

10-Day Weight Loss Diet Plan for Women PDF

A targeted approach to effective weight loss.

This 10-Day Weight Loss Diet Plan is designed specifically for women seeking to shed pounds healthily. With 30 delicious recipes, this plan focuses on balanced nutrition to help you achieve your weight loss goals. Join countless women who have transformed their bodies with this effective diet.

DAILY NUTRITION OVERVIEW

DAY	CALORIES	PROTEIN	CARBS	FATS
Day 1	1,473	108g	150g	55g
Day 2	1,627	112g	161g	60g
Day 3	1,642	132g	145g	63g
Day 4	1,656	121g	97g	86g
Day 5	1,656	98g	219g	59g
Day 6	1,656	129g	120g	77g
Day 7	1,680	136g	121g	90g
Day 8	1,687	106g	207g	61g
Day 9	1,703	111g	210g	63g
Day 10	1,703	142g	132g	73g
Avg	1,648	120g	156g	69g

CALORIE DISTRIBUTION



Nourish Your Body, Transform Your Health

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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



120g Protein

Daily average



1,648 cal/day

Daily average



Macro Balanced

156g C / 69g F avg

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Day 1

3 meals · 1,473 calories

BREAKFAST	Protein & Fiber Pancakes	336 kcal
LUNCH	Protein-Packed Quinoa and Chickpea Salad	543 kcal
DINNER	Curried Vegetable & Tofu Skillet	594 kcal

Protein: 108g Carbs: 150g Fats: 55g

1. Protein & Fiber Pancakes

Fluffy pancakes made with whole grains and a protein boost for a hearty breakfast.

Nutrition Information

Servings	2
Prep Time	10 min
Cook Time	10 min
Calories	336 kcal
Protein	20g
Carbs	53g
Fats	6g



Ingredients

Whole wheat flour	0.7 cup / 84 g
Baking powder	1.4 tsp / 7 g
Egg	1.5 large / 70 g
Greek yogurt	0.4 cup / 84 g
Milk	0.7 cup / 168 ml
Maple syrup	1.4 tbsp / 21 ml

Instructions

1. In a bowl, mix flour and baking powder.
2. In another bowl, whisk egg, yogurt, and milk together.
3. Combine wet and dry ingredients and stir until just mixed.
4. Cook on a skillet over medium heat until bubbles form, flip and cook until golden.

2. Protein-Packed Quinoa and Chickpea Salad

This vibrant salad combines protein-rich quinoa and chickpeas with nutrient-dense vegetables, providing essential phytoestrogens and omega-3s to support hormone balance and heart health. Perfect for women over 40, this dish is quick to prepare and packed with fiber for digestive health.

Nutrition Information

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



Ingredients

quinoa, rinsed and drained	0.8 cup / 139.5 g
water	1.6 cup / 372 ml
canned chickpeas, drained and rinsed	0.8 cup / 186 g
cherry tomatoes, halved	0.8 cup / 116.3 g
cucumber, diced	0.8 cup / 116.3 g
red bell pepper, diced	0.8 cup / 116.3 g
olive oil	3.1 tablespoons / 46.5 ml
lemon juice	3.1 tablespoons / 46.5 ml
fresh parsley, chopped	0.4 cup / 23.3 g
salt	0.4 teaspoon / 1.6 g

black pepper

0.4 teaspoon / 1.6 g

Instructions

1. In a medium saucepan, combine quinoa and water. Bring to a boil, then reduce heat, cover, and simmer for 15 minutes or until the quinoa is fluffy and water is absorbed.
2. In a large bowl, combine cooked quinoa, chickpeas, cherry tomatoes, cucumber, red bell pepper, and parsley.
3. In a small bowl, whisk together olive oil, lemon juice, salt, and black pepper.
4. Pour the dressing over the salad and toss gently to combine. Serve immediately or chill for 10 minutes for enhanced flavors.

3. Curried Vegetable & Tofu Skillet

A colorful medley of vegetables and protein-rich tofu in a savory curry sauce provides a comforting yet healthy option. The spices used support digestion and heart health, making this dish perfect for women in their 40s and beyond.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	18 min
Calories	594 kcal
Protein	45g
Carbs	50g
Fats	30g



Ingredients

Firm tofu, cubed	0.8 cup / 198 ml
Carrot, julienned	0.8 cup / 123.8 g
Bell pepper (any color), diced	0.8 cup / 123.8 g
Broccoli florets	1.7 cup / 198 g
Curry powder	1.7 tbsp / 24.8 g

Instructions

1. Heat a non-stick skillet over medium heat and sauté 0.8 cup (198 ml) cubed firm tofu until golden brown.
2. Add 0.8 cup (123.8 g) julienned carrot, 0.8 cup (123.8 g) diced bell pepper, and 1.7 cup (198 g) broccoli florets.
3. Sprinkle with 1.7 tbsp (24.8 g) curry powder and cook for an additional 5-7 minutes, stirring occasionally.

Day 2

3 meals · 1,627 calories

BREAKFAST Peachy Protein Delight Bowl **490 kcal**

LUNCH Protein-Packed Quinoa and Spinach Bowl **543 kcal**

DINNER Zaatar Roasted Vegetables with Feta Cheese **594 kcal**

Protein: 112g Carbs: 161g Fats: 60g

4. Peachy Protein Delight Bowl

A refreshing bowl that combines the sweetness of peaches with the creaminess of Greek yogurt for a high-protein breakfast. The fiber from chia seeds promotes digestion and hormone balance.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	8 min
Calories	490 kcal
Protein	49g
Carbs	56g
Fats	8g



Ingredients

Frozen peach slices	1.4 cup / 336 ml
Greek yogurt (non-fat)	1.4 cup / 336 ml
Chia seeds	1.4 tbsp / 21 g
Almond milk (unsweetened)	0.7 cup / 168 ml
Protein powder (vanilla flavor)	1.5 scoop / 42 g

Instructions

1. In a blender, combine 1.4 cup (336 ml) frozen peach slices, 1.4 cup (336 ml) Greek yogurt, 1.4 tbsp (21 g) chia seeds, 0.7 cup (168 ml) almond milk, and 1.5 scoop (42 g) protein powder.
2. Blend until smooth and creamy, adjusting consistency with more almond milk if necessary.
3. Pour into a bowl and top with fresh peach slices and a sprinkle of granola.

5. Protein-Packed Quinoa and Spinach Bowl

This delicious quinoa and spinach bowl is designed to support hormone balance and metabolism while providing essential nutrients for women over 40. Packed with protein, fiber, and healthy fats, it aids in weight loss or maintenance and promotes bone and heart health.

Nutrition Information

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



Ingredients

Cooked quinoa	1.6 cup / 372 ml
Fresh spinach, chopped	3.1 cups / 744 ml
Chickpeas, drained and rinsed	0.8 cup / 186 g
Olive oil	1.6 tablespoon / 23.3 ml
Feta cheese, crumbled	0.4 cup / 93 g
Chia seeds	1.6 tablespoon / 23.3 g
Lemon juice	1.6 tablespoon / 23.3 ml
Salt	to taste / to taste
Black pepper	to taste / to taste

Instructions

1. Step 1: In a large bowl, combine the cooked quinoa and chopped spinach.
2. Step 2: Add the chickpeas, olive oil, lemon juice, and chia seeds, mixing well to combine.
3. Step 3: Season with salt and black pepper to taste.
4. Step 4: Top with crumbled feta cheese before serving.

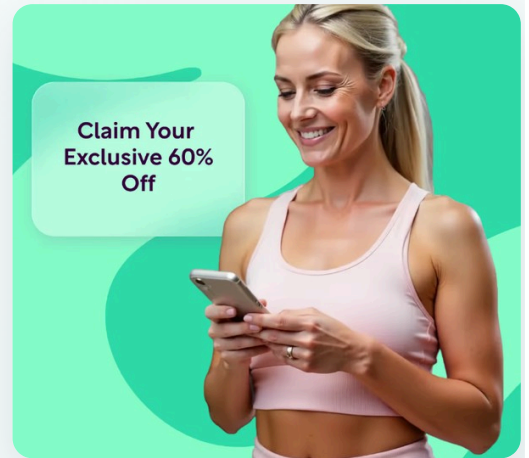
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6. Zaatar Roasted Vegetables with Feta Cheese

A colorful medley of vegetables roasted with zaatar spice blend delivers antioxidants and anti-inflammatory benefits. Topped with feta cheese, this dish offers a satisfying protein boost for optimal health.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	19 min
Calories	594 kcal
Protein	20g
Carbs	58g
Fats	33g



Ingredients

Mixed vegetables (carrots, zucchini, bell peppers)	3.3 cups / 792 ml
Feta cheese (crumbled)	0.4 cup / 99 ml
Zaatar spice blend	1.7 tbsp / 24.8 g
Olive oil	1.7 tbsp / 24.8 ml
Salt and pepper	to taste / to taste

Instructions

1. Preheat the oven to 425°F (220°C).
2. Toss vegetables with olive oil, zaatar, salt, and pepper. Spread on a baking sheet.
3. Roast for 20-25 minutes until tender and slightly charred.
4. Top with crumbled feta cheese before serving.

Day 3

3 meals · 1,642 calories

BREAKFAST Nourishing Greek Yogurt Parfait with Strawberries and Protein Granola **490 kcal**

LUNCH High-Protein Quinoa Bowl with Chickpea Pasta and Greek Yogurt **558 kcal**

DINNER Zucchini Noodles with Turkey Bolognese and Spinach **594 kcal**

Protein: 132g Carbs: 145g Fats: 63g

7. Nourishing Greek Yogurt Parfait with Strawberries and Protein Granola

This delicious Greek yogurt parfait is packed with protein and essential nutrients to support hormone balance, bone health, and overall wellness for women over 40. The combination of Greek yogurt, strawberries, and protein granola offers a perfect start to your day, fueling your metabolism and supporting heart health.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	None
Calories	490 kcal
Protein	39g
Carbs	70g
Fats	8g



Ingredients

Nonfat Greek yogurt	8.4 oz / 238 g
Protein granola	0.5 cup / 56 g
Fresh strawberries, sliced	1.4 cup / 210 g
Honey	1.4 tablespoon / 21 g
Skim milk	5.6 tbsp / 84 ml

Instructions

1. In a bowl or glass, layer half of the Greek yogurt as the first layer.
2. Add half of the sliced strawberries on top of the yogurt.
3. Sprinkle half of the protein granola over the strawberries.
4. Repeat the layers with the remaining Greek yogurt, strawberries, and granola.
5. Drizzle honey on top of the parfait.
6. Serve with coffee mixed with skim milk on the side.

8. High-Protein Quinoa Bowl with Chickpea Pasta and Greek Yogurt

This nutritious quinoa bowl combines high-protein chickpea pasta and Greek yogurt, providing essential nutrients for hormone balance, bone health, and heart health. Rich in fiber and omega-3s, it's an ideal meal for women over 40 looking to support their metabolism and overall well-being.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	558 kcal
Protein	43g
Carbs	50g
Fats	22g



Ingredients

Chickpea pasta	1.6 cup / 372 g
Cooked quinoa	0.8 cup / 186 g
Greek yogurt (plain, unsweetened)	0.8 cup / 186 g
Spinach (fresh)	1.6 cup / 46.5 g
Cherry tomatoes (halved)	0.8 cup / 116.3 g
Olive oil	1.6 tablespoon / 23.3 ml
Pumpkin seeds	3.1 tablespoons / 46.5 g
Lemon juice	1.6 tablespoon / 23.3 ml
Salt	to taste / to taste
Black pepper	to taste / to taste

Instructions

1. Step 1: Cook the chickpea pasta according to package instructions, typically around 7-9 minutes, then drain and set aside.
2. Step 2: In a large bowl, combine the cooked quinoa, spinach, cherry tomatoes, and cooked chickpea pasta.
3. Step 3: In a small bowl, whisk together the olive oil, lemon juice, salt, and black pepper to create a dressing.
4. Step 4: Pour the dressing over the quinoa mixture and toss to combine.
5. Step 5: Serve the quinoa bowl topped with Greek yogurt and sprinkle with pumpkin seeds.

9. Zucchini Noodles with Turkey Bolognese and Spinach

This nutritious dish features protein-packed turkey and fiber-rich zucchini, making it an excellent option for maintaining stable blood glucose levels. The spinach adds a boost of essential nutrients.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	6 min
Calories	594 kcal
Protein	50g
Carbs	25g
Fats	33g



Ingredients

Ground turkey	6.6 oz / 189.8 g
Zucchini	1.5 large / 1.5 large
Canned diced tomatoes	0.8 cup / 198 ml
Fresh spinach	1.7 cup / 396 ml
Olive oil	1.7 tbsp / 24.8 ml
Garlic	1.5 clove / 1.5 clove
Dried oregano	1.7 tsp / 8.3 ml
Salt and pepper	to taste / to taste

Instructions

1. In a skillet, heat 1.7 tbsp (24.8 ml) olive oil over medium heat. Add minced garlic and sauté for 1 minute.
2. Add 6.6 oz (189.8 g) ground turkey and cook until browned, about 5-7 minutes. Stir in 0.8 cup (198 ml) diced tomatoes and oregano, simmer for 5 minutes.
3. In the last minute, add 1.7 cup (396 ml) spinach to wilt. Meanwhile, sauté the spiralized zucchini in another skillet for 2-3 minutes until just tender.
4. Serve turkey Bolognese over zucchini noodles, seasoning with salt and pepper to taste.

Day 4

3 meals · 1,656 calories

BREAKFAST Almond Flour Pancakes with Berries **504 kcal**

LUNCH Chickpea Quinoa Bowl with Tahini Dressing **558 kcal**

DINNER Iron-Boosting Shrimp & Veggie Stir-Fry **594 kcal**

Protein: 121g Carbs: 97g Fats: 86g

10. Almond Flour Pancakes with Berries

These pancakes use almond flour for a low-carb alternative and are high in protein, providing a satisfying breakfast option while being heart-healthy.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	8 min
Calories	504 kcal
Protein	28g
Carbs	14g
Fats	39g



Ingredients

Almond flour	0.7 cup / 84 g
Large eggs	2.8 large / 3 large
Baking powder	1.4 tsp / 7 g
Unsweetened almond milk	0.4 cup / 84 ml
Fresh berries	0.4 cup / 84 ml

Instructions

1. In a bowl, combine 0.7 cup (84 g) almond flour, 1.4 tsp (7 g) baking powder, and 3 large beaten eggs. Stir in 0.4 cup (84 ml) almond milk until smooth.
2. Heat a skillet over medium heat and pour batter to form pancakes. Cook 2.8-3 minutes per side.
3. Serve topped with 0.4 cup (84 ml) fresh berries.

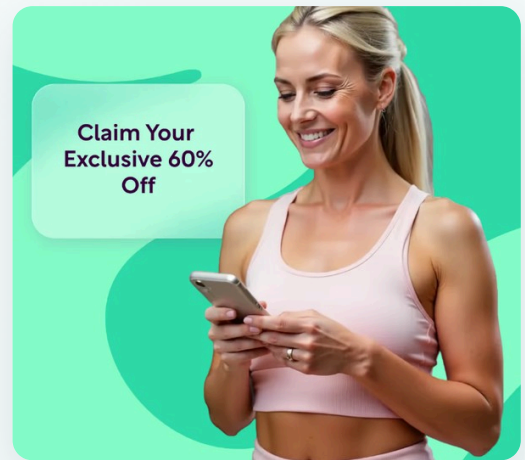
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11. Chickpea Quinoa Bowl with Tahini Dressing

This nourishing bowl combines protein-rich chickpeas and quinoa, providing a complete amino acid profile while promoting hormone balance and heart health. Topped with a creamy tahini dressing, it's packed with essential nutrients, fiber, and healthy fats—perfect for women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	558 kcal
Protein	43g
Carbs	50g
Fats	22g



Ingredients

cooked quinoa	1.6 cup / 372 ml
canned chickpeas, drained and rinsed	1.6 cup / 372 ml
cherry tomatoes, halved	0.8 cup / 186 ml
cucumber, diced	0.8 cup / 186 ml
tahini	3.1 tablespoons / 46.5 g
lemon juice	3.1 tablespoons / 46.5 ml
olive oil	1.6 tablespoon / 23.3 ml
fresh parsley, chopped	3.1 tablespoons / 46.5 g
salt	to taste / to taste
black pepper	to taste / to taste

Instructions

1. In a large bowl, combine the cooked quinoa, chickpeas, cherry tomatoes, and cucumber.
2. In a small bowl, whisk together tahini, lemon juice, olive oil, salt, and black pepper until smooth.
3. Drizzle the tahini dressing over the quinoa and chickpea mixture and toss to combine.
4. Sprinkle with fresh parsley before serving.

12. Iron-Boosting Shrimp & Veggie Stir-Fry

This shrimp and veggie stir-fry is rich in protein and heme iron, while veggies like bell peppers and broccoli add vitamin C, enhancing iron absorption. Perfectly quick for busy women 40+ needing to maintain energy levels.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	19 min
Calories	594 kcal
Protein	50g
Carbs	33g
Fats	25g



Ingredients

Shrimp, peeled and deveined	13.2 oz / 371.3 g
Bell pepper, sliced	1.5 medium / 1.5 medium
Broccoli florets	1.7 cup / 396 ml
Olive oil	1.7 tbsp / 24.8 ml
Soy sauce (low sodium)	3.3 tbsp / 49.5 ml
Garlic, minced	3 cloves / 3 cloves
Ginger, grated	1.7 tsp / 8.3 g

Instructions

1. Heat 1.7 tbsp (24.8 ml) olive oil in a large skillet over medium-high heat.
2. Add 13.2 oz (371.3 g) shrimp, cooking for about 3-4 minutes until they turn pink.
3. Stir in 1.5 medium sliced bell pepper, 1.7 cup (396 ml) broccoli florets, 3 cloves minced garlic, and 1.7 tsp (8.3 g) grated ginger, sauté for another 5 minutes.
4. Pour in 3.3 tbsp (49.5 ml) low sodium soy sauce, mixing well before serving hot.

Day 5

3 meals · 1,656 calories

BREAKFAST Sweet Potato & Black Bean Breakfast Tacos **504 kcal**

LUNCH Savory Quinoa and Chickpea Power Bowl **558 kcal**

DINNER Chickpea & Broccoli Stew with Tahini **594 kcal**

Protein: 98g Carbs: 219g Fats: 59g

13. Sweet Potato & Black Bean Breakfast Tacos

These breakfast tacos are filled with fiber and protein, making them a satisfying choice for sustained energy and blood sugar balance.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	8 min
Calories	504 kcal
Protein	21g
Carbs	70g
Fats	17g



Ingredients

Small sweet potato	1.5 medium / 1.5 medium
Canned black beans	0.7 cup / 168 ml
Corn tortillas	3 small / 3 small
Avocado	0.7 medium / 0.7g
Cumin	0.7 tsp / 3.5 g

Instructions

1. In a pan, cook 1.5 medium diced sweet potato in a little water until tender, about 8 minutes. Add 0.7 cup (168 ml) drained black beans and stir in 0.7 tsp (3.5 g) cumin.
2. Warm 3 small corn tortillas in a separate skillet.
3. Fill each tortilla with the sweet potato and black bean mixture, and top with slices of 0.7 avocado before serving.

14. Savory Quinoa and Chickpea Power Bowl

This nutrient-dense quinoa and chickpea power bowl is packed with plant-based protein, essential for women's health after 40. It features phytoestrogens, omega-3s, and fiber to support hormone balance, metabolism, and heart health.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	558 kcal
Protein	47g
Carbs	70g
Fats	19g



Ingredients

Quinoa, dry	0.8 cup / 139.5 g
Chickpeas, canned, rinsed	1.6 cup / 372 g
Spinach, fresh	3.1 cups / 93 g
Olive oil	1.6 tablespoon / 23.3 ml
Chia seeds	3.1 tablespoons / 46.5 g
Lemon juice	3.1 tablespoons / 46.5 ml
Avocado, diced	1 medium / 116.3 g
Salt	0.4 teaspoon / 1.6 g
Black pepper	0.4 teaspoon / 1.6 g

Instructions

1. Rinse the quinoa under cold water. In a medium saucepan, combine quinoa with 1.6 cup (240ml) water. Bring to a boil, then reduce heat and simmer for 15 minutes until water is absorbed. Remove from heat and let it sit covered for 5 minutes.
2. In a large bowl, combine cooked quinoa, rinsed chickpeas, fresh spinach, olive oil, lemon juice, diced avocado, salt, and black pepper. Toss gently to combine and serve immediately.

15. Chickpea & Broccoli Stew with Tahini

This hearty stew is high in calcium and packed with magnesium-rich chickpeas and broccoli, making it an excellent option for maintaining bone density and overall vitality.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	18 min
Calories	594 kcal
Protein	30g
Carbs	79g
Fats	23g



Ingredients

Canned chickpeas, drained	1.7 cup / 396 ml
Broccoli florets	1.7 cup / 396 ml
Vegetable broth	1.7 cup / 396 ml
Tahini	3.3 tbsp / 49.5 ml
Ground cumin	1.7 tsp / 8.3 ml
Olive oil	1.7 tsp / 8.3 ml

Instructions

1. In a pot, heat 1.7 tsp (8.3 ml) olive oil over medium heat; add 1.7 cup (396 ml) chopped broccoli and sauté for 3 minutes.
2. Add 1.7 cup (396 ml) drained chickpeas, 1.7 cup (396 ml) vegetable broth, and 1.7 tsp (8.3 ml) ground cumin. Simmer for 15 minutes.
3. Stir in 3.3 tbsp (49.5 ml) tahini until well combined, then serve warm.

Day 6

3 meals · 1,656 calories

BREAKFAST Nourishing Spinach and Coconut Oil Scrambled Eggs **504 kcal**

LUNCH Mediterranean Quinoa Salad with Grilled Salmon **558 kcal**

DINNER Creamy Spinach & Mushroom Quinoa Bowl **594 kcal**

Protein: 129g Carbs: 120g Fats: 77g

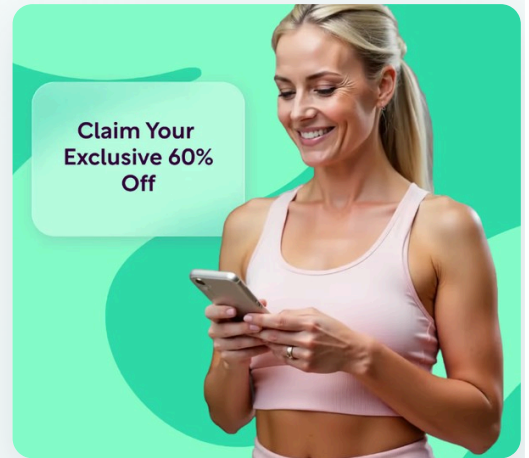
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16. Nourishing Spinach and Coconut Oil Scrambled Eggs

Start your day with a protein-packed breakfast that supports hormone balance and heart health. This dish combines the goodness of eggs and spinach with healthy fats from coconut oil, providing essential nutrients for women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	504 kcal
Protein	42g
Carbs	7g
Fats	35g



Ingredients

large eggs	4.2 large / 4 large
fresh spinach	1.4 cup / 336 ml
coconut oil	1.4 tablespoon / 21 ml
sea salt	to taste / to taste
black pepper	to taste / to taste
optional: feta cheese	1.4 ounce / 39.2 g

Instructions

1. Step 1: In a non-stick skillet, heat the coconut oil over medium heat until melted.
2. Step 2: Add the fresh spinach to the skillet and sauté for about 2-4.2 minutes until wilted.
3. Step 4.2: While the spinach is cooking, crack the eggs into a bowl, season with sea salt and black pepper, and whisk until well combined.
4. Step 4: Pour the beaten eggs into the skillet with the spinach and scramble gently until the eggs are cooked to your desired consistency, about 4.2-5 minutes.
5. Step 5: If using, sprinkle feta cheese over the eggs in the last minute of cooking.
6. Step 6: Serve warm and enjoy your nutrient-rich breakfast.

17. Mediterranean Quinoa Salad with Grilled Salmon

This vibrant Mediterranean quinoa salad is packed with protein and healthy fats, making it perfect for women over 40. It supports hormone balance, bone health, and heart health while delivering essential nutrients like omega-3s and phytoestrogens, all in under 30 minutes.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	558 kcal
Protein	47g
Carbs	47g
Fats	22g



Ingredients

quinoa (uncooked)	0.8 cup / 139.5 g
water	1.6 cup / 372 ml
salmon fillet	6.2 oz / 175.2 g
cherry tomatoes (halved)	0.8 cup / 116.3 g
cucumber (diced)	0.8 cup / 116.3 g
red onion (finely chopped)	0.4 cup / 62 g
feta cheese (crumbled)	0.4 cup / 58.9 g
olive oil	3.1 tbsp / 46.5 ml
lemon juice	3.1 tbsp / 46.5 ml
fresh parsley (chopped)	3.1 tbsp / 12.4 g

salt

to taste / to taste

pepper

to taste / to taste

Instructions

1. Step 1: Rinse quinoa under cold water, then combine with water in a saucepan. Bring to a boil, reduce heat, cover, and simmer for 15 minutes until water is absorbed.
2. Step 2: While quinoa cooks, season salmon with salt and pepper. Heat a grill pan over medium-high heat and cook salmon for 4-5 minutes on each side or until cooked through.
3. Step 3: In a large bowl, combine cooked quinoa, cherry tomatoes, cucumber, red onion, feta cheese, parsley, olive oil, and lemon juice. Toss to combine.
4. Step 4: Serve the quinoa salad topped with grilled salmon.

18. Creamy Spinach & Mushroom Quinoa Bowl

This dish combines magnesium-rich spinach and vitamin D-fortified dairy to create a creamy, delicious bowl that promotes bone health and aids in muscle function.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	5 min
Calories	594 kcal
Protein	40g
Carbs	66g
Fats	20g



Ingredients

Cooked quinoa	1.7 cup / 396 ml
Fresh spinach	1.7 cup / 396 ml
Mushrooms, sliced	1.7 cup / 396 ml
Greek yogurt	0.4 cup / 99 ml
Olive oil	1.7 tsp / 8.3 ml
Garlic, minced	1.5 clove / 1.5 clove

Instructions

1. Heat 1.7 tsp (8.3 ml) olive oil in a skillet over medium heat; add 1.7 cup (396 ml) sliced mushrooms and sauté for 5 minutes until soft.
2. Add 1.7 cup (396 ml) fresh spinach and 1.5 clove minced garlic; cook until spinach wilts.
3. Stir in 1.7 cup (396 ml) cooked quinoa and 0.4 cup (99 ml) Greek yogurt; mix well and heat through before serving.

Day 7

3 meals · 1,680 calories

BREAKFAST Nourishing Egg and Greens Breakfast Bowl **511 kcal**

LUNCH Balanced Quinoa Bowl with Salmon and Spinach **558 kcal**

DINNER Savory Vegetable and Tempeh Stir-Fry **611 kcal**

Protein: 136g Carbs: 121g Fats: 90g

19. Nourishing Egg and Greens Breakfast Bowl

This wholesome breakfast combines protein-rich boiled eggs with nutrient-dense greens, supporting hormone balance and heart health for women over 40. Enhanced with olive oil and apple cider vinegar, it offers essential fats and antioxidants to nourish your body and boost metabolism.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	511 kcal
Protein	39g
Carbs	28g
Fats	34g



Ingredients

large eggs	2.8 large / 2.8g
mixed baby greens	1.4 cup / 336 ml
olive oil	0.7 tsp / 3.5 ml
apple cider vinegar	1.4 tsp / 7 ml
chopped walnuts	2.8 tbsp / 42 g
feta cheese, crumbled	1.4 oz / 39.2 g

Instructions

1. Step 1: Begin by boiling the eggs in a pot of water for about 10-12 minutes until fully cooked, then remove from heat and let them cool before peeling.
2. Step 2.8: While the eggs are boiling, prepare the greens by placing them in a bowl and drizzling with olive oil and apple cider vinegar. Toss to coat evenly.
3. Step 3: Once the eggs are peeled, slice them in half and place them on top of the greens.
4. Step 4: Sprinkle the chopped walnuts and crumbled feta cheese over the salad for added crunch and flavor.

20. Balanced Quinoa Bowl with Salmon and Spinach

This nutritious quinoa bowl is designed to support hormone balance and heart health for women over 40. Packed with protein, healthy fats, and fiber, it provides essential nutrients like omega-3s and calcium, making it a perfect meal for maintaining energy and wellness.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	558 kcal
Protein	47g
Carbs	50g
Fats	23g



Ingredients

cooked quinoa	1.6 cup / 372 g
cooked salmon fillet	6.2 oz / 175.2 g
fresh spinach	3.1 cups / 93 g
cherry tomatoes, halved	0.8 cup / 116.3 g
avocado, diced	1 medium / 108.5 g
olive oil	1.6 tablespoon / 23.3 ml
lemon juice	1.6 tablespoon / 23.3 ml
chia seeds	1.6 tablespoon / 18.6 g
salt and pepper to taste	to taste / to taste

Instructions

1. Step 1: In a bowl, combine the cooked quinoa, spinach, cherry tomatoes, and diced avocado.
2. Step 2: Flake the cooked salmon and add it to the bowl.
3. Step 3: Drizzle with olive oil and lemon juice, then sprinkle with chia seeds, salt, and pepper.
4. Step 4: Toss gently to combine all ingredients and serve immediately.

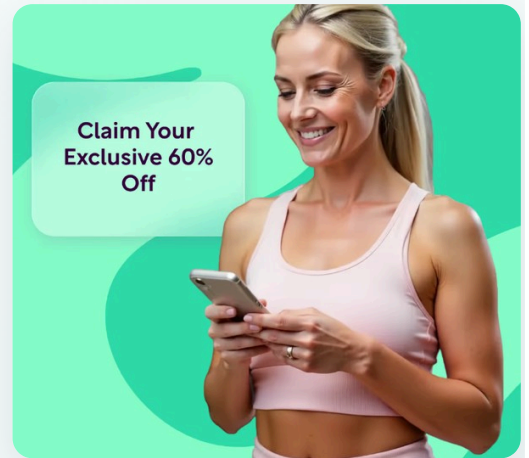
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21. Savory Vegetable and Tempeh Stir-Fry

Packed with broccoli, bell peppers, carrots, and nutrient-dense tempeh, this stir-fry is rich in protein and fiber. It supports metabolic health and contains anti-inflammatory ingredients that may ease menopause symptoms.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	18 min
Calories	611 kcal
Protein	50g
Carbs	43g
Fats	33g



Ingredients

Tempeh (cubed)	1.7 cup / 396 g
Broccoli florets	1.7 cup / 247.5 g
Bell pepper (sliced)	1.7 cup / 247.5 g
Carrot (sliced)	1.5 medium / 165 g
Soy sauce	3.3 tbsp / 49.5 ml
Sesame oil	1.7 tbsp / 24.8 ml

Instructions

1. In a large skillet, heat sesame oil over medium-high heat.
2. Add tempeh and cook until lightly browned, about 5 minutes.
3. Add broccoli, bell pepper, and carrot, stir-frying for another 5 minutes. Stir in soy sauce and cook for an additional minute.

Day 8

3 meals · 1,687 calories

BREAKFAST Matcha Energy Bowl **518 kcal**

LUNCH Protein-Packed Quinoa and Spinach Salad with Omega-3 Dressing **558 kcal**

DINNER Mediterranean Quinoa Salad with Turmeric Dressing **611 kcal**

Protein: 106g Carbs: 207g Fats: 61g

22. Matcha Energy Bowl

This vibrant green bowl combines the energy-boosting properties of matcha with protein-rich yogurt and fresh fruits. Packed with antioxidants, it supports metabolism and provides sustained energy throughout the day.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	8 min
Calories	518 kcal
Protein	39g
Carbs	53g
Fats	17g



Ingredients

Matcha powder	1.4 tsp / 7 g
Greek yogurt	0.7 cup / 168 ml
Frozen banana	1.5 medium / 1.5 medium
Almond milk	0.7 cup / 168 ml
Sliced strawberries	0.7 cup / 168 ml
Chopped pecans	2.8 tbsp / 42 g

Instructions

1. Blend together 1.4 tsp (7 g) matcha powder, 0.7 cup (168 ml) Greek yogurt, 1.5 medium frozen banana, and 0.7 cup (168 ml) almond milk until smooth.
2. Pour into a bowl and top with 0.7 cup (168 ml) sliced strawberries and 2.8 tbsp (42 g) chopped pecans.

23. Protein-Packed Quinoa and Spinach Salad with Omega-3 Dressing

This vibrant quinoa and spinach salad is designed to support hormone balance and bone health for women over 40. Packed with protein, fiber, and healthy fats, it provides essential nutrients while being quick and easy to prepare.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	558 kcal
Protein	47g
Carbs	62g
Fats	19g



Ingredients

Quinoa (cooked)	1.6 cup / 372 ml
Fresh spinach	3.1 cups / 744 ml
Canned chickpeas (drained and rinsed)	0.8 cup / 186 g
Chopped cucumber	0.8 cup / 186 g
Cherry tomatoes (halved)	0.8 cup / 186 g
Feta cheese (crumbled)	0.4 cup / 93 g
Chia seeds	3.1 tablespoons / 46.5 g
Olive oil	3.1 tablespoons / 46.5 ml
Lemon juice	1.6 tablespoon / 23.3 ml
Salt	0.4 teaspoon / 2.3 g

Black pepper

0.4 teaspoon / 2.3 g

Instructions

1. In a large bowl, combine the cooked quinoa, fresh spinach, chickpeas, cucumber, and cherry tomatoes.
2. In a small bowl, whisk together the olive oil, lemon juice, salt, and black pepper to create the dressing.
3. Pour the dressing over the salad and toss to combine.
4. Sprinkle the crumbled feta cheese and chia seeds on top just before serving.

24. Mediterranean Quinoa Salad with Turmeric Dressing

This wholesome salad features quinoa, packed with protein and fiber, mixed with fresh vegetables and a turmeric dressing to fight inflammation and enhance flavor.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	18 min
Calories	611 kcal
Protein	20g
Carbs	92g
Fats	25g



Ingredients

Cooked quinoa	1.7 cup / 396 ml
Cucumber, diced	0.8 cup / 198 ml
Cherry tomatoes, halved	0.8 cup / 198 ml
Red onion, diced	0.4 cup / 99 ml
Olive oil	1.7 tbsp / 24.8 ml
Turmeric powder	1.7 tsp / 8.3 g
Lemon juice	3.3 tbsp / 49.5 ml
Salt and pepper	to taste / to taste

Instructions

1. In a bowl, combine cooked quinoa, diced cucumber, cherry tomatoes, and red onion.
2. In a small bowl, whisk together olive oil, turmeric, lemon juice, salt, and pepper for the dressing.
3. Pour the dressing over the quinoa salad and toss to combine.

Day 9

3 meals · 1,703 calories

BREAKFAST Berry Nut Protein Bowl **518 kcal**

LUNCH Moroccan Spiced Grilled Tofu with Couscous Salad **574 kcal**

DINNER Spicy Chickpea & Sweet Potato Curry **611 kcal**

Protein: 111g Carbs: 210g Fats: 63g

25. Berry Nut Protein Bowl

Packed with antioxidant-rich berries and healthy fats, this smoothie bowl provides phytoestrogens from flaxseeds to support hormone balance and protein for muscle maintenance. Topped with nuts for added crunch and nutrients.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	8 min
Calories	518 kcal
Protein	39g
Carbs	49g
Fats	21g



Ingredients

Frozen mixed berries	1.4 cup / 336 ml
Greek yogurt	0.7 cup / 168 ml
Flaxseed meal	2.8 tbsp / 42 g
Almond milk	0.7 cup / 168 ml
Chopped walnuts	2.8 tbsp / 42 g
Chia seeds	1.4 tbsp / 21 g

Instructions

1. In a blender, combine 1.4 cup (336 ml) frozen mixed berries, 0.7 cup (168 ml) Greek yogurt, 2.8 tbsp (42 g) flaxseed meal, and 0.7 cup (168 ml) almond milk. Blend until smooth.
2. Pour the smoothie into a bowl and top with 2.8 tbsp (42 g) chopped walnuts and 1.4 tbsp (21 g) chia seeds.

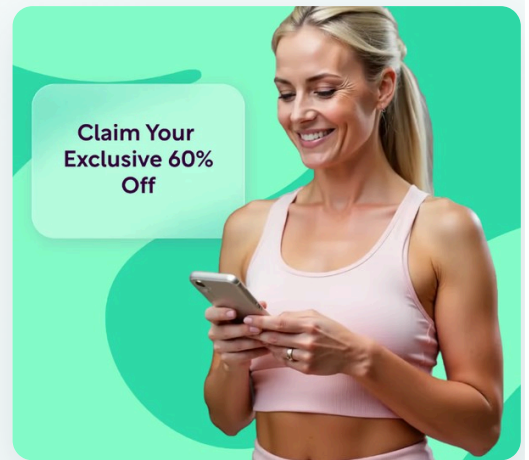
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26. Moroccan Spiced Grilled Tofu with Couscous Salad

This dish combines protein-rich tofu with Moroccan spices, promoting hormone balance and adding a unique flavor twist. Paired with a fiber-rich couscous salad, it's ideal for digestive health.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	12 min
Calories	574 kcal
Protein	39g
Carbs	70g
Fats	22g



Ingredients

Firm tofu, sliced	9.3 oz / 263.5 g
Moroccan spice blend	1.6 tbsp / 23.3 g
Couscous, cooked	0.8 cup / 139.5 g
Bell pepper, diced	0.8 cup / 116.3 g
Olive oil	1.6 tbsp / 23.3 ml
Fresh herbs (parsley, cilantro), chopped	3.1 tbsp / 15.5 g
Lemon juice	1.6 tbsp / 23.3 ml

Instructions

1. Coat tofu slices with olive oil (23.3 ml) and Moroccan spice blend (23.3 g), and let marinate for 10 minutes.
2. Preheat the grill to medium heat. Grill tofu for 4-5 minutes per side until golden and heated through.
3. Combine couscous (139.5 g), bell pepper (116.3 g), and fresh herbs with lemon juice (23.3 ml) in a bowl. Serve with grilled tofu.

27. Spicy Chickpea & Sweet Potato Curry

This plant-based curry is rich in fiber and protein, featuring anti-inflammatory spices like turmeric and ginger, and nutritious sweet potatoes for added vitamins.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	15 min
Calories	611 kcal
Protein	33g
Carbs	91g
Fats	20g



Ingredients

Canned chickpeas, drained	1.7 cup / 396 ml
Sweet potato, diced	1.7 cup / 396 ml
Coconut milk	0.8 cup / 198 ml
Turmeric powder	1.7 tsp / 8.3 g
Fresh ginger, grated	1.7 tsp / 8.3 g
Olive oil	1.7 tbsp / 24.8 ml
Cilantro, chopped	0.4 cup / 99 ml
Salt and pepper	to taste / to taste

Instructions

1. In a pot, heat 1.7 tbsp (24.8 ml) of olive oil over medium heat.
2. Add diced sweet potatoes and cook for 5 minutes until slightly softened.
3. Stir in chickpeas, turmeric, ginger, and season with salt and pepper.
4. Pour in coconut milk and bring to a simmer. Cook for 10 minutes until sweet potatoes are tender.
5. Serve garnished with chopped cilantro.

Day 10

3 meals · 1,703 calories

BREAKFAST Matcha Berry Protein Bowl **518 kcal**

LUNCH Harissa Tuna & Cucumber Salad **574 kcal**

DINNER Customizable Protein-Packed Bowls for Family Health **611 kcal**

Protein: 142g Carbs: 132g Fats: 73g

28. Matcha Berry Protein Bowl

This vibrant bowl combines the benefits of matcha, known for its antioxidants, with protein-rich yogurt and berries. The combination helps support energy levels and provides a rich source of vitamins.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	8 min
Calories	518 kcal
Protein	42g
Carbs	56g
Fats	13g



Ingredients

Frozen mixed berries	1.4 cup / 336 ml
Greek yogurt (non-fat)	1.4 cup / 336 ml
Matcha powder	1.4 tsp / 2.8 g
Almond milk (unsweetened)	0.7 cup / 168 ml
Chia seeds	1.4 tbsp / 21 g

Instructions

1. In a blender, combine 1.4 cup (336 ml) frozen mixed berries, 1.4 cup (336 ml) Greek yogurt, 1.4 tsp (2.8 g) matcha powder, 0.7 cup (168 ml) almond milk, and 1.4 tbsp (21 g) chia seeds.
2. Blend until smooth and creamy, adjusting consistency with more almond milk if necessary.
3. Pour into a bowl and top with extra berries and a sprinkle of granola.

29. Harissa Tuna & Cucumber Salad

This zesty dish combines tuna packed in water with refreshing cucumber and a spicy harissa dressing, providing a high-protein meal that promotes heart health and supports hormone balance.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	12 min
Calories	574 kcal
Protein	50g
Carbs	23g
Fats	37g



Ingredients

canned tuna in water, drained	1.5 can (5 oz) / 217 g
cucumber, diced	1.6 cup / 372 ml
cherry tomatoes, halved	0.8 cup / 186 ml
red onion, finely diced	0.4 cup / 93 ml
harissa paste	1.6 tbsp / 23.3 ml
lemon juice	1.6 tbsp / 23.3 ml
olive oil	1.6 tbsp / 23.3 ml
parsley, chopped	3.1 tbsp / 46.5 ml

Instructions

1. In a bowl, combine drained tuna, cucumber, cherry tomatoes, and red onion.
2. In a small bowl, mix harissa paste, lemon juice, and olive oil, then drizzle over the salad.
3. Top with chopped parsley before serving.

30. Customizable Protein-Packed Bowls for Family Health

This meal allows families to enjoy a nutritious meal together while accommodating different tastes and dietary needs. Packed with protein, fiber, healthy fats, and essential nutrients, these customizable bowls support hormone balance, bone health, and heart health for women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	611 kcal
Protein	50g
Carbs	53g
Fats	23g



Ingredients

Grilled chicken breast (sliced)	3.3 cups / 792 g
Ground turkey (cooked)	3.3 cups / 792 g
Firm tofu (cubed and cooked)	3.3 cups / 792 g
Mixed vegetables (bell peppers, broccoli, carrots)	6.6 cups / 1584 g
Quinoa (cooked)	3.3 cups / 792 ml
Olive oil	6.6 tbsp / 99 ml
Chickpeas (cooked)	1.7 cup / 396 g
Chia seeds	3.3 tbsp / 49.5 g
Feta cheese (crumbled)	0.8 cup / 198 g
Lemon juice	3.3 tbsp / 49.5 ml

Fresh herbs (parsley or cilantro, chopped)

0.4 cup / 24.8 g

Instructions

1. Step 1: Preheat your oven to 400°F (200°C) and line two trays with parchment paper.
2. Step 2: Toss the mixed vegetables with 2 tablespoons of olive oil, salt, and pepper, then spread them on one tray and roast for 15 minutes.
3. Step 3: In a large mixing bowl, combine the cooked quinoa, chickpeas, lemon juice, remaining olive oil, and fresh herbs.
4. Step 4: Divide the quinoa mixture into bowls as a base, and top with the grilled chicken, ground turkey, or tofu.
5. Step 5: Add roasted vegetables on top and sprinkle with feta cheese and chia seeds before serving.

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