

10-Day Liquid Diet Plan for Women Over 40 PDF

Revitalize your body with nutritious liquids.

Experience the benefits of the 10-Day Liquid Diet Plan, specially crafted for women over 40. With 30 revitalizing recipes, this diet aids in detoxification and promotes weight loss while ensuring that you stay hydrated and nourished. Perfect for those seeking a fresh start!

DAILY NUTRITION OVERVIEW

DAY	CALORIES	PROTEIN	CARBS	FATS
Day 1	1,499	121g	161g	46g
Day 2	1,498	87g	181g	53g
Day 3	1,503	80g	131g	68g
Day 4	1,497	95g	215g	35g
Day 5	1,497	90g	186g	49g
Day 6	1,505	142g	137g	47g
Day 7	1,495	76g	202g	51g
Day 8	1,495	63g	206g	49g
Day 9	1,494	64g	187g	60g
Day 10	1,494	101g	94g	78g
Avg	1,498	92g	170g	54g

CALORIE DISTRIBUTION



Nourish Your Body, Transform Your Health

WHAT'S INSIDE

Berry Protein Smoothie Bowl

Broth-Based Soup with Grilled Salmon and Quinoa Salad

Hearty Kale and White Bean Soup

Citrus Kale Salad with Avocado and Almonds

Spiced Ginger Chicken Bone Broth Soup

Turmeric-Spiced Lentil & Vegetable Soup

Savory Mushroom & Barley Soup

Collagen-Boosting Avocado Toast

Savory Chickpea and Pumpkin Stew

Roasted Vegetable and Bone Broth Bowl

Banana Berry Smoothie

Roasted Bell Pepper & Chickpea Soup with Lemon

+ 18 more recipes inside

Need a plan that fits your goals? Reverse Health creates personalized meal plans based on your body, preferences, and lifestyle. [Get started at reverse.health](https://reverse.health)



30 Recipes

10-day meal plan



92g Protein

Daily average



1,498 cal/day

Daily average



Macro Balanced

170g C / 54g F avg

Contents

A quick overview of what's inside

01 Day 1

1. Berry Protein Smoothie Bowl

2. Savory Mushroom & Barley Soup

3. Broth-Based Soup with Grilled Salmon and Quinoa Salad

02 Day 2

4. Collagen-Boosting Avocado Toast

5. Hearty Kale and White Bean Soup

6. Savory Chickpea and Pumpkin Stew

03 Day 3

7. Citrus Kale Salad with Avocado and Almonds

8. Roasted Vegetable and Bone Broth Bowl

9. Spiced Ginger Chicken Bone Broth Soup

04 Day 4

10. Banana Berry Smoothie

11. Turmeric-Spiced Lentil & Vegetable Soup

12. Roasted Bell Pepper & Chickpea Soup with Lemon

05 Day 5

13. Nutty Banana Smoothie

14. Creamy Spinach & White Bean Soup

15. Roasted Vegetable and Lentil Soup

06 Day 6

16. Protein-Packed Spinach Smoothie

17. Hearty Chicken and Lentil Soup

18. Chicken & Vegetable Bone Broth Soup

07 Day 7

19. Lemon Yogurt Pancakes

20. Mediterranean Chickpea Salad with Walnuts

21. Classic French Onion Soup with Chickpeas and Thyme

08 Day 8

22. Creamy Avocado Green Smoothie

23. Chickpea Salad with Lemon Dressing

24. Chickpea & Spinach Soup with Apple Cider Vinegar

09 Day 9

25. Avocado Toast with Lemon and Herbs

26. Holy Basil & Chickpea Salad

27. Lentil Soup with Spinach and Carrots

10 Day 10

28. Avocado Toast with Tomato and Basil

29. Mediterranean Shrimp Salad

30. Thai-Spiced Shrimp and Vegetable Soup

Day 1

3 meals · 1,499 calories

BREAKFAST	Berry Protein Smoothie Bowl	448 kcal
LUNCH	Savory Mushroom & Barley Soup	473 kcal
DINNER	Broth-Based Soup with Grilled Salmon and Quinoa Salad	578 kcal

Protein: 121g Carbs: 161g Fats: 46g

1. Berry Protein Smoothie Bowl

Packed with antioxidants and phytoestrogens from mixed berries, this smoothie bowl supports hormone balance and helps combat menopause symptoms. The addition of protein powder ensures you receive a muscle-preserving 25g of protein to maintain energy levels throughout the day.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	448 kcal
Protein	35g
Carbs	49g
Fats	14g



Ingredients

Frozen mixed berries	1.4 cup / 336 ml
Unsweetened almond milk	0.7 cup / 168 ml
Vanilla protein powder	1.5 scoop / 42 g

Chia seeds	2.8 tbsp / 42 g
Fresh mint leaves	1.4 tbsp / 21 ml

Instructions

1. Blend 1.4 cup (336 ml) frozen mixed berries, 0.7 cup (168 ml) almond milk, and 1.5 scoop (42 g) protein powder until smooth.
2. Stir in 2.8 tbsp (42 g) chia seeds and let sit for 5 minutes to thicken.
3. Pour into a bowl and garnish with fresh mint leaves.

2. Savory Mushroom & Barley Soup

Rich in fiber and protein from barley and mushrooms, this soup is great for digestion and maintaining energy levels. Turmeric and garlic contribute to its health benefits, helping fight inflammation.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	20 min
Calories	473 kcal
Protein	33g
Carbs	62g
Fats	12g



Ingredients

Mushrooms, sliced	3.1 cups / 372 g
Barley, rinsed	1.6 cup / 310 g
Bone broth	6.2 cups / 1488 ml
Garlic, minced	6 cloves / 6 cloves
Turmeric powder	1.6 tsp / 7.8 g
Spinach, chopped	1.6 cup / 46.5 g

Instructions

1. In a pot, sauté mushrooms for 5 minutes until softened.
2. Add garlic and turmeric and continue to sauté for an additional 2 minutes.
3. Pour in the bone broth and barley; bring to a boil and simmer for 20 minutes until barley is tender. Stir in spinach just before serving.

3. Broth-Based Soup with Grilled Salmon and Quinoa Salad

This nourishing dish combines a warm, broth-based soup with a protein-packed grilled salmon and a fiber-rich quinoa salad. Perfect for women over 40, it supports hormone balance, bone health, and heart health while providing essential nutrients like omega-3s, phytoestrogens, and calcium.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	578 kcal
Protein	53g
Carbs	50g
Fats	20g



Ingredients

Low-sodium vegetable broth	3.3 cups / 792 ml
Salmon fillet	6.6 oz / 186.5 g
Quinoa (uncooked)	0.8 cup / 148.5 g
Cherry tomatoes, halved	1.7 cup / 247.5 g
Cucumber, diced	0.8 cup / 123.8 g
Olive oil	1.7 tablespoon / 24.8 ml
Lemon juice	1.7 tablespoon / 24.8 ml
Fresh parsley, chopped	3.3 tablespoons / 49.5 g
Salt and pepper to taste	to taste / to taste

Instructions

1. In a medium pot, bring the low-sodium vegetable broth to a gentle boil.
2. While the broth heats, season the salmon fillet with salt and pepper.
3. Heat a grill pan over medium-high heat and grill the salmon for about 4-5 minutes per side, or until cooked through.
4. In a separate pot, cook the quinoa according to package instructions (typically about 15 minutes).
5. Once cooked, fluff the quinoa with a fork and mix in cherry tomatoes, cucumber, olive oil, lemon juice, and parsley.
6. Serve the hot broth in a bowl, placing the grilled salmon on top and the quinoa salad on the side.

Day 2

3 meals · 1,498 calories

BREAKFAST Collagen-Boosting Avocado Toast **490 kcal**

LUNCH Hearty Kale and White Bean Soup **496 kcal**

DINNER Savory Chickpea and Pumpkin Stew **512 kcal**

Protein: 87g Carbs: 181g Fats: 53g

4. Collagen-Boosting Avocado Toast

This avocado toast topped with a poached egg and bone broth-infused sauce brings richness and nutrition to your breakfast. It's a delightful mix of creamy and crunchy textures.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	5 min
Calories	490 kcal
Protein	15g
Carbs	42g
Fats	28g



Ingredients

Whole grain bread	1.5 slice / 1.5 slice
Ripe avocado	0.7 medium / 0.7g
Egg	1.4 large / 1.4g
Bone broth	1.4 tbsp / 21 ml
Red pepper flakes	to taste / to taste
Salt	to taste / to taste

Instructions

1. Toast the whole grain bread until golden.
2. Mash the avocado with salt and red pepper flakes.
3. Poach the egg in boiling water.
4. Spread the avocado on the toast, top with the poached egg, and drizzle with bone broth.
5. Serve immediately.

5. Hearty Kale and White Bean Soup

A nutrient-dense soup filled with protein-rich white beans and hearty kale, offering fiber and antioxidants for menopause symptom relief. It's warming and nourishing, perfect for maintaining energy.

Nutrition Information

Servings	1
Prep Time	18 min
Cook Time	20 min
Calories	496 kcal
Protein	36g
Carbs	70g
Fats	12g



Ingredients

Olive oil	1.6 tbsp / 23.3 ml
Garlic, minced	3 cloves / 3 cloves
Onion, chopped	0.8 medium / 0.8g
Carrots, diced	0.8 cup / 186 ml
Celery, diced	0.8 cup / 186 ml
Kale, chopped	3.1 cups / 744 ml
White beans (canned, drained)	1.6 cup / 372 ml
Vegetable broth	6.2 cups / 1488 ml
Thyme	1.6 tsp / 7.8 g
Salt and pepper to taste	to taste / to taste

Instructions

1. In a large pot, heat olive oil over medium heat. Sauté garlic, onion, carrots, and celery for about 5-7 minutes or until softened.
2. Add chopped kale and cook until wilted, about 2 minutes.
3. Stir in white beans, vegetable broth, thyme, salt, and pepper. Bring to a simmer and cook for 20 minutes.

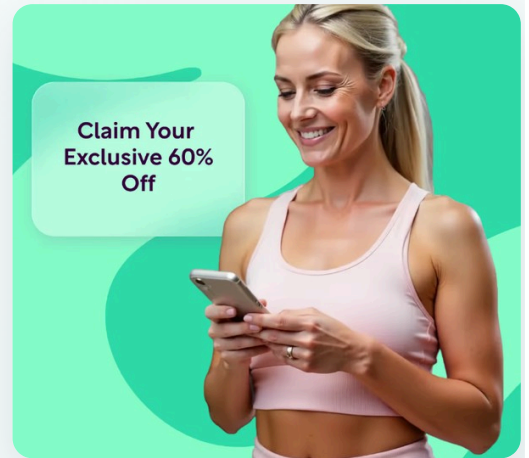
EXCLUSIVE OFFER

Start Your Personalized Plan

Get personalized meal plans, macro tracking, and expert guidance — all tailored to your unique body and goals. Join thousands of women already transforming their health with Reverse Health.

[Get Started Now](#)

**Join +1,100,000 women transforming their health*



6. Savory Chickpea and Pumpkin Stew

This nourishing stew combines protein-rich chickpeas and pumpkin, providing a comforting dish high in fiber. Pumpkin supports heart health and is rich in beta-carotene, while spices like cumin and coriander offer anti-inflammatory benefits.

Nutrition Information

Servings	1
Prep Time	17 min
Cook Time	20 min
Calories	512 kcal
Protein	36g
Carbs	69g
Fats	13g



Ingredients

Canned chickpeas, drained	3 cans / 3.3 x 15oz (425g)
Bone broth	4.9 cups / 1188 ml
Canned pumpkin puree	1.5 can / 24.8 oz (425g)
Onion, chopped	1.5 large / 247.5 g
Garlic, minced	5 cloves / 24.8 g
Cumin powder	1.7 tsp / 8.3 g
Coriander powder	1.7 tsp / 8.3 g
Salt	1.7 tsp / 8.3 g
Black pepper	0.8 tsp / 3.3 g

Instructions

1. In a pot, heat 1 tbsp (15ml) of olive oil over medium heat. Add the onion and garlic, cooking until softened, about 5 minutes.
2. Stir in the chickpeas, pumpkin puree, cumin, coriander, salt, and pepper. Pour in the bone broth and mix well.
3. Bring to a boil, then reduce heat and simmer for 20 minutes, stirring occasionally.

Day 3

3 meals · 1,503 calories

BREAKFAST Citrus Kale Salad with Avocado and Almonds **448 kcal**

LUNCH Roasted Vegetable and Bone Broth Bowl **527 kcal**

DINNER Spiced Ginger Chicken Bone Broth Soup **528 kcal**

Protein: 80g Carbs: 131g Fats: 68g

7. Citrus Kale Salad with Avocado and Almonds

Packed with vitamins A and K, this salad supports bone health and promotes antioxidant activity. The healthy fats from avocado and almonds enhance hormone balance and keep you satiated.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	448 kcal
Protein	11g
Carbs	20g
Fats	39g



Ingredients

Kale, chopped	2.8 cups / 672 ml
Avocado, diced	0.7 medium / 112 g
Almonds, sliced	0.4 cup / 56 g
Lemon juice	2.8 tbsp / 42 ml
Olive oil	1.4 tbsp / 21 ml
Salt and pepper	to taste / to taste

Instructions

1. In a large bowl, combine chopped kale, avocado, and sliced almonds.
2. In a small bowl, whisk together lemon juice and olive oil; season with salt and pepper.
3. Pour dressing over salad, toss gently, and serve immediately.

8. Roasted Vegetable and Bone Broth Bowl

This nutritious bowl features roasted seasonal vegetables over a base of quinoa with a drizzle of bone broth, providing a comforting meal full of vitamins. The variety of vegetables supports heart health and reduces inflammation.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	30 min
Calories	527 kcal
Protein	19g
Carbs	70g
Fats	19g



Ingredients

Bone broth	0.8 cup / 186 ml
Quinoa, cooked	0.8 cup / 186 ml
Broccoli florets	0.8 cup / 186 ml
Bell pepper, chopped	0.8 cup / 186 ml
Olive oil	1.6 tbsp / 23.3 ml
Salt and pepper to taste	to taste / to taste

Instructions

1. Preheat oven to 400°F (200°C).
2. Toss broccoli florets and chopped bell pepper with 1.6 tbsp (23.3 ml) of olive oil, salt, and pepper; spread on a baking sheet.
3. Roast for 20-25 minutes until golden brown.
4. Serve vegetables over 0.8 cup (186 ml) cooked quinoa with a drizzle of 0.8 cup (186 ml) of warm bone broth.

9. Spiced Ginger Chicken Bone Broth Soup

This hearty soup is loaded with lean chicken and nutrient-rich bone broth, providing collagen for joint health. Ginger and turmeric have potent anti-inflammatory properties, which support hormone balance and alleviate menopause symptoms.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	20 min
Calories	528 kcal
Protein	50g
Carbs	41g
Fats	10g



Ingredients

Bone broth	6.6 cups / 1584 ml
Lean chicken breast, diced	1.7 cup / 396 g
Carrots, sliced	1.7 cup / 198 g
Celery, diced	1.7 cup / 198 g
Garlic, minced	5 cloves / 5 cloves
Turmeric powder	1.7 tsp / 8.3 g
Fresh ginger, minced	1.7 tbsp / 24.8 g
Black pepper	0.8 tsp / 3.3 g

Instructions

1. In a large pot, heat the bone broth over medium heat.
2. Add the diced chicken, carrots, celery, garlic, turmeric, ginger, and black pepper.
3. Simmer for 20 minutes until the chicken is cooked and the vegetables are tender.

Day 4

3 meals · 1,497 calories

BREAKFAST Banana Berry Smoothie **490 kcal**

LUNCH Turmeric-Spiced Lentil & Vegetable Soup **512 kcal**

DINNER Roasted Bell Pepper & Chickpea Soup with Lemon **495 kcal**

Protein: 95g Carbs: 215g Fats: 35g

10. Banana Berry Smoothie

This delicious smoothie is rich in potassium and antioxidants, offering a perfect blend to boost energy levels and promote heart health. The addition of Greek yogurt adds protein to help maintain muscle mass.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	5 min
Calories	490 kcal
Protein	31g
Carbs	71g
Fats	11g



Ingredients

Banana	1.4 medium / 1.4g
Mixed berries (frozen or fresh)	0.7 cup / 168 ml
Greek yogurt	0.7 cup / 168 ml
Almond milk	0.7 cup / 168 ml
Chia seeds	1.4 tbsp / 21 g

Instructions

1. In a blender, combine 1.4 banana, 0.7 cup (168 ml) of mixed berries, 0.7 cup (168 ml) of Greek yogurt, and 0.7 cup (168 ml) of almond milk.
2. Add 1.4 tbsp (21 g) of chia seeds and blend until smooth.
3. Pour into a glass and enjoy immediately.

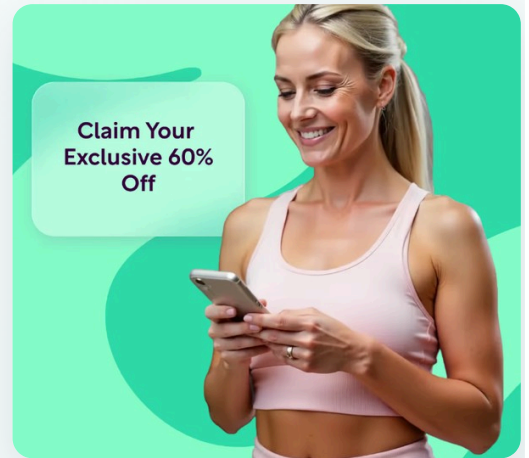
EXCLUSIVE OFFER

Start Your Personalized Plan

Get personalized meal plans, macro tracking, and expert guidance — all tailored to your unique body and goals. Join thousands of women already transforming their health with Reverse Health.

[Get Started Now](#)

**Join +1,100,000 women transforming their health*



11. Turmeric-Spiced Lentil & Vegetable Soup

This hearty soup is packed with protein from lentils and infused with turmeric and black pepper to promote joint health. It's also rich in fiber, supporting digestion and metabolism.

Nutrition Information

Servings	1
Prep Time	18 min
Cook Time	20 min
Calories	512 kcal
Protein	39g
Carbs	70g
Fats	11g



Ingredients

Olive oil	1.6 tbsp / 23.3 ml
Carrots, diced	1.6 cup / 232.5 g
Celery, diced	1.6 cup / 232.5 g
Onion, chopped	1.5 medium / 155 g
Garlic, minced	3 cloves / 16g
Lentils (split red or green)	1.6 cup / 310 g
Vegetable broth	6.2 cups / 1488 ml
Turmeric powder	1.6 tsp / 7.8 g
Black pepper (freshly ground)	½ tsp / 3.1 g
Spinach or kale, chopped	1.6 cup / 46.5 g

Instructions

1. In a large pot, heat 1.6 tbsp (23.3 ml) olive oil over medium heat. Add the chopped onion, garlic, carrots, and celery. Sauté for about 5 minutes until softened.
2. Add the lentils, vegetable broth, turmeric, and black pepper. Bring to a boil, then reduce heat to low and simmer for 15 minutes until lentils are tender.
3. Stir in the chopped spinach or kale and cook for an additional 2-3 minutes until wilted. Serve warm.

12. Roasted Bell Pepper & Chickpea Soup with Lemon

This vibrant soup is rich in vitamin C from bell peppers and chickpeas for plant-based protein, promoting a healthy immune system. The lemon adds a refreshing zing and boosts the nutrient profile.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	12 min
Calories	495 kcal
Protein	25g
Carbs	74g
Fats	13g



Ingredients

Red bell pepper, chopped	1.5 large / 1.5 large
Canned chickpeas, drained	1.7 cup / 396 ml
Vegetable broth	3.3 cups / 792 ml
Olive oil	1.7 tbsp / 24.8 ml
Lemon juice	1.7 tbsp / 24.8 ml
Garlic, minced	3 cloves / 3 cloves

Instructions

1. Heat 1.7 tbsp (24.8 ml) olive oil in a pot over medium heat. Sauté 2 minced garlic cloves until fragrant, about 1 minute.
2. Add 1.5 large chopped red bell pepper and cook for another 5 minutes.
3. Stir in 1.7 cup (396 ml) drained chickpeas and 3.3 cups (792 ml) vegetable broth. Simmer for 10 minutes.
4. Blend the soup until smooth, then stir in 1.7 tbsp (24.8 ml) lemon juice before serving.

Day 5

3 meals · 1,497 calories

BREAKFAST Nutty Banana Smoothie **434 kcal**

LUNCH Creamy Spinach & White Bean Soup **535 kcal**

DINNER Roasted Vegetable and Lentil Soup **528 kcal**

Protein: 90g Carbs: 186g Fats: 49g

13. Nutty Banana Smoothie

This creamy smoothie combines bananas, almond butter, and plant-based milk for sustained energy and protein. The healthy fats support hormone production and provide essential nutrients for women over 40.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	5 min
Calories	434 kcal
Protein	14g
Carbs	56g
Fats	21g



Ingredients

Banana, sliced	1.5 medium / 140 g
Almond butter	2.8 tbsp / 42 g
Almond milk	1.4 cup / 336 ml
Flaxseeds	1.4 tbsp / 21 g
Cinnamon	0.7 tsp / 2.8 g

Instructions

1. Combine banana, almond butter, almond milk, flaxseeds, and cinnamon in a blender.
2. Blend until smooth and creamy.
3. Pour into a glass and enjoy immediately.

14. Creamy Spinach & White Bean Soup

This creamy soup features white beans for protein and fiber, spinach for iron, and bone broth for enhanced nutrition. The garlic and spices support digestion and inflammation relief.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	15 min
Calories	535 kcal
Protein	36g
Carbs	56g
Fats	16g



Ingredients

Canned white beans, drained	1.5 can / 620 g
Spinach, chopped	3.1 cups / 93 g
Bone broth	4.7 cups / 1116 ml
Garlic, minced	3 cloves / 3 cloves
Turmeric powder	1.6 tsp / 7.8 g
Coconut cream	0.8 cup / 186 ml
Black pepper	0.8 tsp / 3.1 g

Instructions

1. In a pot, combine white beans, spinach, bone broth, garlic, and turmeric; bring to a boil.
2. Simmer for 15 minutes, then add coconut cream and pepper and blend until smooth if desired.

15. Roasted Vegetable and Lentil Soup

A hearty soup brimming with roasted vegetables and protein-rich lentils, making this dish high in fiber and flavor. The roasting process enhances antioxidants while garlic and herbs work to support hormone balance and reduce inflammation.

Nutrition Information

Servings	1
Prep Time	17 min
Cook Time	40 min
Calories	528 kcal
Protein	40g
Carbs	74g
Fats	12g



Ingredients

Green lentils	1.7 cup / 330 g
Bone broth	6.6 cups / 1584 ml
Bell peppers, diced	3.3 cups / 495 g
Zucchini, diced	1.7 cup / 247.5 g
Carrots, diced	1.7 cup / 247.5 g
Garlic, minced	6.5 cloves / 33 g
Fresh thyme, chopped	1.7 tbsp / 24.8 g
Salt	1.7 tsp / 8.3 g
Black pepper	0.8 tsp / 3.3 g

Instructions

1. Preheat oven to 425°F (220°C). Toss bell peppers, zucchini, and carrots in olive oil, salt, and pepper. Roast for 25 minutes.
2. In a pot, combine lentils and bone broth, bringing to a boil. Add roasted vegetables, garlic, and thyme.
3. Reduce heat to simmer for 15 minutes until lentils are tender.

Day 6

3 meals · 1,505 calories

BREAKFAST Protein-Packed Spinach Smoothie **434 kcal**

LUNCH Hearty Chicken and Lentil Soup **543 kcal**

DINNER Chicken & Vegetable Bone Broth Soup **528 kcal**

Protein: 142g Carbs: 137g Fats: 47g

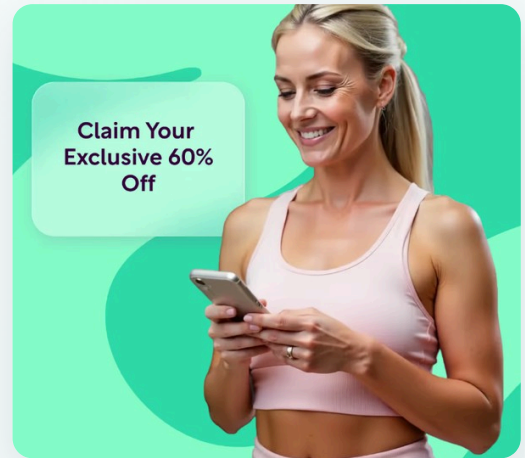
EXCLUSIVE OFFER

Start Your Personalized Plan

Get personalized meal plans, macro tracking, and expert guidance — all tailored to your unique body and goals. Join thousands of women already transforming their health with Reverse Health.

[Get Started Now](#)

**Join +1,100,000 women transforming their health*



16. Protein-Packed Spinach Smoothie

With a protein boost from hemp seeds and Greek yogurt, this smoothie aids muscle preservation and recovery, vital for women over 40. The spinach helps support hormone balance while providing essential nutrients.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	5 min
Calories	434 kcal
Protein	39g
Carbs	42g
Fats	14g



Ingredients

Fresh spinach	1.4 cup / 42 g
Greek yogurt	0.7 cup / 168 g
Banana, sliced	1.5 medium / 140 g
Hemp seeds	2.8 tbsp / 42 g
Almond milk	0.7 cup / 168 ml

Instructions

1. In a blender, combine spinach, Greek yogurt, banana, hemp seeds, and almond milk.
2. Blend until smooth and creamy.
3. Serve immediately for a nutritious breakfast.

17. Hearty Chicken and Lentil Soup

This comforting soup combines chicken thighs with lentils and frozen vegetables, offering a balanced meal that's low in cost yet high in protein. It's perfect for maintaining energy and supporting immune function.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	30 min
Calories	543 kcal
Protein	50g
Carbs	62g
Fats	16g



Ingredients

Chicken thighs	1.6 lb / 697.5 g
Green lentils	1.6 cup / 372 ml
Frozen mixed vegetables	3.1 cups / 744 ml
Chicken broth	9.3 cups / 2232 ml
Olive oil	3.1 tbsp / 46.5 ml
Garlic powder	1.6 tsp / 7.8 g
Onion powder	1.6 tsp / 7.8 g

Instructions

1. Heat 3.1 tbsp (46.5 ml) olive oil in a large pot over medium heat.
2. Add 1.6 lb (697.5 g) chicken thighs and cook until browned, about 5 minutes.
3. Stir in 1.6 cup (372 ml) rinsed green lentils, 3.1 cups (744 ml) frozen mixed vegetables, and 9.3 cups (2232 ml) chicken broth, along with 1.6 tsp (7.8 g) garlic powder and 1.6 tsp (7.8 g) onion powder. Bring to a boil, then reduce heat and simmer for 30 minutes until lentils are tender and chicken is cooked through.

18. Chicken & Vegetable Bone Broth Soup

This warming chicken soup is rich in nutrients from both the chicken and vegetables, providing necessary protein to maintain muscle mass. Bone broth offers collagen for joint health and herbs like dill and parsley support digestion and inflammation.

Nutrition Information

Servings	1
Prep Time	17 min
Cook Time	15 min
Calories	528 kcal
Protein	53g
Carbs	33g
Fats	17g



Ingredients

Chicken breast, chopped	1.7 lb / 742.5 g
Bone broth	9.9 cups / 2376 ml
Carrots, sliced	3.3 cups / 495 g
Celery, chopped	1.7 cup / 247.5 g
Onion, chopped	1.5 large / 247.5 g
Fresh dill, chopped	3.3 tbsp / 49.5 g
Fresh parsley, chopped	3.3 tbsp / 49.5 g
Salt	1.7 tsp / 8.3 g
Black pepper	0.8 tsp / 3.3 g

Instructions

1. In a large pot, heat 1 tbsp (15ml) of olive oil over medium heat. Add the chicken and cook until browned, about 7 minutes.
2. Stir in the carrots, celery, and onion, cooking for another 5 minutes until softened.
3. Add the bone broth, dill, parsley, salt, and pepper. Bring to a boil, then reduce heat and simmer for 15 minutes.

Day 7

3 meals · 1,495 calories

BREAKFAST	Lemon Yogurt Pancakes	504 kcal
LUNCH	Mediterranean Chickpea Salad with Walnuts	496 kcal
DINNER	Classic French Onion Soup with Chickpeas and Thyme	495 kcal

Protein: 76g Carbs: 202g Fats: 51g

19. Lemon Yogurt Pancakes

Fluffy pancakes infused with zesty lemon, perfect for a low-sodium breakfast.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	10 min
Calories	504 kcal
Protein	17g
Carbs	81g
Fats	11g



Ingredients

whole wheat flour	1.4 cup / 168g
baking powder	1.4 teaspoon / 7g
lemon juice	2.8 tablespoons / 42g
low-fat yogurt	0.7 cup / 168g
egg, beaten	1.4 large / 1.4g

Instructions

1. In a bowl, mix flour and baking powder.
2. In another bowl, combine yogurt, lemon juice, and egg.
3. Blend wet and dry ingredients until just mixed.
4. Cook pancakes on a non-stick skillet over medium heat until bubbles form, then flip.

20. Mediterranean Chickpea Salad with Walnuts

Combining protein-rich chickpeas with walnuts makes this salad a filling meal that helps lower triglycerides and supports heart health. The addition of fresh vegetables provides fiber and essential nutrients crucial for women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	496 kcal
Protein	23g
Carbs	47g
Fats	23g



Ingredients

Canned chickpeas, drained	1.5 can (15 oz) / 658.8 g
Chopped bell pepper	0.8 cup / 186 ml
Chopped cucumber	0.8 cup / 186 ml
Chopped walnuts	0.4 cup / 46.5 g
Olive oil	3.1 tbsp / 46.5 ml
Lemon juice	3.1 tbsp / 46.5 ml
Salt and pepper	to taste / to taste

Instructions

1. In a large bowl, combine canned chickpeas, chopped bell pepper, chopped cucumber, and walnuts.
2. In a small bowl, whisk together olive oil, lemon juice, salt, and pepper.
3. Drizzle the dressing over the salad and toss gently to combine.

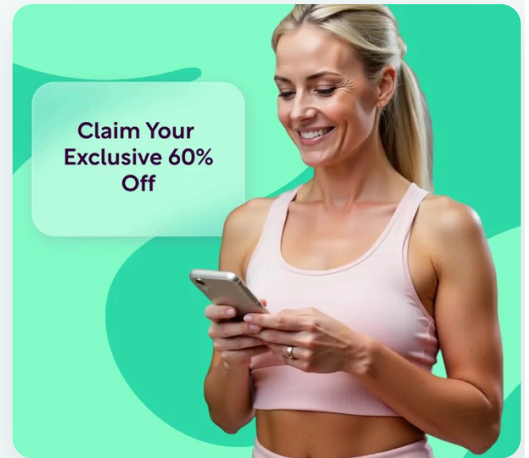
EXCLUSIVE OFFER

Start Your Personalized Plan

Get personalized meal plans, macro tracking, and expert guidance — all tailored to your unique body and goals. Join thousands of women already transforming their health with Reverse Health.

[Get Started Now](#)

**Join +1,100,000 women transforming their health*



21. Classic French Onion Soup with Chickpeas and Thyme

This classic French onion soup gets a protein boost from chickpeas, making it a hearty and satisfying dish. Onions provide prebiotics, supporting gut health for women over 40.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	11 min
Calories	495 kcal
Protein	36g
Carbs	74g
Fats	17g



Ingredients

Onions, thinly sliced	6.6 onions / 6.6 onions
Chickpeas, canned, rinsed	1.5 can / 24.8 oz / 420g
Low-sodium vegetable broth	9.9 cups / 2376 ml
Olive oil	3.3 tbsp / 49.5 ml
Thyme, fresh or dried	1.7 tsp / 3.3 g
Garlic, minced	3 cloves / 3 cloves
Black pepper, to taste	0.8 tsp / 3.3 g

Instructions

1. In a large pot, heat 3.3 tbsp (49.5 ml) olive oil over medium heat. Add 6.6 onions (6.6 onions) and cook, stirring often, until caramelized, about 20 minutes.
2. Stir in 3 cloves (3 cloves) minced garlic and cook for 1 minute. Add 1.5 can (24.8 oz / 420g) chickpeas and 9.9 cups (2376 ml) low-sodium vegetable broth.
3. Season with 1.7 tsp (3.3 g) thyme and black pepper. Bring to a simmer and cook for 10 minutes before serving.

Day 8

3 meals · 1,495 calories

BREAKFAST Creamy Avocado Green Smoothie **504 kcal**

LUNCH Chickpea Salad with Lemon Dressing **496 kcal**

DINNER Chickpea & Spinach Soup with Apple Cider Vinegar **495 kcal**

Protein: 63g Carbs: 206g Fats: 49g

22. Creamy Avocado Green Smoothie

This smoothie combines the healthy fats of avocado with nutrient-dense greens, promoting hormone balance and heart health. The fiber content aids digestion, making it perfect for a liquid diet.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	5 min
Calories	504 kcal
Protein	10g
Carbs	70g
Fats	25g



Ingredients

Ripe avocado	0.7 medium / 105 g
Kale or Swiss chard	1.4 cup / 336 ml
Banana	1.4 medium / 140 g
Coconut water	1.4 cup / 336 ml
Chia seeds	1.4 tbsp / 21 g

Instructions

1. Blend together 0.7 (105 g) ripe avocado, 1.4 cup (336 ml) kale or Swiss chard, 1.4 (140 g) banana, 1.4 cup (336 ml) coconut water, and 1.4 tbsp (21 g) chia seeds until smooth.
2. Adjust thickness by adding more coconut water if needed.
3. Serve chilled for a refreshing start to your day.

23. Chickpea Salad with Lemon Dressing

Chickpeas are a fantastic source of plant-based protein and fiber, making this salad filling and nutritious. The lemon dressing brightens the flavors and adds a dose of vitamin C, promoting skin health.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	496 kcal
Protein	23g
Carbs	70g
Fats	16g



Ingredients

Canned chickpeas, rinsed and drained	1.6 cup / 372 g
Cherry tomatoes, halved	0.8 cup / 116.3 g
Cucumber, diced	0.8 medium / 0.8g
Fresh lemon juice	3.1 tbsp / 46.5 ml
Olive oil	1.6 tbsp / 23.3 ml
Salt and pepper	to taste / to taste

Instructions

1. In a bowl, combine chickpeas, cherry tomatoes, and cucumber.
2. In a separate bowl, whisk together lemon juice, olive oil, salt, and pepper.
3. Pour the dressing over the salad and mix well before serving.

24. Chickpea & Spinach Soup with Apple Cider Vinegar

This comforting soup is rich in protein and fiber from chickpeas, while spinach provides essential vitamins. The addition of apple cider vinegar helps regulate blood sugar levels.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	10 min
Calories	495 kcal
Protein	30g
Carbs	66g
Fats	8g



Ingredients

Canned chickpeas, rinsed	1.7 cup / 396 ml
Fresh spinach	3.3 cups / 99 g
Vegetable broth	3.3 cups / 792 ml
Apple cider vinegar	1.7 tbsp / 24.8 ml
Cumin	1.7 tsp / 4.9 g

Instructions

1. In a pot, combine 3.3 cups (792 ml) vegetable broth and 1.7 cup (396 ml) rinsed chickpeas. Bring to a boil.
2. Add 3.3 cups (99 g) fresh spinach, 1.7 tbsp (24.8 ml) apple cider vinegar, and 1.7 tsp (4.9 g) cumin. Reduce heat and simmer for 10 minutes.

Day 9

3 meals · 1,494 calories

BREAKFAST Avocado Toast with Lemon and Herbs **420 kcal**

LUNCH Holy Basil & Chickpea Salad **496 kcal**

DINNER Lentil Soup with Spinach and Carrots **578 kcal**

Protein: 64g Carbs: 187g Fats: 60g

25. Avocado Toast with Lemon and Herbs

Nutritious avocado toast topped with a zesty lemon dressing and fresh herbs for a delicious breakfast.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	2 min
Calories	420 kcal
Protein	8g
Carbs	42g
Fats	25g



Ingredients

whole grain bread	1.5 slice / 42 grams
avocado	0.7 medium / 98 grams
lemon juice	1.4 teaspoon / 7 milliliters
fresh herbs (basil, cilantro)	1.4 tablespoon / 21 grams
black pepper	to taste / to taste

Instructions

1. Toast the slice of whole grain bread.
2. In a bowl, mash avocado with lemon juice and chopped fresh herbs.
3. Spread the avocado mixture on the toasted bread.
4. Sprinkle with black pepper and serve immediately.

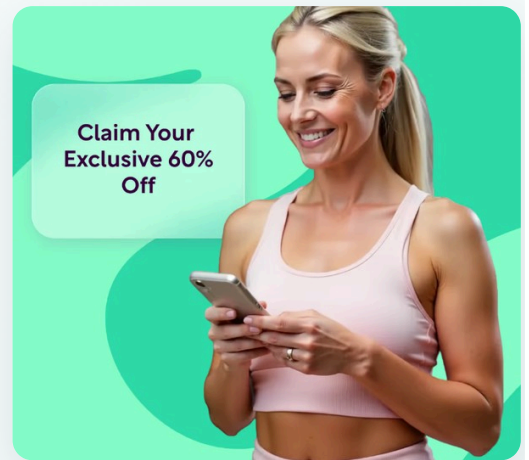
EXCLUSIVE OFFER

Start Your Personalized Plan

Get personalized meal plans, macro tracking, and expert guidance — all tailored to your unique body and goals. Join thousands of women already transforming their health with Reverse Health.

[Get Started Now](#)

**Join +1,100,000 women transforming their health*



26. Holy Basil & Chickpea Salad

This refreshing salad combines protein-rich chickpeas and holy basil, known for its adaptogenic properties, to help combat stress. The fresh vegetables provide vitamins, minerals, and hydration.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	12 min
Calories	496 kcal
Protein	23g
Carbs	54g
Fats	23g



Ingredients

Canned chickpeas, drained and rinsed	1.6 cup / 372 ml
Cucumber, diced	0.8 medium / 0.8g
Tomato, diced	1.6 medium / 1.6g
Holy basil leaves, fresh	0.4 cup / 93 ml
Olive oil	1.6 tbsp / 23.3 ml
Lemon juice	1.6 tbsp / 23.3 ml

Instructions

1. In a bowl, combine 1.6 cup (372 ml) canned chickpeas, 0.8 diced cucumber, 1.6 diced tomato, and 0.4 cup (93 ml) holy basil leaves.
2. Drizzle with 1.6 tbsp (23.3 ml) olive oil and 1.6 tbsp (23.3 ml) lemon juice.
3. Toss gently and serve immediately.

27. Lentil Soup with Spinach and Carrots

This hearty soup is rich in protein and fiber from lentils, helping to lower cholesterol and maintain heart health. Spinach adds necessary vitamins and minerals, while carrots provide sweetness and additional nutrients.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	20 min
Calories	578 kcal
Protein	33g
Carbs	91g
Fats	12g



Ingredients

Vegetable broth	3.3 cups / 792 ml
Lentils (dry)	0.8 cup / 165 g
Fresh spinach leaves	1.7 cup / 49.5 g
Carrot (diced)	1.5 medium / 1.5 medium
Olive oil	1.7 tbsp / 24.8 ml
Garlic (minced)	1.5 clove / 1.5 clove

Instructions

1. In a pot, heat 1.7 tbsp (24.8 ml) of olive oil over medium heat and add 1.5 clove of minced garlic, sautéing until fragrant.
2. Add 1.5 medium diced carrot and 0.8 cup (165 g) of dry lentils, stirring for 2 minutes before adding 3.3 cups (792 ml) of vegetable broth.
3. Bring to a boil, then reduce heat and simmer for 20 minutes. Stir in 1.7 cup (49.5 g) of fresh spinach just before serving.

Day 10

3 meals · 1,494 calories

BREAKFAST Avocado Toast with Tomato and Basil **420 kcal**

LUNCH Mediterranean Shrimp Salad **496 kcal**

DINNER Thai-Spiced Shrimp and Vegetable Soup **578 kcal**

Protein: 101g Carbs: 94g Fats: 78g

28. Avocado Toast with Tomato and Basil

Creamy avocado pairs perfectly with fresh tomatoes and aromatic basil on whole grain toast, making a simple yet satisfying breakfast option. This dish is not only low in sodium but also rich in healthy fats.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	5 min
Calories	420 kcal
Protein	8g
Carbs	42g
Fats	25g



Ingredients

whole grain bread	1.5 slice / 1.5 slice
ripe avocado	0.7 medium / 0.7g
cherry tomatoes	7 medium / 7g
fresh basil	7 leaves / 7 leaves
lemon juice	1.4 tsp / 7 ml
black pepper	to taste / to taste

Instructions

1. Toast the whole grain bread until golden.
2. Mash the avocado and mix with lemon juice and pepper.
3. Spread the avocado on the toast, top with halved cherry tomatoes and basil leaves.
4. Serve immediately.

29. Mediterranean Shrimp Salad

This refreshing salad is rich in omega-3 fatty acids from shrimp and contains a variety of colorful veggies that provide antioxidants, supporting heart health and reducing inflammation.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	12 min
Calories	496 kcal
Protein	43g
Carbs	19g
Fats	28g



Ingredients

Raw shrimp, peeled and deveined	9.3 oz / 263.5 g
Cherry tomatoes, halved	1.6 cup / 372 ml
Cucumber, diced	0.8 medium / 0.8g
Feta cheese, crumbled	1.6 oz / 46.5 g
Olive oil	1.6 tbsp / 23.3 ml
Lemon juice	1.6 tbsp / 23.3 ml
Salt and pepper to taste	to taste / to taste

Instructions

1. In a skillet, heat olive oil over medium heat and cook shrimp for 5-7 minutes until pink and opaque.
2. In a bowl, combine cooked shrimp, cherry tomatoes, cucumber, feta, lemon juice, salt, and pepper.

30. Thai-Spiced Shrimp and Vegetable Soup

A flavorful soup featuring shrimp and a variety of vegetables, high in protein to support muscle health. Ingredients like lemongrass and ginger provide anti-inflammatory properties, while bone broth aids digestion and nutrient absorption.

Nutrition Information

Servings	1
Prep Time	17 min
Cook Time	5 min
Calories	578 kcal
Protein	50g
Carbs	33g
Fats	25g



Ingredients

Shrimp, peeled and deveined	1.7 lb / 742.5 g
Bone broth	6.6 cups / 1584 ml
Broccoli florets	3.3 cups / 495 g
Carrots, sliced	1.7 cup / 247.5 g
Lemongrass stalk, chopped	1.5 stalk / 24.8 g
Fresh ginger, minced	1.7 tsp / 8.3 g
Cilantro, chopped	0.4 cup / 24.8 g
Salt	1.7 tsp / 8.3 g
Black pepper	0.8 tsp / 3.3 g

Instructions

1. In a pot, heat 1 tbsp (15ml) of olive oil over medium heat. Add lemongrass and ginger, cooking for 1 minute until fragrant.
2. Add the bone broth, carrots, and broccoli, bringing to a boil. Cook for 5 minutes until vegetables are tender.
3. Stir in the shrimp, salt, and pepper. Cook for an additional 5 minutes until shrimp are opaque. Garnish with cilantro before serving.



Start Your Health Journey Today

Join thousands of women transforming their health with personalized nutrition and fitness plans designed around your unique body, goals, and lifestyle.



Custom meal plans & macro tracking



Evidence-based programs



Expert guidance & support

EXPLORE MORE PLANS

Discover more expert-curated nutrition guides and diet plans at reverse.health/category/nutrition — meal plans, recipes, and wellness tips for women over 40.

[Get Started Now](#)

Explore a world tailored to women's health

This content is for informational purposes only and is not a substitute for professional medical advice. Consult your healthcare provider before starting any new diet or exercise program.

