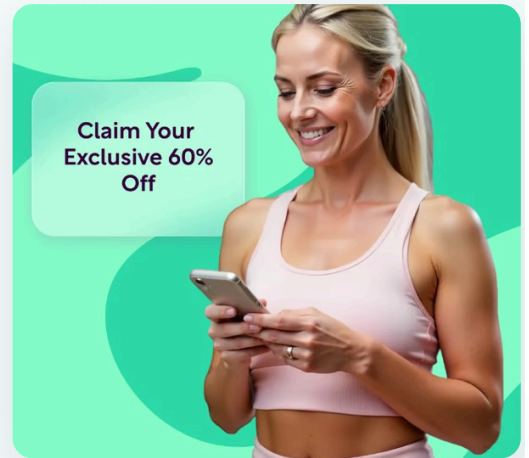
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6. Eggplant & Egg Stir-Fry

A healthy stir-fry featuring eggplant and eggs, this dish offers a unique combination of flavors while providing necessary protein and fiber. Eggplant is rich in antioxidants, supporting heart health and reducing inflammation.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	10 min
Calories	495 kcal
Protein	36g
Carbs	25g
Fats	30g



Ingredients

Eggs	3 large / 3 large
Eggplant, diced	1.7 cup / 396 ml
Olive oil	1.7 tbsp / 24.8 ml
Garlic, minced	1.5 clove / 1.5 clove
Salt	to taste / to taste
Pepper	to taste / to taste

Instructions

1. Heat 1.7 tbsp (24.8 ml) olive oil in a skillet over medium heat.
2. Add 1.7 cup (396 ml) diced eggplant and sauté for 5 minutes until soft.
3. Add 1 minced garlic clove and cook for another minute.
4. Push to one side of the skillet, scramble 3 large eggs on the other side, and season with salt and pepper.
5. Mix everything together before serving.

Day 3

3 meals · 1,499 calories

BREAKFAST Spinach and Red Pepper Frittata **448 kcal**

LUNCH Spicy Egg & Black Bean Tacos **589 kcal**

DINNER Spicy Egg & Cauliflower Rice Bowl **462 kcal**

Protein: 104g Carbs: 82g Fats: 87g

7. Spinach and Red Pepper Frittata

This delicious frittata is loaded with vitamin K-rich spinach and bell peppers, crucial for bone health and reducing menopausal symptoms. The eggs provide high-quality protein essential for muscle maintenance as we age.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	448 kcal
Protein	31g
Carbs	11g
Fats	34g



Ingredients

Eggs	4 large / 210 g
Fresh spinach, chopped	1.4 cup / 42 g
Red bell pepper, diced	0.7 cup / 105 g
Olive oil	1.4 tbsp / 21 ml
Salt and pepper to taste	/

Instructions

1. Preheat oven to 375°F (190°C).
2. In an oven-safe skillet, heat 1.4 tbsp (21 ml) olive oil over medium heat, then sauté 0.7 cup (105 g) diced red bell pepper for 2-3 minutes.
3. Add 1.4 cup (42 g) chopped spinach and cook until wilted, about 2 minutes.
4. In a bowl, whisk together 4 large eggs with salt and pepper, pour over the veggies, and cook until edges set, about 2-3 minutes.
5. Transfer the skillet to the oven and bake until the center is set, about 8-10 minutes.

8. Spicy Egg & Black Bean Tacos

These flavorful tacos combine protein-rich eggs and black beans, offering a delicious way to maintain energy and satiety. Spices and toppings enhance flavor while providing antioxidants that support overall health during menopause.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	589 kcal
Protein	37g
Carbs	54g
Fats	23g



Ingredients

Eggs	3 large / 3 large
Canned black beans, drained	0.8 cup / 186 ml
Corn tortillas	3 small / 3 small
Cilantro, chopped	3.1 tbsp / 46.5 ml
Hot sauce	to taste / to taste
Salt	to taste / to taste
Pepper	to taste / to taste

Instructions

1. In a skillet, scramble 3 large eggs, adding salt and pepper to taste.
2. Warm 3 small corn tortillas in a separate skillet or microwave.
3. Fill each tortilla with scrambled eggs and 0.8 cup (186 ml) black beans.
4. Top with chopped cilantro and hot sauce as desired.

9. Spicy Egg & Cauliflower Rice Bowl

This hearty bowl uses cauliflower rice for a low-carb base, topped with protein-rich eggs and spices, providing energy without the carbs.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	5 min
Calories	462 kcal
Protein	36g
Carbs	17g
Fats	30g



Ingredients

Cauliflower rice	1.7 cup / 396 ml
Large eggs	3.3 large / 3 large
Olive oil	1.7 tbsp / 24.8 ml
Hot sauce	1.7 tbsp / 24.8 ml
Chopped green onions	1.7 tbsp / 24.8 g

Instructions

1. In a skillet, heat 1.7 tbsp (24.8 ml) olive oil over medium heat. Add cauliflower rice and sauté for about 5 minutes.
2. Push cauliflower rice to the side and pour in 3.3 beaten eggs, scrambling until cooked.
3. Mix cauliflower rice with scrambled eggs, add 1.7 tbsp (24.8 ml) hot sauce, and garnish with chopped green onions.

Day 4

3 meals · 1,497 calories

BREAKFAST Boiled Egg and Veggie Stir-Fry **490 kcal**

LUNCH Egg & Spinach Stuffed Portobello Mushrooms **512 kcal**

DINNER Grilled Vegetable & Egg Bowl **495 kcal**

Protein: 107g Carbs: 50g Fats: 101g

10. Boiled Egg and Veggie Stir-Fry

A vibrant mix of colorful vegetables and boiled eggs offers a nutrient-rich meal that helps support bone health through calcium and vitamin K. This dish is also anti-inflammatory, providing relief from menopause symptoms.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	10 min
Calories	490 kcal
Protein	34g
Carbs	21g
Fats	31g



Ingredients

Boiled eggs	3 large / 3 large
Bell pepper, sliced	0.5 medium / 0.5 medium
Broccoli florets	1.4 cup / 336 ml
Olive oil	1.4 tbsp / 21 ml
Soy sauce (low sodium)	1.4 tbsp / 21 ml
Sesame seeds	1.4 tsp / 7 ml

Instructions

1. Heat 1.4 tbsp (21 ml) of olive oil in a pan over medium heat.
2. Add 0.5 medium sliced bell pepper and 1.4 cup (336 ml) of broccoli florets, stir-frying for 5-7 minutes until tender.
3. Add 2 chopped boiled eggs and 1.4 tbsp (21 ml) low sodium soy sauce, mixing well before serving with a sprinkle of sesame seeds.

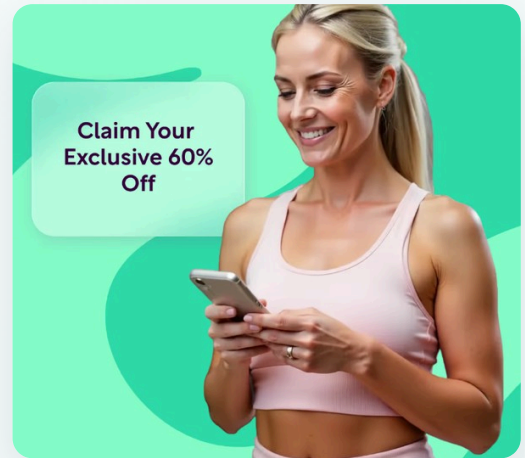
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11. Egg & Spinach Stuffed Portobello Mushrooms

These portobello caps are filled with eggs and spinach, providing a satisfying dish packed with vitamin D and calcium. Spinach also contains magnesium, supporting bone health.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	20 min
Calories	512 kcal
Protein	37g
Carbs	12g
Fats	37g



Ingredients

Large portobello mushrooms	3.1 / 3.1g
Eggs	3.1 large / 3.1g
Fresh spinach, chopped	1.6 cup / 372 ml
Feta cheese, crumbled	0.4 cup / 93 ml
Olive oil	1.6 tsp / 7.8 ml
Salt and pepper	to taste / to taste

Instructions

1. Preheat the oven to 375°F (190°C).
2. Brush the portobello mushrooms with olive oil and place them on a baking sheet, gill side up.
3. In a skillet, sauté the spinach until wilted, then combine with eggs and feta cheese (if using). Season with salt and pepper.
4. Spoon the egg mixture into the mushrooms and bake for 20 minutes until eggs are set.

12. Grilled Vegetable & Egg Bowl

This vibrant bowl features grilled vegetables and eggs, providing a satisfying combination of protein, fiber, and healthy fats. Grilling vegetables enhances their flavor and adds antioxidants important for women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	495 kcal
Protein	36g
Carbs	17g
Fats	33g



Ingredients

Eggs	3 large / 3 large
Zucchini, sliced	1 medium / 1 medium
Bell pepper, sliced	1 medium / 1 medium
Olive oil	1.7 tbsp / 24.8 ml
Salt	to taste / to taste
Pepper	to taste / to taste

Instructions

1. Preheat grill or grill pan over medium heat.
2. Toss 1/2 sliced zucchini and 1/2 sliced bell pepper with 1.7 tbsp (24.8 ml) olive oil, salt, and pepper.
3. Grill vegetables for 5-7 minutes until tender and slightly charred.
4. In a skillet, scramble 3 large eggs and season with salt and pepper.
5. Serve the grilled vegetables topped with scrambled eggs.

Day 5

3 meals · 1,495 calories

BREAKFAST Spicy Egg and Black Bean Breakfast Burrito **490 kcal**

LUNCH Boiled Egg Salad with Chickpeas **543 kcal**

DINNER Egg & Spinach Stuffed Bell Peppers **462 kcal**

Protein: 113g Carbs: 120g Fats: 57g

13. Spicy Egg and Black Bean Breakfast Burrito

Packed with protein, this breakfast burrito features boiled eggs and black beans, which are great for supporting metabolism and muscle maintenance. The spices used can also help alleviate menopausal symptoms through their anti-inflammatory properties.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	5 min
Calories	490 kcal
Protein	34g
Carbs	56g
Fats	11g



Ingredients

Boiled eggs	3 large / 3 large
Black beans, cooked	0.7 cup / 168 ml
Whole wheat tortilla	1.5 medium / 1.5 medium
Salsa	2.8 tbsp / 42 ml
Cilantro, chopped	1.4 tbsp / 21 ml

Instructions

1. In a bowl, combine 0.7 cup (168 ml) cooked black beans and 2 chopped boiled eggs.
2. Place the mixture on 1.5 medium whole wheat tortilla, add 2.8 tbsp (42 ml) salsa and top with 1.4 tbsp (21 ml) chopped cilantro.
3. Roll the tortilla tightly to create a burrito.

14. Boiled Egg Salad with Chickpeas

Chickpeas and boiled eggs create a satisfying salad that is not only high in protein but also rich in fiber, supporting digestive health. This nutrient-dense meal is beneficial for maintaining energy levels and hormonal balance.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	543 kcal
Protein	39g
Carbs	47g
Fats	23g



Ingredients

Boiled eggs	3 large / 3 large
Canned chickpeas, drained	0.8 cup / 186 ml
Cherry tomatoes, halved	0.8 cup / 186 ml
Cucumber, diced	0.8 cup / 186 ml
Olive oil	1.6 tbsp / 23.3 ml
Lemon juice	1.6 tbsp / 23.3 ml
Salt and pepper	to taste / to taste

Instructions

1. In a bowl, combine 0.8 cup (186 ml) drained chickpeas, 0.8 cup (186 ml) halved cherry tomatoes, and 0.8 cup (186 ml) diced cucumber.
2. Drizzle with 1.6 tbsp (23.3 ml) olive oil and 1.6 tbsp (23.3 ml) lemon juice, seasoning with salt and pepper.
3. Slice 2 boiled eggs and add them to the salad before serving.

15. Egg & Spinach Stuffed Bell Peppers

These vibrant bell peppers are filled with protein-rich eggs and nutrient-dense spinach, offering a delicious way to boost vitamin D intake and support overall energy levels.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	25 min
Calories	462 kcal
Protein	40g
Carbs	17g
Fats	23g



Ingredients

bell peppers, halved	3.3 medium / 3.3g
large eggs	6.6 large / 6.5 large
fresh spinach, chopped	1.7 cup / 396 ml
olive oil	1.7 tbsp / 24.8 ml
salt and pepper to taste	to taste / to taste

Instructions

1. Preheat the oven to 350°F (175°C). Grease a baking dish with olive oil.
2. In a bowl, whisk together the eggs and fold in the chopped spinach. Season with salt and pepper.
3. Stuff the bell pepper halves with the egg mixture and place them in the baking dish. Bake for 25 minutes or until the eggs are set.

Day 6

3 meals · 1,507 calories

BREAKFAST Spinach and Coconut Oil Scrambled Eggs with Flaxseed **483 kcal**

LUNCH Cucumber Egg Boats with Avocado and Flaxseed **496 kcal**

DINNER Egg & Cauliflower Fried Rice **528 kcal**

Protein: 117g Carbs: 79g Fats: 95g

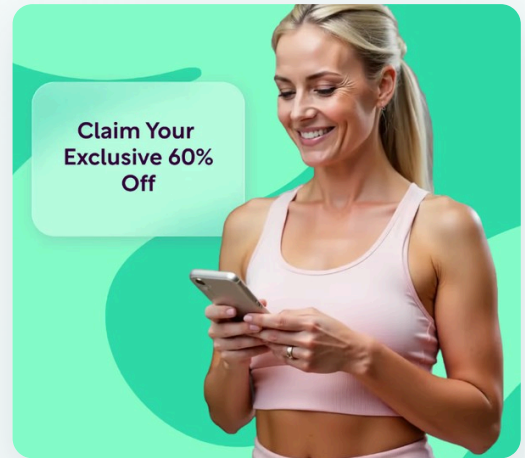
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16. Spinach and Coconut Oil Scrambled Eggs with Flaxseed

This nutritious breakfast is packed with protein and healthy fats, making it an ideal choice for women over 40. The combination of eggs, spinach, and flaxseed provides essential nutrients for hormone balance, bone health, and heart health while supporting metabolism and energy levels.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	483 kcal
Protein	39g
Carbs	21g
Fats	31g



Ingredients

large eggs	2.8 large / 2.8g
fresh spinach	1.4 cup / 336 ml
coconut oil	1.4 tsp / 7 ml
ground flaxseed	1.4 tbsp / 21 g
sea salt	to taste / to taste
black pepper	to taste / to taste

Instructions

1. Step 1: In a small pot, bring water to a boil and gently add the eggs. Boil for about 9 minutes for hard-boiled eggs, then cool in ice water and peel.
2. Step 2.8: In a non-stick skillet, heat the coconut oil over medium heat. Add the fresh spinach and sauté for 2.8-3 minutes until wilted.
3. Step 3: In a bowl, whisk the boiled eggs and ground flaxseed together until well combined. Pour the egg mixture into the skillet with spinach, and cook for 2.8-3 minutes, stirring gently until the eggs are just set.
4. Step 4: Season with sea salt and black pepper to taste before serving.

17. Cucumber Egg Boats with Avocado and Flaxseed

This nutrient-dense lunch option features cucumber egg boats filled with protein-rich eggs, heart-healthy avocado, and fiber-packed flaxseed. Perfect for supporting hormone balance and bone health, this dish is ideal for women over 40 seeking to maintain vitality and energy.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	496 kcal
Protein	42g
Carbs	28g
Fats	31g



Ingredients

large boiled eggs	3.1 large / 3.1g
large cucumber	1.6 medium / 1.6g
ripe avocado	0.8 medium / 116.3 g
flaxseed meal	1.6 tablespoon / 23.3 g
lemon juice	1.6 teaspoon / 7.8 ml
fresh dill	1.6 tablespoon / 7.8 g
sea salt	to taste / to taste

Instructions

1. Step 1.6: Boil the eggs for about 10-12 minutes until hard-boiled. Once cooled, peel and slice them in half.
2. Step 3.1: While the eggs are boiling, hollow out the cucumber by cutting it in half lengthwise and scooping out the seeds with a spoon.
3. Step 3: In a small bowl, mash the avocado with lemon juice, dill, and flaxseed meal until well combined.
4. Step 4: Spoon the avocado mixture into the hollowed cucumber halves, then place the egg halves on top.
5. Step 5: Season with sea salt to taste, and serve immediately.

18. Egg & Cauliflower Fried Rice

This healthy twist on fried rice uses cauliflower for a low-carb base and is packed with protein from eggs. The dish is colorful and nutrient-dense, providing vitamins and minerals essential for women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	10 min
Calories	528 kcal
Protein	36g
Carbs	30g
Fats	33g



Ingredients

Eggs	3 large / 3 large
Riced cauliflower	1.7 cup / 396 ml
Mixed vegetables (carrots, peas, bell pepper), diced	0.8 cup / 198 ml
Soy sauce	1.7 tbsp / 24.8 ml
Olive oil	1.7 tbsp / 24.8 ml
Salt	to taste / to taste
Pepper	to taste / to taste

Instructions

1. Heat 1.7 tbsp (24.8 ml) olive oil in a skillet over medium heat.
2. Add 1.7 cup (396 ml) riced cauliflower and 0.8 cup (198 ml) mixed diced vegetables; sauté for about 5 minutes until tender.
3. Push the vegetables to one side of the skillet and scramble 3 large eggs on the other side.
4. Once eggs are cooked, mix everything together and add 1.7 tbsp (24.8 ml) soy sauce, salt, and pepper to taste.
5. Serve hot.

Day 7

3 meals · 1,486 calories

BREAKFAST Cheesy Cauliflower & Egg Bake **448 kcal**

LUNCH Egg & Chickpea Salad **543 kcal**

DINNER Savory Scrambled Eggs with Veggie Medley **495 kcal**

Protein: 122g Carbs: 83g Fats: 86g

19. Cheesy Cauliflower & Egg Bake

This savory egg bake combines cauliflower and cheese, perfect for a nutritious breakfast or brunch. Low in carbs and high in protein, it supports hormone balance and boosts energy for women over 40.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	20 min
Calories	448 kcal
Protein	39g
Carbs	11g
Fats	28g



Ingredients

Cauliflower florets	1.4 cup / 168 g
Eggs	5.5 large / 5.5 large
Shredded cheese (cheddar or mozzarella)	½ cup / 84 g
Olive oil	1.4 tbsp / 21 ml
Salt	to taste /
Black pepper	to taste /

Instructions

1. Preheat oven to 350°F (175°C).
2. Grease a small baking dish with olive oil. Spread steamed cauliflower in an even layer.
3. In a bowl, whisk together eggs, salt, and pepper. Pour over cauliflower and top with shredded cheese. Bake for 20 minutes until set.

20. Egg & Chickpea Salad

This protein-packed salad combines eggs and chickpeas, offering a perfect balance of protein and fiber to keep you full and satisfied. High in vitamins and minerals, it supports bone density and energy levels, essential for women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	543 kcal
Protein	37g
Carbs	47g
Fats	28g



Ingredients

Hard-boiled eggs, chopped	3 large / 3 large
Canned chickpeas, drained	0.8 cup / 186 ml
Cucumber, diced	0.8 cup / 186 ml
Olive oil	1.6 tbsp / 23.3 ml
Lemon juice	1.6 tbsp / 23.3 ml
Salt	to taste / to taste
Pepper	to taste / to taste

Instructions

1. In a bowl, combine 2 chopped hard-boiled eggs, 0.8 cup (186 ml) drained chickpeas, and 0.8 cup (186 ml) diced cucumber.
2. Drizzle with 1.6 tbsp (23.3 ml) olive oil and 1.6 tbsp (23.3 ml) lemon juice.
3. Season with salt and pepper to taste and mix well.

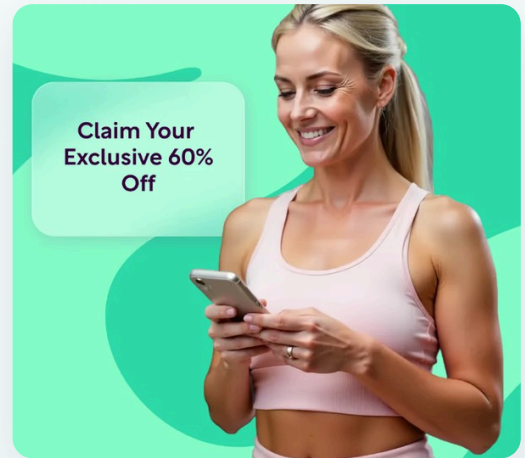
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21. Savory Scrambled Eggs with Veggie Medley

This delicious scrambled egg dish is packed with nutrient-dense vegetables, providing a wealth of phytonutrients that support hormone balance and bone health. Rich in protein and healthy fats, it's a perfect dinner option for women over 40 looking to boost their metabolism and heart health.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	495 kcal
Protein	46g
Carbs	25g
Fats	30g



Ingredients

large eggs	3.3 large / 3.3g
bell peppers, chopped	0.8 cup / 198 ml
zucchini, chopped	0.8 cup / 198 ml
mushrooms, sliced	0.8 cup / 198 ml
coconut oil	1.7 tsp / 8.3 ml
garlic, minced	1.5 clove / 1.5 clove
fresh herbs (e.g., parsley, chives)	1.7 tbsp / 24.8 ml

Instructions

1. Step 1: In a medium bowl, whisk the eggs until well beaten and set aside.
2. Step 3.3: Heat coconut oil in a non-stick skillet over medium heat. Add minced garlic and sauté for 30 seconds until fragrant.
3. Step 3: Add bell peppers, zucchini, and mushrooms to the skillet. Sauté for about 5-7 minutes until vegetables are tender.
4. Step 4: Pour the beaten eggs into the skillet with the vegetables. Stir gently and cook until the eggs are fully scrambled, about 3-4 minutes.
5. Step 5: Sprinkle fresh herbs over the scrambled eggs before serving.

Day 8

3 meals · 1,519 calories

BREAKFAST Egg and Vegetable Breakfast Wrap with Whole Wheat Tortilla **448 kcal**

LUNCH Protein-Packed Egg Salad with Arugula and Walnuts **543 kcal**

DINNER Final Egg Celebration with Sautéed Kale and Tomatoes **528 kcal**

Protein: 122g Carbs: 81g Fats: 89g

22. Egg and Vegetable Breakfast Wrap with Whole Wheat Tortilla

This nutritious breakfast wrap combines protein-rich eggs with fiber-packed vegetables for a balanced meal. The whole wheat tortilla adds complex carbs to support sustained energy.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	3 min
Calories	448 kcal
Protein	34g
Carbs	42g
Fats	17g



Ingredients

Eggs	3 large / 3 large
Bell pepper	0.5 medium / 0.5 medium
Onion	0.5 medium / 0.5 medium
Spinach	1.4 cup / 336 ml
Whole wheat tortilla	1.5 large / 1.5 large
Olive oil	1.4 tsp / 7 ml
Salt and pepper	to taste / to taste

Instructions

1. In a skillet, heat 1.4 tsp (7 ml) olive oil over medium heat. Add diced onions and bell peppers, sauté for 3 minutes.
2. Add 3 large eggs and scramble with the vegetables until cooked through. Stir in 1.4 cup (336 ml) spinach until wilted.
3. Season with salt and pepper to taste, then place the egg mixture onto the center of 1.5 large whole wheat tortilla. Wrap it tightly and serve warm.

23. Protein-Packed Egg Salad with Arugula and Walnuts

This nutritious egg salad is designed for women over 40, featuring hard-boiled eggs and fresh arugula, both excellent sources of protein and essential nutrients. The addition of walnuts provides heart-healthy omega-3s and phytoestrogens, supporting hormone balance and overall well-being.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	543 kcal
Protein	42g
Carbs	19g
Fats	39g



Ingredients

large hard-boiled eggs, chopped	4.7 large / 4.7g
mayonnaise (preferably light or avocado)	1.6 tbsp / 23.3 g
fresh arugula	3.1 cups / 93 g
lemon juice	1.6 tsp / 7.8 ml
walnuts, chopped	1.6 oz / 43.4 g
sea salt	to taste / to taste
black pepper	to taste / to taste

Instructions

1. Step 1: In a mixing bowl, combine the chopped hard-boiled eggs and mayonnaise. Mix until well coated.
2. Step 2: Add the lemon juice, salt, and pepper to the egg mixture and stir until combined.
3. Step 4.7: In a large serving bowl, place the fresh arugula and top with the egg salad mixture.
4. Step 4: Sprinkle the chopped walnuts over the salad for added crunch and nutrition.
5. Step 5: Serve immediately and enjoy your nutritious lunch!

24. Final Egg Celebration with Sautéed Kale and Tomatoes

This protein-packed dinner features eggs, rich in essential amino acids, and sautéed kale and cherry tomatoes for a boost of vitamins, minerals, and antioxidants. Perfect for women over 40, this meal supports hormone balance, bone health, and heart health while keeping calories in check.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	528 kcal
Protein	46g
Carbs	20g
Fats	33g



Ingredients

large eggs	3.3 large / 3.3g
kale, chopped	0.8 cup / 198 ml
cherry tomatoes, halved	0.4 cup / 99 ml
olive oil	1.7 tsp / 8.3 ml
salt	to taste / to taste
pepper	to taste / to taste

Instructions

1. Step 1: Heat the olive oil in a non-stick skillet over medium heat.
2. Step 3.3: Add the chopped kale to the skillet and sauté for about 3-4 minutes until wilted, stirring occasionally.
3. Step 3: Add the halved cherry tomatoes to the skillet and cook for an additional 3.3-3 minutes until they start to soften.
4. Step 4: While the vegetables are cooking, crack the eggs into a bowl, whisk them, and season with salt and pepper.
5. Step 5: Push the vegetables to one side of the skillet and pour the eggs into the empty side. Cook the eggs to your preferred doneness, stirring gently.
6. Step 6: Once the eggs are cooked, serve them alongside the sautéed kale and tomatoes.

Day 9

3 meals · 1,569 calories

BREAKFAST	Turmeric & Spinach Frittata	448 kcal
LUNCH	Coconut Oil Spinach Scramble with Quinoa	543 kcal
DINNER	Indian Spiced Egg Curry	578 kcal

Protein: 114g Carbs: 97g Fats: 86g

25. Turmeric & Spinach Frittata

This easy frittata is filled with spinach and turmeric for a nutrient-dense breakfast option. High in protein and vitamins, it also supports bone health and hormone balance.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	10 min
Calories	448 kcal
Protein	34g
Carbs	8g
Fats	31g



Ingredients

Eggs	5.5 large / 280 g
Fresh spinach, chopped	2.8 cups / 84 g
Turmeric powder	½ tsp / 3.5 g
Black pepper (freshly ground)	¼ tsp / 1.4 g
Olive oil	1.4 tbsp / 21 ml
Feta cheese, crumbled (optional)	¼ cup / 56 g

Instructions

1. Preheat oven to 350°F (175°C). In a bowl, whisk together eggs, turmeric, and black pepper until well combined.
2. In an oven-safe skillet, heat 1.4 tbsp (21 ml) olive oil over medium heat. Add chopped spinach and cook until wilted, about 2 minutes.
3. Pour the egg mixture over the spinach and cook for 2-3 minutes until the edges start to set. If using, sprinkle feta cheese on top.
4. Transfer the skillet to the preheated oven and bake for 10 minutes until fully set. Slice and serve warm.

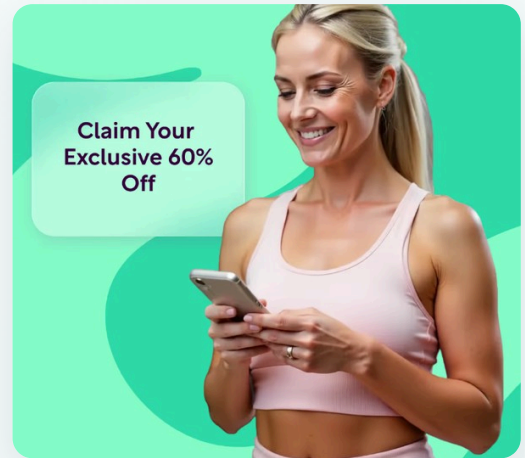
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26. Coconut Oil Spinach Scramble with Quinoa

This protein-packed Coconut Oil Spinach Scramble is designed to support hormone balance and bone health for women over 40. The addition of quinoa enhances fiber and protein content, while spinach provides essential nutrients like folate and iron.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	543 kcal
Protein	47g
Carbs	56g
Fats	19g



Ingredients

large eggs	3.1 large / 3.1g
fresh spinach	1.6 cup / 372 ml
coconut oil	1.6 tsp / 7.8 ml
cooked quinoa	0.8 cup / 186 ml
garlic powder	0.4 tsp / 1.6 g
salt	to taste / to taste
black pepper	to taste / to taste

Instructions

1. Step 1: In a small pot, cook quinoa according to package instructions and set aside.
2. Step 3.1: In a non-stick skillet, heat the coconut oil over medium heat.
3. Step 3: Add spinach and sauté until wilted, about 3.1-3 minutes.
4. Step 4: In a bowl, whisk the eggs with garlic powder, salt, and pepper.
5. Step 5: Pour the egg mixture into the skillet with spinach and scramble until eggs are cooked through, about 3-4 minutes.
6. Step 6: Serve the spinach scramble over the cooked quinoa for added protein and fiber.

27. Indian Spiced Egg Curry

This flavorful curry incorporates boiled eggs and spices like turmeric and cumin, which have anti-inflammatory properties beneficial for women over 40. It provides a hearty meal that is high in protein and can help alleviate menopause symptoms.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	20 min
Calories	578 kcal
Protein	33g
Carbs	33g
Fats	36g



Ingredients

Boiled eggs	3 large / 3 large
Canned diced tomatoes	0.8 cup / 198 ml
Onion, chopped	1 medium / 1 medium
Olive oil	1.7 tbsp / 24.8 ml
Turmeric powder	0.8 tsp / 3.3 ml
Cumin powder	0.8 tsp / 3.3 ml
Salt and pepper	to taste / to taste

Instructions

1. Heat 1.7 tbsp (24.8 ml) of olive oil in a pan over medium heat and sauté 1 medium chopped onion until translucent.
2. Add 0.8 cup (198 ml) canned diced tomatoes, 0.8 tsp (3.3 ml) turmeric, and 0.8 tsp (3.3 ml) cumin, stirring for 5-7 minutes.
3. Add 2 chopped boiled eggs and simmer for another 5 minutes. Season with salt and pepper before serving.

Day 10

3 meals · 1,569 calories

BREAKFAST Egg & Spinach Breakfast Wrap with Avocado **448 kcal**

LUNCH Nourishing Bone Broth Egg Drop Soup with Scallions **543 kcal**

DINNER Stuffed Bell Peppers with Quinoa and Eggs **578 kcal**

Protein: 112g Carbs: 155g Fats: 58g

28. Egg & Spinach Breakfast Wrap with Avocado

This nutritious wrap includes eggs for protein and vitamin D, spinach for calcium, and healthy fats from avocado, making it a great start for maintaining bone health.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	8 min
Calories	448 kcal
Protein	28g
Carbs	42g
Fats	22g



Ingredients

Whole grain tortilla	1.5 medium / 1.5 medium
Eggs	3 large / 3 large
Fresh spinach	1.4 cup / 336 ml
Avocado, sliced	0.5 medium / 0.5 medium
Olive oil	1.4 tsp / 7 ml

Instructions

1. Heat 1.4 tsp (7 ml) olive oil in a pan over medium heat; add 3 large eggs and scramble until cooked.
2. Stir in 1.4 cup (336 ml) fresh spinach until wilted.
3. Place the egg and spinach mixture onto 1.5 medium whole grain tortilla; top with 0.5 medium sliced avocado, roll up, and serve.

29. Nourishing Bone Broth Egg Drop Soup with Scallions

This comforting Bone Broth Egg Drop Soup is rich in collagen and protein, promoting joint health and skin elasticity. Packed with essential nutrients, it's designed to support hormone balance and heart health for women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	543 kcal
Protein	43g
Carbs	47g
Fats	19g



Ingredients

Bone broth	1.6 cup / 372 ml
Large eggs, beaten	3.1 large / 3.1g
Chopped scallions	3.1 / 3.1g
White pepper	0.4 tsp / 1.6 g
Fresh ginger, grated	1.6 tsp / 7.8 g
Chia seeds (for omega-3s)	1.6 tbsp / 23.3 g
Spinach, chopped (for fiber and calcium)	1.6 cup / 46.5 g

Instructions

1. Step 1: In a medium saucepan, heat the bone broth over medium heat until simmering.
2. Step 3.1: While the broth heats, beat the eggs in a bowl until well mixed.
3. Step 3: Once the broth is simmering, slowly drizzle the beaten eggs into the broth while stirring gently to create egg ribbons.
4. Step 4: Add the chopped scallions, grated ginger, chia seeds, and spinach to the soup. Stir well and cook for an additional 3.1-3 minutes until spinach is wilted.
5. Step 5: Season with white pepper to taste and serve hot.

30. Stuffed Bell Peppers with Quinoa and Eggs

These colorful stuffed bell peppers are filled with quinoa and boiled eggs, providing a great source of protein and complex carbohydrates. The dish is also rich in vitamins A and C, essential for boosting immunity and skin health during menopause.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	30 min
Calories	578 kcal
Protein	41g
Carbs	66g
Fats	17g



Ingredients

Bell pepper	1.5 large / 1.5 large
Boiled eggs	3 large / 3 large
Cooked quinoa	0.8 cup / 198 ml
Olive oil	1.7 tbsp / 24.8 ml
Cumin	0.8 tsp / 3.3 ml
Salt and pepper	to taste / to taste

Instructions

1. Preheat oven to 375°F (190°C). Cut the top off 1.5 large bell pepper and remove seeds.
2. In a bowl, mix 0.8 cup (198 ml) cooked quinoa with 2 chopped boiled eggs, 1.7 tbsp (24.8 ml) olive oil, cumin, salt, and pepper.
3. Stuff the mixture into the bell pepper and place it in a baking dish. Bake for 25-30 minutes until the pepper is tender.

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