

# 10-Day Water Diet Plan for Women Over 40 PDF

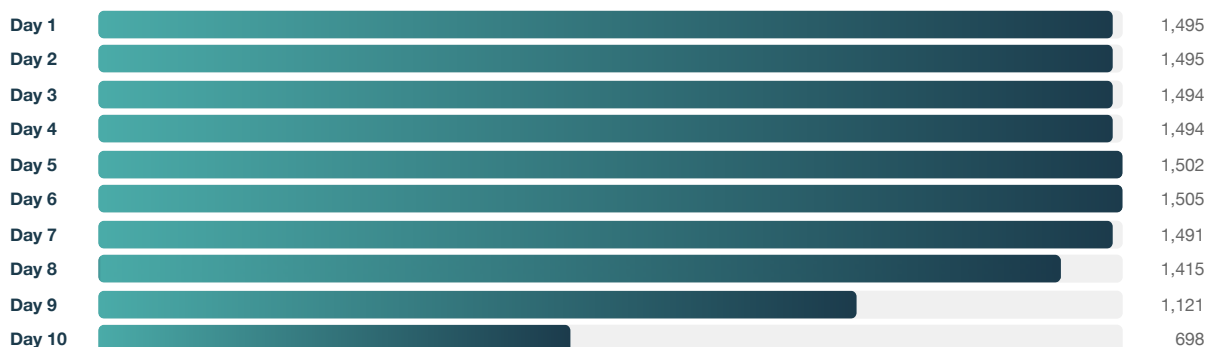
Hydration and health combined for mature women.

The 10-Day Water Diet Plan is designed for women over 40 who want to focus on hydration for weight loss and overall health. With 30 refreshing recipes, this plan helps detoxify your body and supports weight management. Discover the power of water in your diet!

## DAILY NUTRITION OVERVIEW

DAY	CALORIES	PROTEIN	CARBS	FATS
Day 1	1,495	72g	228g	42g
Day 2	1,495	97g	164g	51g
Day 3	1,494	94g	161g	62g
Day 4	1,494	126g	141g	49g
Day 5	1,502	52g	224g	54g
Day 6	1,505	132g	129g	60g
Day 7	1,491	106g	160g	54g
Day 8	1,415	58g	174g	61g
Day 9	1,121	53g	175g	24g
Day 10	698	47g	62g	31g
<b>Avg</b>	<b>1,371</b>	<b>84g</b>	<b>162g</b>	<b>49g</b>

## CALORIE DISTRIBUTION



*Nourish Your Body, Transform Your Health*

## WHAT'S INSIDE

Banana Oatmeal Bowl

Spiced Lentil and Kale Stew

Spicy Kimchi & Quinoa Bowl

Savory Salmon Oat Bowl

Canned Tuna & Vegetable Rice Bake

Protein-Packed Tuna Cucumber Rolls with Dill

Ashwagandha-Infused Quinoa Bowl

Nutty Oatmeal with Berries & Flaxseeds

Mediterranean Fish Stew with Tomatoes and Olives

Walnut & Berry Quinoa Salad

Cucumber and Spinach Smoothie

Mediterranean Quinoa Bowl with Grilled Salmon

+ 16 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)



**28 Recipes**

10-day meal plan



**84g Protein**

Daily average



**1,371 cal/day**

Daily average



**Macro Balanced**

162g C / 49g F avg

## Contents

A quick overview of what's inside

01 Day 1

1. Banana Oatmeal Bowl

2. Ashwagandha-Infused Quinoa Bowl

---

3. Spiced Lentil and Kale Stew

---

**02** Day 2

---

4. Nutty Oatmeal with Berries & Flaxseeds

---

5. Spicy Kimchi & Quinoa Bowl

---

6. Mediterranean Fish Stew with Tomatoes and Olives

---

**03** Day 3

---

7. Savory Salmon Oat Bowl

---

8. Walnut & Berry Quinoa Salad

---

9. Canned Tuna & Vegetable Rice Bake

---

**04** Day 4

---

10. Cucumber and Spinach Smoothie

---

11. Protein-Packed Tuna Cucumber Rolls with Dill

---

12. Mediterranean Quinoa Bowl with Grilled Salmon

---

**05** Day 5

---

13. Savory Oatmeal with Almonds and Berries

---

14. Savory Kimchi & Quinoa Bowl

---

15. Reishi-Infused Sweet Potato Mash

---

**06** Day 6

---

16. Savory Oats with Spinach and Poached Egg

---

17. Herbed Mediterranean Tuna Salad

---

18. Quinoa and Spinach Power Bowl with Salmon

---

**07** Day 7

---

19. Banana Oatmeal

---

20. Spicy Tuna & Avocado Lettuce Wraps

---

21. Savory Quinoa and Spinach Bowl with Salmon

---

**08** Day 8

---

22. Almond Butter Banana Oatmeal

---

23. Savory Edamame & Quinoa Bowl

---

24. Avocado Cucumber Gazpacho

---

**09** Day 9

---

25. Herb and Garlic Quinoa Bowl

---

26. Savory Quinoa Bowl with Roasted Vegetables and Chickpeas

---

27. Garlic Spinach Porridge

---

**10** Day 10

---

28. Turmeric Quinoa Bowl with Spinach and Salmon

---

# Day 1

3 meals · 1,495 calories

<b>BREAKFAST</b>	Banana Oatmeal Bowl	<b>490 kcal</b>
<b>LUNCH</b>	Ashwagandha-Infused Quinoa Bowl	<b>543 kcal</b>
<b>DINNER</b>	Spiced Lentil and Kale Stew	<b>462 kcal</b>

**Protein: 72g   Carbs: 228g   Fats: 42g**

## 1. Banana Oatmeal Bowl

This hearty oatmeal bowl is sweetened naturally with banana and topped with nuts for a satisfying breakfast. It's quick, nutritious, and full of fiber to keep you full until lunch.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	5 min
<b>Cook Time</b>	10 min
<b>Calories</b>	490 kcal
<b>Protein</b>	14g
<b>Carbs</b>	84g
<b>Fats</b>	14g



### Ingredients

Rolled oats	0.7 cup / 56 g
Water or milk	1.4 cup / 336 ml
Banana	0.7 medium / 84 g
Chopped nuts (almonds or walnuts)	1.4 tbsp / 21 g

---

Cinnamon

0.7 tsp / 2.8 g

Honey

1.4 tsp / 7 ml

## Instructions

1. In a saucepan, combine rolled oats and water or milk; bring to a boil.
2. Reduce heat and simmer for 5 minutes, stirring occasionally.
3. Slice the banana and stir into the oatmeal with cinnamon.
4. Top with chopped nuts and drizzle with honey before serving.

## 2. Ashwagandha-Infused Quinoa Bowl

Packed with protein-rich quinoa and adaptogenic ashwagandha, this bowl supports adrenal health and helps reduce cortisol levels. The addition of seasonal vegetables provides fiber and antioxidants for overall wellness.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	14 min
<b>Cook Time</b>	12 min
<b>Calories</b>	543 kcal
<b>Protein</b>	22g
<b>Carbs</b>	70g
<b>Fats</b>	16g



### Ingredients

Quinoa, rinsed	0.8 cup / 186 ml
Water	1.6 cup / 372 ml
Ashwagandha powder	1.6 tsp / 7.8 g
Chopped spinach	1.6 cup / 372 ml
Cherry tomatoes, halved	0.8 cup / 186 ml
Olive oil	1.6 tbsp / 23.3 ml
Lemon juice	1.6 tbsp / 23.3 ml

### Instructions

1. Cook 0.8 cup (186 ml) quinoa in 1.6 cup (372 ml) water for about 15 minutes until fluffy.
2. In a bowl, combine cooked quinoa, 1.6 tsp (7.8 g) ashwagandha powder, chopped spinach, and cherry tomatoes.
3. Drizzle with 1.6 tbsp (23.3 ml) olive oil and 1.6 tbsp (23.3 ml) lemon juice, toss, and serve.

### 3. Spiced Lentil and Kale Stew

This hearty stew is a great source of plant-based protein and iron, essential for maintaining energy levels and combating fatigue in women over 40. Kale provides a nutrient boost with vitamins K and C, crucial for bone health and immune function.

#### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	30 min
<b>Calories</b>	462 kcal
<b>Protein</b>	36g
<b>Carbs</b>	74g
<b>Fats</b>	12g



#### Ingredients

Lentils, rinsed	1.7 cup / 396 ml
Water or vegetable broth	6.6 cups / 1584 ml
Kale, chopped	3.3 cups / 792 ml
Carrot, diced	1.5 medium / 115.5 g
Celery, diced	1.5 stalk / 165 g
Olive oil	1.7 tbsp / 24.8 ml
Garlic, minced	3 cloves / 9.9 g
Cumin	1.7 tsp / 8.3 g
Paprika	0.8 tsp / 4.1 g
Salt	0.8 tsp / 3.3 g
Pepper	0.4 tsp / 1.7 g

## Instructions

1. In a large pot, heat 1.7 tbsp (24.8 ml) olive oil over medium heat. Add minced garlic, carrot, and celery; sauté for 5 minutes until soft.
2. Add rinsed lentils, water or vegetable broth, cumin, paprika, salt, and pepper. Bring to a boil, then reduce heat to simmer for 20 minutes until lentils are tender.
3. Stir in chopped kale and cook for an additional 5 minutes until wilted. Serve warm.

# Day 2

3 meals · 1,495 calories

**BREAKFAST** Nutty Oatmeal with Berries & Flaxseeds **490 kcal**

**LUNCH** Spicy Kimchi & Quinoa Bowl **543 kcal**

**DINNER** Mediterranean Fish Stew with Tomatoes and Olives **462 kcal**

**Protein: 97g   Carbs: 164g   Fats: 51g**

## 4. Nutty Oatmeal with Berries & Flaxseeds

This hearty oatmeal combines whole grains with flaxseeds, walnuts, and berries, creating a brain-boosting breakfast that enhances cognitive function and provides sustained energy.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	12 min
<b>Cook Time</b>	5 min
<b>Calories</b>	490 kcal
<b>Protein</b>	17g
<b>Carbs</b>	63g
<b>Fats</b>	18g



### Ingredients

Rolled oats	0.7 cup / 168 ml
Water or almond milk	1.4 cup / 336 ml
Flaxseeds, ground	1.4 tbsp / 21 ml
Walnuts, chopped	2.8 tbsp / 42 ml
Mixed berries	0.7 cup / 168 ml
Honey or maple syrup	1.4 tbsp / 21 ml

### Instructions

1. In a saucepan, bring 1.4 cup (336 ml) water or almond milk to a boil. Stir in 0.7 cup (168 ml) rolled oats and reduce heat. Cook for 5 minutes until creamy.
2. Stir in 1.4 tbsp (21 ml) ground flaxseeds and remove from heat.
3. Top with 2.8 tbsp (42 ml) chopped walnuts, 0.7 cup (168 ml) mixed berries, and drizzle with honey or maple syrup if desired.

## 5. Spicy Kimchi & Quinoa Bowl

This nutrient-packed bowl combines quinoa, rich in fiber, with probiotic-rich kimchi to support gut health. The spicy kick from kimchi enhances digestion while the fiber keeps you feeling full and satisfied.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	11 min
<b>Cook Time</b>	15 min
<b>Calories</b>	543 kcal
<b>Protein</b>	22g
<b>Carbs</b>	78g
<b>Fats</b>	16g



### Ingredients

Quinoa, rinsed	0.8 cup / 186 ml
Water	1.6 cup / 372 ml
Kimchi	0.8 cup / 186 ml
Green onions, sliced	3.1 medium / 3.1g
Sesame seeds	1.6 tbsp / 23.3 ml

### Instructions

1. In a saucepan, bring 1.6 cup (372 ml) of water to a boil. Add 0.8 cup (186 ml) of rinsed quinoa, reduce heat, cover, and simmer for 15 minutes.
2. Once cooked, fluff the quinoa with a fork and transfer it to a bowl.
3. Top the quinoa with 0.8 cup (186 ml) of kimchi, sliced green onions, and sprinkle with 1.6 tbsp (23.3 ml) of sesame seeds.

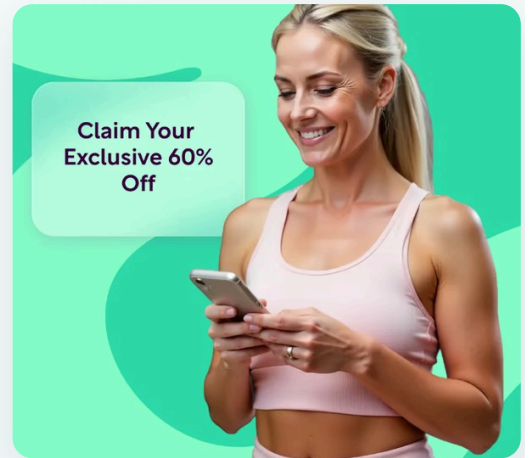
EXCLUSIVE OFFER

# 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. Mediterranean Fish Stew with Tomatoes and Olives

This hearty fish stew combines fresh tomatoes and olives for a rich source of antioxidants and healthy fats, supporting heart and bone health. The addition of herbs enhances flavor while providing anti-inflammatory benefits.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	17 min
<b>Cook Time</b>	19 min
<b>Calories</b>	462 kcal
<b>Protein</b>	58g
<b>Carbs</b>	23g
<b>Fats</b>	17g



### Ingredients

White fish fillets (cod or halibut)	1.7 lb / 742.5 g
Canned diced tomatoes	1.5 can (14 oz) / 660 g
Kalamata olives, pitted and sliced	0.8 cup / 123.8 g
Olive oil	3.3 tbsp / 49.5 ml
Garlic, minced	6.5 cloves / 6.5 cloves
Onion, chopped	1.5 medium / 1.5 medium
Fresh basil, chopped	0.4 cup / 99 ml
Salt and pepper	to taste / to taste
Water or fish stock	3.3 cups / 792 ml

## Instructions

1. In a large pot, heat olive oil over medium heat. Add chopped onion and garlic, sauté until translucent.
2. Stir in diced tomatoes and water or fish stock; bring to a simmer.
3. Add fish fillets and olives, cooking until the fish is cooked through (about 10 minutes).
4. Garnish with fresh basil, salt, and pepper before serving.

# Day 3

3 meals · 1,494 calories

**BREAKFAST** Savory Salmon Oat Bowl **420 kcal**

**LUNCH** Walnut & Berry Quinoa Salad **496 kcal**

**DINNER** Canned Tuna & Vegetable Rice Bake **578 kcal**

**Protein: 94g   Carbs: 161g   Fats: 62g**

## 7. Savory Salmon Oat Bowl

Start your day with a hearty bowl of savory oats topped with rich smoked salmon. This dish provides a perfect balance of flavors and nutrients, ideal for heart health.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	5 min
<b>Cook Time</b>	7 min
<b>Calories</b>	420 kcal
<b>Protein</b>	28g
<b>Carbs</b>	42g
<b>Fats</b>	17g



### Ingredients

Rolled oats	0.7 cup / 56 g
Water	1.4 cup / 336 ml
Smoked salmon	2.8 oz / 84 g
Chopped chives	1.4 tbsp / 21 g
Black pepper	to taste /

### Instructions

1. In a saucepan, bring water to a boil and add rolled oats.
2. Cook for 5-7 minutes until creamy, stirring occasionally.
3. Transfer oats to a bowl and top with smoked salmon and chopped chives.
4. Season with black pepper before serving.

## 8. Walnut & Berry Quinoa Salad

Packed with omega-3-rich walnuts and antioxidant-laden berries, this refreshing salad supports cognitive function and memory by providing essential nutrients. Quinoa adds protein and fiber, helping to sustain energy levels.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	14 min
<b>Cook Time</b>	15 min
<b>Calories</b>	496 kcal
<b>Protein</b>	16g
<b>Carbs</b>	50g
<b>Fats</b>	28g



### Ingredients

Quinoa	0.8 cup / 186 ml
Water	1.6 cup / 372 ml
Fresh mixed berries (blueberries, raspberries)	0.8 cup / 186 ml
Walnuts, chopped	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

### Instructions

1. In a saucepan, combine 0.8 cup (186 ml) quinoa and 1.6 cup (372 ml) water. Bring to a boil, reduce heat to low, cover, and simmer for about 15 minutes until water is absorbed.
2. In a large bowl, combine cooked quinoa, 0.8 cup (186 ml) mixed berries, and 0.4 cup (93 ml) chopped walnuts.
3. Drizzle with 1.6 tbsp (23.3 ml) olive oil and 1.6 tbsp (23.3 ml) lemon juice, and season with salt if desired. Toss to combine.

## 9. Canned Tuna & Vegetable Rice Bake

This simple and delicious rice bake combines protein-rich canned tuna with frozen vegetables for a budget-friendly meal. It's a great source of omega-3 fatty acids for heart health.

### Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	30 min
Calories	578 kcal
Protein	50g
Carbs	69g
Fats	17g



### Ingredients

Brown rice	3.3 cups / 792 ml
Canned tuna in water	3 cans (5 oz each) / 462 g
Frozen mixed vegetables	3.3 cups / 792 ml
Eggs	3 large / 165 g
Cheddar cheese (optional)	0.8 cup / 99 g
Garlic powder	1.7 tsp / 8.3 g
Onion powder	1.7 tsp / 8.3 g

### Instructions

1. Preheat oven to 350°F (175°C).
2. In a bowl, mix 3.3 cups (792 ml) cooked brown rice, 2 cans (462 g) drained tuna, 3.3 cups (792 ml) frozen vegetables, 3 large beaten eggs, and 0.8 cup (99 g) shredded cheddar cheese if using.
3. Season with 1.7 tsp (8.3 g) garlic powder and 1.7 tsp (8.3 g) onion powder. Stir well and transfer to a greased baking dish.
4. Bake for 30 minutes until cheese is melted and casserole is heated through.

# Day 4

3 meals · 1,494 calories

**BREAKFAST** Cucumber and Spinach Smoothie **420 kcal**

**LUNCH** Protein-Packed Tuna Cucumber Rolls with Dill **496 kcal**

**DINNER** Mediterranean Quinoa Bowl with Grilled Salmon **578 kcal**

**Protein: 126g   Carbs: 141g   Fats: 49g**

## 10. Cucumber and Spinach Smoothie

Packed with vitamins and minerals, this smoothie is a great way to start your day with a nutrient-dense breakfast. The spinach provides iron and magnesium, essential for energy and bone health.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	5 min
<b>Cook Time</b>	5 min
<b>Calories</b>	420 kcal
<b>Protein</b>	29g
<b>Carbs</b>	63g
<b>Fats</b>	7g



### Ingredients

Fresh spinach leaves	1.4 cup / 336 ml
Cucumber, chopped	0.7 cup / 168 ml
Banana, frozen	1.4 medium / 1.4g
Greek yogurt	0.7 cup / 168 ml
Lemon juice	1.4 tbsp / 21 ml
Water or coconut water	1.4 cup / 336 ml

### Instructions

1. In a blender, combine 1.4 cup (336 ml) of fresh spinach leaves, 0.7 cup (168 ml) of chopped cucumber, and 1.4 frozen banana.
2. Add 0.7 cup (168 ml) of Greek yogurt, 1.4 tbsp (21 ml) of lemon juice, and 1.4 cup (336 ml) of water or coconut water.
3. Blend until smooth and creamy, adjusting the liquid for desired consistency.

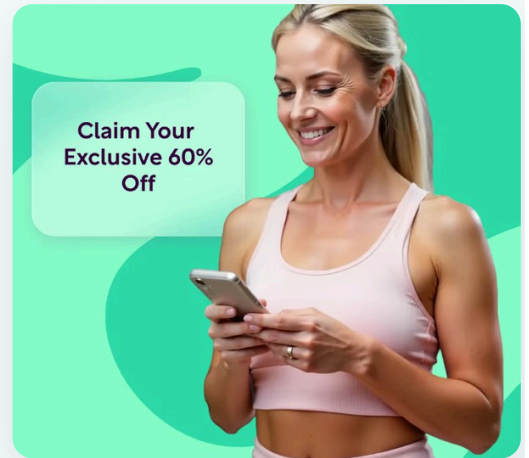
EXCLUSIVE OFFER

# 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. Protein-Packed Tuna Cucumber Rolls with Dill

These refreshing Tuna Cucumber Rolls are not only delicious but also packed with protein and healthy fats, making them ideal for women over 40. Rich in omega-3s and phytoestrogens, they support hormone balance and heart health while providing hydration and essential nutrients for bone health.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	15 min
<b>Calories</b>	496 kcal
<b>Protein</b>	47g
<b>Carbs</b>	28g
<b>Fats</b>	22g



### Ingredients

canned tuna in water	1.5 can (5 oz) / 217 g
large cucumber	1.6 medium / 1.6g
mayonnaise (preferably avocado or olive oil-based)	0.8 tbsp / 11.6 g
fresh dill, chopped	1.6 tbsp / 23.3 g
sliced bell pepper (for added fiber and color)	0.8 cup / 116.3 g
lemon juice (for flavor and vitamin C)	1.6 tsp / 7.8 ml

## Instructions

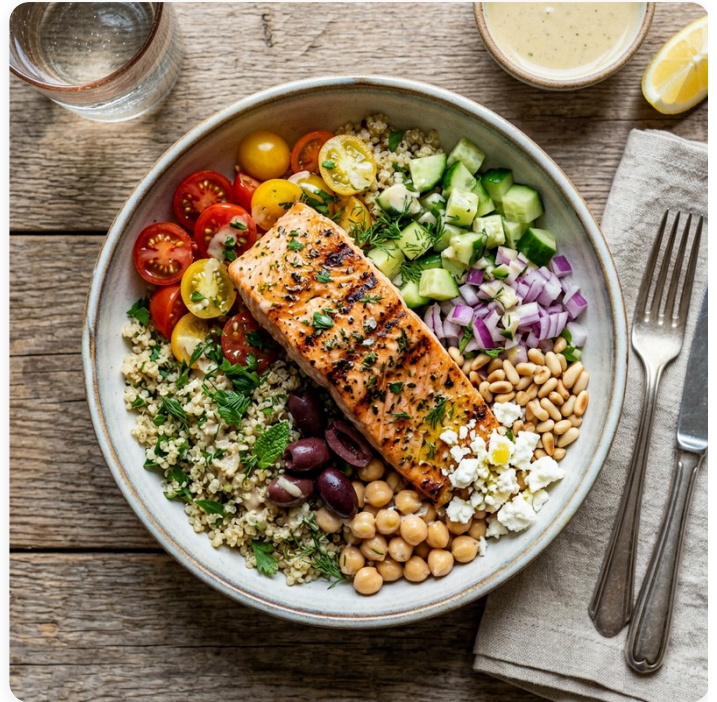
1. Step 1.6: In a mixing bowl, combine the drained canned tuna, mayonnaise, chopped dill, and lemon juice. Mix well until all ingredients are evenly incorporated.
2. Step 2: Slice the cucumber lengthwise and scoop out some of the seeds to create a channel for the filling.
3. Step 3: Fill each cucumber half with the tuna mixture and top with sliced bell pepper for added crunch and nutrition.
4. Step 4: Cut the cucumber rolls into bite-sized pieces and serve immediately, or refrigerate for later.

## 12. Mediterranean Quinoa Bowl with Grilled Salmon

This nutrient-dense quinoa bowl combines heart-healthy salmon with fiber-rich vegetables, promoting hormone balance and supporting bone health. Packed with omega-3s, phytoestrogens, and essential vitamins, it's an ideal meal for women over 40 to nourish their bodies without feeling deprived.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	15 min
<b>Calories</b>	578 kcal
<b>Protein</b>	50g
<b>Carbs</b>	50g
<b>Fats</b>	20g



### Ingredients

quinoa	0.8 cup / 148.5 g
water	1.7 cup / 396 ml
salmon fillet	6.6 oz / 186.5 g
olive oil	1.7 tablespoon / 24.8 ml
cherry tomatoes, halved	0.8 cup / 123.8 g
cucumber, diced	0.8 cup / 123.8 g
feta cheese, crumbled	0.4 cup / 62.7 g
fresh parsley, chopped	3.3 tablespoons / 13.2 g
lemon juice	1.7 tablespoon / 24.8 ml
salt and pepper, to taste	to taste / to taste

## Instructions

1. Rinse quinoa under cold water, then combine with water in a pot and bring to a boil. Reduce heat, cover, and simmer for 15 minutes until water is absorbed.
2. While quinoa cooks, preheat a grill or skillet over medium-high heat. Brush salmon fillet with olive oil, season with salt and pepper, and grill for about 4-5 minutes on each side until cooked through.
3. In a bowl, combine cooked quinoa, cherry tomatoes, cucumber, feta cheese, and parsley. Drizzle with lemon juice and mix well.
4. Top the quinoa salad with the grilled salmon. Serve immediately.

# Day 5

3 meals · 1,502 calories

<b>BREAKFAST</b>	Savory Oatmeal with Almonds and Berries	<b>546 kcal</b>
<b>LUNCH</b>	Savory Kimchi & Quinoa Bowl	<b>543 kcal</b>
<b>DINNER</b>	Reishi-Infused Sweet Potato Mash	<b>413 kcal</b>

**Protein: 52g   Carbs: 224g   Fats: 54g**

## 13. Savory Oatmeal with Almonds and Berries

This savory oatmeal topped with fresh berries and almonds provides a unique blend of flavors while supporting heart health with healthy fats and antioxidants. The fiber from oats and berries helps maintain balanced blood sugar levels.

### Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	5 min
Calories	546 kcal
Protein	17g
Carbs	73g
Fats	25g



### Ingredients

Rolled oats	0.7 cup / 56 g
Water	1.4 cup / 336 ml
Fresh mixed berries	0.7 cup / 168 ml
Almonds, chopped	2.8 tbsp / 42 g
Cinnamon	0.7 tsp / 2.8 g

### Instructions

1. In a saucepan, bring 1.4 cup (336 ml) of water to a boil and stir in 0.7 cup (56 g) of rolled oats.
2. Reduce heat and simmer for 5 minutes until thickened, stirring occasionally.
3. Top with 0.7 cup (168 ml) of fresh mixed berries, 2.8 tbsp (42 g) of chopped almonds, and sprinkle with 0.7 tsp (2.8 g) of cinnamon.

## 14. Savory Kimchi & Quinoa Bowl

Quinoa serves as a protein-rich base while kimchi adds beneficial probiotics and spices that support digestive health. The fiber from vegetables boosts prebiotics to enhance gut health.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	11 min
<b>Cook Time</b>	15 min
<b>Calories</b>	543 kcal
<b>Protein</b>	28g
<b>Carbs</b>	85g
<b>Fats</b>	12g



### Ingredients

Quinoa	0.8 cup / 139.5 g
Water	1.6 cup / 372 ml
Kimchi	0.8 cup / 186 ml
Cucumber	0.8 medium / 77.5 g
Green onion	3.1 medium / 3.1 g

### Instructions

1. In a pot, combine 0.8 cup (139.5 g) quinoa and 1.6 cup (372 ml) water. Bring to a boil, reduce heat, cover, and simmer for 15 minutes.
2. Once cooked, fluff the quinoa with a fork and let cool slightly.
3. In a bowl, combine the quinoa, 0.8 cup (186 ml) kimchi, diced cucumber, and chopped green onion. Mix well before serving.

## 15. Reishi-Infused Sweet Potato Mash

Creamy sweet potatoes are blended with reishi mushroom powder to create a comforting side dish that enhances relaxation and reduces stress. This dish is rich in fiber and nutrients, making it ideal for women over 40.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	11 min
<b>Cook Time</b>	18 min
<b>Calories</b>	413 kcal
<b>Protein</b>	7g
<b>Carbs</b>	66g
<b>Fats</b>	17g



### Ingredients

Sweet potatoes, peeled and cubed	3.3 cups / 792 ml
Water	0.8 cup / 198 ml
Reishi mushroom powder	1.7 tbsp / 24.8 g
Olive oil	1.7 tbsp / 24.8 ml
Salt & pepper	to taste / to taste

### Instructions

1. Boil 3.3 cups (792 ml) sweet potatoes in water until tender, about 15-20 minutes.
2. Drain and return to pot, adding 1.7 tbsp (24.8 g) reishi mushroom powder and 1.7 tbsp (24.8 ml) olive oil.
3. Mash until smooth, seasoning with salt and pepper to taste.

# Day 6

3 meals · 1,505 calories

**BREAKFAST** Savory Oats with Spinach and Poached Egg **462 kcal**

**LUNCH** Herbed Mediterranean Tuna Salad **465 kcal**

**DINNER** Quinoa and Spinach Power Bowl with Salmon **578 kcal**

**Protein: 132g   Carbs: 129g   Fats: 60g**

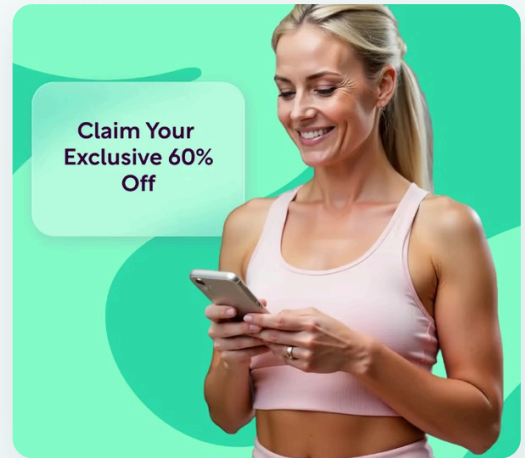
EXCLUSIVE OFFER

# 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. Savory Oats with Spinach and Poached Egg

A hearty breakfast bowl, this savory oat dish is high in protein and fiber, helping to sustain energy levels and maintain healthy blood sugar.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	11 min
<b>Cook Time</b>	5 min
<b>Calories</b>	462 kcal
<b>Protein</b>	28g
<b>Carbs</b>	56g
<b>Fats</b>	17g



### Ingredients

Rolled oats	0.7 cup / 56 g
Water or vegetable broth	1.4 cup / 336 ml
Fresh spinach	1.4 cup / 336 ml
Egg	1.5 large / 1.5 large
Olive oil	1.4 tsp / 7 ml

### Instructions

1. In a saucepan, combine 0.7 cup (56 g) rolled oats with 1.4 cup (336 ml) water or vegetable broth and bring to a boil.
2. Reduce heat and simmer for 5 minutes until creamy. Stir in 1.4 cup (336 ml) chopped spinach and cook until wilted.
3. Serve topped with a poached egg and drizzle with 1.4 tsp (7 ml) olive oil.

## 17. Herbed Mediterranean Tuna Salad

This tuna salad is a protein powerhouse, essential for maintaining muscle mass. The addition of fresh herbs and olive oil provides healthy fats and antioxidants, making it ideal for women over 40.

### Nutrition Information

Servings	1
Prep Time	17 min
Cook Time	12 min
Calories	465 kcal
Protein	54g
Carbs	23g
Fats	23g



### Ingredients

canned tuna in water	1.5 can /
olive oil	3.1 tbsp / 46.5 ml
fresh lemon juice	1.6 tbsp / 23.3 ml
red onion	0.4 medium /
cherry tomatoes	0.8 cup / 116.3 g
fresh parsley	3.1 tbsp / 46.5 ml
cucumber	0.8 medium /
sea salt	to taste /
black pepper	to taste /

### Instructions

1. In a bowl, combine drained tuna, olive oil, lemon juice, onion, tomatoes, parsley, cucumber, salt, and pepper.
2. Mix gently to combine. Serve on a bed of greens or in a whole-grain wrap.

## 18. Quinoa and Spinach Power Bowl with Salmon

This nutrient-dense power bowl is packed with whole foods, healthy fats, and quality proteins, making it ideal for women over 40. Rich in omega-3s, phytoestrogens, and calcium, it supports hormone balance and heart health while providing a satisfying meal in under 30 minutes.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	15 min
<b>Calories</b>	578 kcal
<b>Protein</b>	50g
<b>Carbs</b>	50g
<b>Fats</b>	20g



### Ingredients

Quinoa, uncooked	0.8 cup / 148.5 g
Water	1.7 cup / 396 ml
Fresh spinach, chopped	3.3 cups / 99 g
Cooked salmon, flaked	6.6 oz / 189.8 g
Olive oil	1.7 tbsp / 24.8 ml
Lemon juice	1.7 tbsp / 24.8 ml
Chia seeds	1.7 tbsp / 24.8 g
Salt	to taste / to taste
Black pepper	to taste / to taste

## Instructions

1. Step 1: Rinse the quinoa under cold water, then combine it with water in a medium pot. Bring to a boil, then reduce to a simmer, cover, and cook for about 15 minutes or until the water is absorbed.
2. Step 2: In the last 5 minutes of cooking quinoa, add the chopped spinach to the pot, cover, and let it wilt.
3. Step 3: Once cooked, fluff the quinoa and spinach with a fork, then add the flaked salmon, olive oil, lemon juice, chia seeds, salt, and pepper. Stir to combine and serve warm.

# Day 7

3 meals · 1,491 calories

**BREAKFAST** Banana Oatmeal **448 kcal**

**LUNCH** Spicy Tuna & Avocado Lettuce Wraps **465 kcal**

**DINNER** Savory Quinoa and Spinach Bowl with Salmon **578 kcal**

**Protein: 106g   Carbs: 160g   Fats: 54g**

## 19. Banana Oatmeal

This warm banana oatmeal is a comforting breakfast option that provides fiber and potassium. It's simple to make and keeps you full longer.

### Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	5 min
Calories	448 kcal
Protein	13g
Carbs	87g
Fats	6g



### Ingredients

Rolled oats	0.7 cup / 56 g
Water or milk	1.4 cup / 336 ml
Banana	1.5 medium / 1.5 medium
Cinnamon	0.7 tsp / 1.4 g

### Instructions

1. In a saucepan, combine the rolled oats and water or milk.
2. Bring to a boil, then simmer for 5 minutes until thickened.
3. Slice the banana and stir it into the oatmeal along with cinnamon.

## 20. Spicy Tuna & Avocado Lettuce Wraps

These spicy tuna wraps feature omega-3-rich tuna and fiber-packed lettuce, perfect for supporting skin health while being low-carb. The avocado adds healthy fats that promote collagen production.

### Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	12 min
Calories	465 kcal
Protein	47g
Carbs	23g
Fats	28g



### Ingredients

Canned tuna (in water, drained)	1.5 can (5 oz) / 217 g
Avocado, diced	1.6 medium / 232.5 g
Lettuce leaves (butter or romaine)	6.2 / 6.2 leaves
Sriracha sauce	1.6 tbsp / 23.3 ml
Lime juice	1.6 tbsp / 23.3 ml
Cilantro, chopped	3.1 tbsp / 15.5 g

### Instructions

1. In a bowl, combine drained tuna, diced avocado, sriracha, lime juice, and cilantro.
2. Mix until well combined.
3. Spoon the mixture into lettuce leaves and serve as wraps.

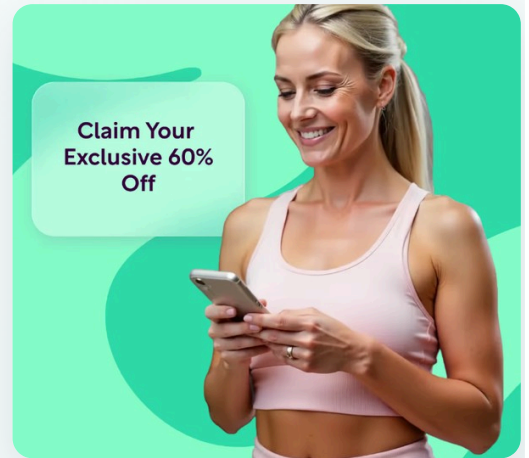
EXCLUSIVE OFFER

# 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. Savory Quinoa and Spinach Bowl with Salmon

This nutrient-packed bowl is designed to support hormone balance and bone health for women over 40. Featuring high-quality protein from salmon and quinoa, along with fiber-rich spinach and heart-healthy fats, it's a quick meal that nourishes your body and boosts your metabolism.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	15 min
<b>Calories</b>	578 kcal
<b>Protein</b>	46g
<b>Carbs</b>	50g
<b>Fats</b>	20g



### Ingredients

quinoa	0.8 cup / 148.5 g
water	1.7 cup / 396 ml
fresh spinach	3.3 cups / 99 g
cooked salmon (skinless)	6.6 oz / 189.8 g
olive oil	1.7 tablespoon / 24.8 ml
lemon juice	1.7 tablespoon / 24.8 ml
chia seeds	1.7 tablespoon / 19.8 g
salt	to taste / to taste
black pepper	to taste / to taste

## Instructions

1. Rinse the quinoa under cold water, then combine it with 1.7 cup of water in a saucepan. Bring to a boil, reduce heat, and simmer for 15 minutes until the quinoa is fluffy and the water is absorbed.
2. While the quinoa is cooking, heat olive oil in a skillet over medium heat. Add the spinach and sauté until wilted, about 2-3 minutes.
3. Once the quinoa is cooked, fluff it with a fork and add it to the skillet with spinach. Mix in the lemon juice and chia seeds, and season with salt and pepper.
4. Serve the quinoa and spinach mixture topped with cooked salmon.

# Day 8

3 meals · 1,415 calories

<b>BREAKFAST</b>	Almond Butter Banana Oatmeal	<b>560 kcal</b>
<b>LUNCH</b>	Savory Edamame & Quinoa Bowl	<b>558 kcal</b>
<b>DINNER</b>	Avocado Cucumber Gazpacho	<b>297 kcal</b>

**Protein: 58g   Carbs: 174g   Fats: 61g**

## 22. Almond Butter Banana Oatmeal

This wholesome oatmeal combines almond butter and banana for a delicious breakfast that supports heart health with healthy fats and potassium. The fiber from oats aids in digestion and helps maintain stable energy levels.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	5 min
<b>Cook Time</b>	5 min
<b>Calories</b>	560 kcal
<b>Protein</b>	17g
<b>Carbs</b>	73g
<b>Fats</b>	25g



### Ingredients

Rolled oats	0.7 cup / 56 g
Water	1.4 cup / 336 ml
Banana, sliced	1.5 medium / 1.5 medium
Almond butter	1.4 tbsp / 22.4 g
Ground flaxseed	1.4 tbsp / 21 g

### Instructions

1. In a saucepan, bring 1.4 cup (336 ml) of water to a boil and stir in 0.7 cup (56 g) of rolled oats.
2. Reduce heat and simmer for 5 minutes until thickened, stirring occasionally.
3. Top with 1 sliced medium banana, 1.4 tbsp (22.4 g) of almond butter, and 1.4 tbsp (21 g) of ground flaxseed before serving.

## 23. Savory Edamame & Quinoa Bowl

This protein-packed bowl features edamame and quinoa, both excellent sources of plant-based protein and phytoestrogens, supporting muscle mass and hormone balance necessary for women over 40.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	14 min
<b>Cook Time</b>	20 min
<b>Calories</b>	558 kcal
<b>Protein</b>	34g
<b>Carbs</b>	78g
<b>Fats</b>	16g



### Ingredients

quinoa, rinsed	1.6 cup / 372 ml
water	3.1 cups / 744 ml
edamame, shelled	1.6 cup / 372 ml
red bell pepper, diced	1.6 cup / 372 ml
green onions, sliced	¼ cup / 93 ml
low sodium soy sauce	3.1 tbsp / 46.5 ml
sesame oil	1.6 tbsp / 23.3 ml

### Instructions

1. In a pot, bring 3.1 cups (744 ml) of water to a boil. Add quinoa, reduce heat, cover, and simmer for 15 minutes or until water is absorbed.
2. In the last 5 minutes of cooking quinoa, add edamame and bell pepper to the pot to steam.
3. Once cooked, fluff quinoa with a fork and drizzle with soy sauce and sesame oil. Mix well and serve topped with green onions.

## 24. Avocado Cucumber Gazpacho

This refreshing soup is hydrating and packed with antioxidants, perfect for cooling effects during menopause. Avocado provides healthy fats, while cucumber is low in calories and high in water content to support hydration.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	5 min
<b>Calories</b>	297 kcal
<b>Protein</b>	7g
<b>Carbs</b>	23g
<b>Fats</b>	20g



### Ingredients

Cucumber, peeled and chopped	1.5 large / 1.5 large
Avocado, diced	0.8 medium / 132 g
Tomato, chopped	1.5 medium / 247.5 g
Lemon juice	3.3 tbsp / 49.5 ml
Olive oil	1.7 tbsp / 24.8 ml
Salt and pepper	to taste / to taste

### Instructions

1. In a blender, combine cucumber, avocado, tomato, lemon juice, olive oil, salt, and pepper.
2. Blend until smooth, then chill in the refrigerator for 30 minutes.
3. Serve cold for a refreshing dinner.

# Day 9

3 meals · 1,121 calories

**BREAKFAST** Herb and Garlic Quinoa Bowl **280 kcal**

**LUNCH** Savory Quinoa Bowl with Roasted Vegetables and Chickpeas **589 kcal**

**BREAKFAST** Garlic Spinach Porridge **252 kcal**

**Protein: 53g   Carbs: 175g   Fats: 24g**

## 25. Herb and Garlic Quinoa Bowl

A nutritious breakfast bowl with quinoa, fresh herbs, and garlic.

### Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	15 min
Calories	280 kcal
Protein	11g
Carbs	48g
Fats	4g



### Ingredients

quinoa	0.4 cup dry / 63g
water	0.7 cup / 168g
fresh cilantro, chopped	2.8 tablespoons / 42g
garlic, minced	1.5 clove / 7g
lemon juice	1.4 tablespoon / 21g

### Instructions

1. Rinse quinoa under cold water and cook with water until fluffy.
2. Stir in garlic, cilantro, and lemon juice.
3. Serve warm.

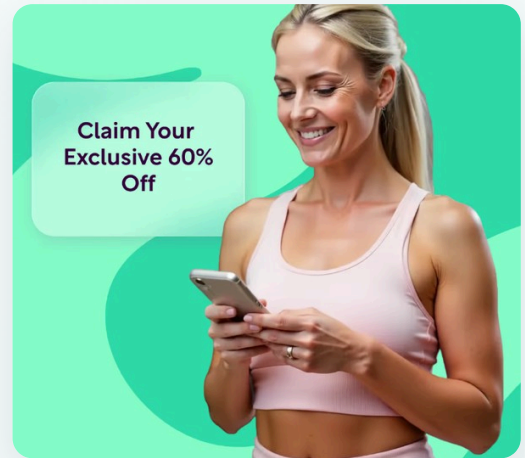
EXCLUSIVE OFFER

# 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. Savory Quinoa Bowl with Roasted Vegetables and Chickpeas

Packed with plant-based protein and high in fiber, this quinoa bowl helps support digestion and keeps you feeling full throughout the day. The roasted vegetables provide antioxidants that combat inflammation, essential for women over 40.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	15 min
<b>Cook Time</b>	20 min
<b>Calories</b>	589 kcal
<b>Protein</b>	34g
<b>Carbs</b>	85g
<b>Fats</b>	16g



### Ingredients

Quinoa, rinsed	0.8 cup / 186 ml
Water	1.6 cup / 372 ml
Chickpeas, canned and drained	0.8 cup / 186 ml
Bell pepper, diced	0.8 cup / 186 ml
Zucchini, diced	0.8 cup / 186 ml
Olive oil	1.6 tbsp / 23.3 ml
Cumin	1.6 tsp / 7.8 g
Salt	0.4 tsp / 1.6 g
Pepper	0.4 tsp / 1.6 g
Fresh parsley for garnish	1.6 tbsp / 23.3 g

## Instructions

1. Preheat the oven to 400°F (200°C).
2. In a medium saucepan, bring 1.6 cup (372 ml) of water to a boil. Add 0.8 cup (186 ml) of rinsed quinoa, reduce heat to low, cover, and simmer for 15 minutes.
3. While quinoa is cooking, toss diced bell pepper and zucchini with 1.6 tbsp (23.3 ml) olive oil, cumin, salt, and pepper. Spread on a baking sheet and roast for 20 minutes, stirring halfway through.
4. Once quinoa is cooked, fluff with a fork and combine with chickpeas and roasted vegetables. Top with fresh parsley.

## 27. Garlic Spinach Porridge

A savory porridge that combines the richness of oats with garlic and spinach.

### Nutrition Information

Servings	1
Prep Time	3 min
Cook Time	10 min
Calories	252 kcal
Protein	8g
Carbs	42g
Fats	4g



### Ingredients

rolled oats	0.7 cup / 56g
water	1.4 cup / 336g
fresh spinach, chopped	1.4 cup / 42g
garlic, minced	1.5 clove / 7g
black pepper	to taste / to taste

### Instructions

1. In a saucepan, bring water to a boil.
2. Add rolled oats and simmer for 5 minutes, stirring occasionally.
3. Stir in garlic and spinach, and cook until spinach is wilted.
4. Season with black pepper before serving.

# Day 10

1 meals · 698 calories

LUNCH

Turmeric Quinoa Bowl with Spinach and Salmon

698 kcal

Protein: 47g   Carbs: 62g   Fats: 31g

## 28. Turmeric Quinoa Bowl with Spinach and Salmon

This quinoa bowl features nutrient-dense spinach and omega-3 rich salmon, promoting heart and brain health. Turmeric adds anti-inflammatory properties, making it perfect for women over 40.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	20 min
<b>Calories</b>	698 kcal
<b>Protein</b>	47g
<b>Carbs</b>	62g
<b>Fats</b>	31g



### Ingredients

Quinoa	0.8 cup / 139.5 g
Water	1.6 cup / 372 ml
Salmon fillet	6.2 oz / 175.2 g
Fresh spinach	1.6 cup / 372 ml
Turmeric powder	0.8 tsp / 3.1 g
Olive oil	1.6 tbsp / 23.3 ml
Lemon juice	1.6 tbsp / 23.3 ml

### Instructions

1. In a saucepan, bring water and quinoa to a boil, then reduce heat and simmer for 15 minutes until cooked.
2. While quinoa cooks, grill or bake the salmon until flaky.
3. In a skillet, heat olive oil and sauté spinach until wilted.
4. Stir turmeric into the quinoa once cooked and fluff with a fork.
5. Serve quinoa topped with spinach and salmon, drizzled with lemon juice.

## 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](https://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.*

© 2026 Reverse Health. All rights reserved.