

1200-Calorie Menopause Diet Plan PDF

Manage menopause symptoms through mindful eating.

The 1200-Calorie Menopause Diet Plan is tailored to help women manage menopause symptoms while maintaining a healthy weight. With 21 easy-to-follow recipes, this plan provides balanced nutrition to support your changing body. Embrace this new phase of life with confidence!

DAILY NUTRITION OVERVIEW

DAY	CALORIES	PROTEIN	CARBS	FATS
Day 1	1,200	73g	84g	72g
Day 2	1,204	62g	114g	53g
Day 3	1,203	56g	106g	64g
Day 4	1,204	95g	120g	44g
Day 5	1,195	81g	87g	71g
Day 6	1,206	62g	92g	76g
Day 7	1,223	88g	105g	58g
Avg	1,205	74g	101g	63g

CALORIE DISTRIBUTION



Nourish Your Body, Transform Your Health

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Sautéed Kale with Almonds and Garlic

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+ 9 more recipes inside

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21 Recipes

7-day meal plan



74g Protein

Daily average



1,205 cal/day

Daily average



Macro Balanced

101g C / 63g F avg

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Day 1

3 meals · 1,200 calories

BREAKFAST	Leafy Green and Berry Salad	350 kcal
LUNCH	Citrus & Spinach Power Salad with Pumpkin Seed Crunch	388 kcal
DINNER	Lemongrass Chicken & Broccoli Stir-Fry	462 kcal

Protein: 73g Carbs: 84g Fats: 72g

1. Leafy Green and Berry Salad

This vibrant salad combines various leafy greens and berries, which are high in antioxidants and nutrients that support heart health. The addition of nuts adds healthy fats that can help reduce hypertension.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	350 kcal
Protein	11g
Carbs	20g
Fats	28g



Ingredients

Mixed leafy greens (spinach, kale, arugula)	2.8 cups / 84 g
Mixed berries (strawberries, blueberries)	0.7 cup / 105 g
Walnuts (chopped)	2.8 tbsp / 21 g
Feta cheese (optional)	0.4 cup / 56 g

Olive oil

1.4 tbsp / 21 ml

Balsamic vinegar

1.4 tsp / 7 ml

Instructions

1. In a large bowl, combine 2.8 cups (84 g) of mixed leafy greens and 0.7 cup (105 g) of mixed berries.
2. Top with 2.8 tbsp (21 g) of chopped walnuts and 0.4 cup (56 g) of feta cheese if using.
3. Drizzle with 1.4 tbsp (21 ml) of olive oil and 1.4 tsp (7 ml) of balsamic vinegar before serving.

2. Citrus & Spinach Power Salad with Pumpkin Seed Crunch

Packed with vitamin C from citrus fruits and spinach, this salad helps to boost your immune system. The pumpkin seeds provide zinc, essential for immune function, making this a perfect dish for women over 40.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	12 min
Calories	388 kcal
Protein	12g
Carbs	47g
Fats	19g



Ingredients

Fresh spinach	3.1 cups / 744 ml
Orange, segmented	1.5 medium / 1.5 medium
Grapefruit, segmented	1 medium / 1 medium
Pumpkin seeds	3.1 tbsp / 46.5 g
Olive oil	1.6 tbsp / 23.3 ml
Balsamic vinegar	1.6 tsp / 7.8 ml

Instructions

1. In a large bowl, combine 3.1 cups (744 ml) fresh spinach, 1.5 segmented orange, and 1 segmented grapefruit.
2. In a small pan over medium heat, toast 3.1 tbsp (46.5 g) pumpkin seeds until golden, about 2-3 minutes.
3. Drizzle the salad with 1.6 tbsp (23.3 ml) olive oil and 1.6 tsp (7.8 ml) balsamic vinegar, then top with toasted pumpkin seeds and serve.

3. Lemongrass Chicken & Broccoli Stir-Fry

This vibrant stir-fry is packed with lemongrass and chicken, excellent for hormone balance due to its high protein content. Broccoli adds calcium to support bone health, making it perfect for women over 40.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	5 min
Calories	462 kcal
Protein	50g
Carbs	17g
Fats	25g



Ingredients

Chicken breast, sliced	6.6 oz / 186.5 g
Broccoli florets	1.7 cup / 396 ml
Lemongrass, minced	1.5 stalk / 1.5 stalk
Soy sauce	3.3 tbsp / 49.5 ml
Olive oil	1.7 tbsp / 24.8 ml

Instructions

1. Heat 1.7 tbsp (24.8 ml) olive oil in a skillet over medium heat.
2. Add 6.6 oz (186.5 g) sliced chicken breast and cook for 5 minutes until browned.
3. Stir in 1.7 cup (396 ml) broccoli florets and 1.5 stalk minced lemongrass.
4. Pour in 3.3 tbsp (49.5 ml) soy sauce, stir-fry for another 5 minutes until broccoli is tender.

Day 2

3 meals · 1,204 calories

BREAKFAST Blueberry Chia Seed Pudding **364 kcal**

LUNCH Hormone-Balancing Quinoa Bowl with Spinach and Salmon **543 kcal**

DINNER Cruciferous Veggie Stir-Fry with Garlic and Lemon **297 kcal**

Protein: 62g Carbs: 114g Fats: 53g

4. Blueberry Chia Seed Pudding

This pudding is loaded with antioxidants from blueberries, supporting heart health and reducing inflammation. The chia seeds provide protein and omega-3s, essential for hormone balance and energy.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	364 kcal
Protein	11g
Carbs	42g
Fats	17g



Ingredients

Chia seeds	4.2 tbsp / 63 g
Almond milk	1.4 cup / 336 ml
Blueberries	0.7 cup / 105 g
Honey or maple syrup	1.4 tsp / 7 ml
Almonds, chopped	2.8 tbsp / 42 g

Instructions

1. In a bowl, mix chia seeds, almond milk, and honey or maple syrup. Stir well and let it sit for 5 minutes until it thickens.
2. Top with blueberries and chopped almonds. Serve chilled or at room temperature.

5. Hormone-Balancing Quinoa Bowl with Spinach and Salmon

This nutrient-dense quinoa bowl is designed to support hormone balance, metabolism, and heart health for women over 40. Packed with omega-3s, phytoestrogens, and calcium, it provides a satisfying meal rich in protein and healthy fats while allowing for indulgence within the 80/20 principle.

Nutrition Information

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



Ingredients

quinoa (uncooked)	0.8 cup / 139.5 g
water	1.6 cup / 372 ml
spinach (fresh)	3.1 cups / 93 g
smoked salmon	4.7 oz / 131.8 g
avocado	1 medium / 116.3 g
cherry tomatoes (halved)	0.8 cup / 116.3 g
olive oil	1.6 tablespoon / 23.3 ml
lemon juice	1.6 tablespoon / 23.3 ml
chia seeds	1.6 tablespoon / 23.3 g
feta cheese (optional)	1.6 oz / 43.4 g

Instructions

1. Rinse quinoa under cold water and combine it with water in a pot. Bring to a boil, then reduce heat to simmer, cover, and cook for 15 minutes until water is absorbed.
2. While quinoa cooks, heat olive oil in a skillet over medium heat. Add spinach and sauté until wilted, about 2-3 minutes.
3. Once quinoa is cooked, fluff it with a fork and transfer to a bowl. Top with sautéed spinach, smoked salmon, avocado, cherry tomatoes, and chia seeds.
4. Drizzle lemon juice over the top and add feta cheese if desired. Serve warm.

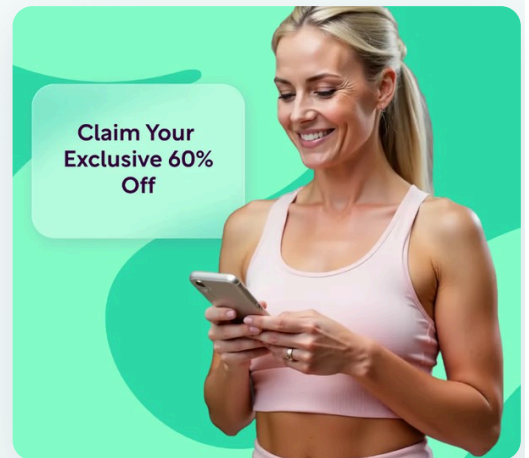
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6. Cruciferous Veggie Stir-Fry with Garlic and Lemon

This quick stir-fry features a colorful mix of broccoli and cauliflower, packed with antioxidants and detox-supporting compounds, enhanced with garlic and zesty lemon.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	1 min
Calories	297 kcal
Protein	8g
Carbs	25g
Fats	17g



Ingredients

Broccoli florets	1.7 cup / 247.5 g
Cauliflower florets	1.7 cup / 247.5 g
Garlic cloves, minced	3.3 clove(s) / 3.3g
Olive oil	3.3 tbsp / 49.5 ml
Lemon juice	3.3 tbsp / 49.5 ml
Soy sauce or tamari	1.7 tbsp / 24.8 ml

Instructions

1. Heat olive oil in a skillet over medium-high heat. Add minced garlic and sauté for 1 minute.
2. Add broccoli and cauliflower florets and stir-fry for 5-7 minutes until tender-crisp.
3. Drizzle with lemon juice and soy sauce or tamari (if using) before serving.

Day 3

3 meals · 1,203 calories

BREAKFAST Greek Yogurt with Berries **406 kcal**

LUNCH Chilled Miso & Cucumber Soup with Avocado **434 kcal**

DINNER Sautéed Kale with Almonds and Garlic **363 kcal**

Protein: 56g Carbs: 106g Fats: 64g

7. Greek Yogurt with Berries

A refreshing breakfast of creamy Greek yogurt topped with fresh berries.

Nutrition Information

Servings	1
Prep Time	3 min
Cook Time	None
Calories	406 kcal
Protein	32g
Carbs	42g
Fats	11g



Ingredients

Greek yogurt	1.4 cup / 336 g
Mixed berries	0.7 cup / 105 g
Honey	1.4 tsp / 7 g

Instructions

1. Spoon the Greek yogurt into a bowl.
2. Add the mixed berries on top of the yogurt.
3. Drizzle honey over the berries and yogurt.

8. Chilled Miso & Cucumber Soup with Avocado

This refreshing soup incorporates miso for its probiotic benefits and phytoestrogens from soy, supporting hormonal balance during menopause. The cooling cucumber and creamy avocado help alleviate hot flashes and promote hydration.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	12 min
Calories	434 kcal
Protein	14g
Carbs	47g
Fats	23g



Ingredients

Cucumber, diced	1.6 cup / 372 ml
Miso paste	1.6 tbsp / 23.3 g
Avocado, diced	0.8 medium / 116.3 g
Soy milk, unsweetened	1.6 cup / 372 ml
Fresh basil leaves	3.1 tbsp / 7.8 g

Instructions

1. In a blender, combine 1.6 cup (372 ml) diced cucumber, 1.6 tbsp (23.3 g) miso paste, and 1.6 cup (372 ml) soy milk. Blend until smooth.
2. Add 0.8 diced avocado and blend again until creamy.
3. Serve chilled, garnished with fresh basil leaves.

9. Sautéed Kale with Almonds and Garlic

This savory dish combines magnesium-rich kale and almonds, promoting muscle relaxation and improved sleep. Garlic adds anti-inflammatory properties, making this a great addition to your dinner.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	1 min
Calories	363 kcal
Protein	10g
Carbs	17g
Fats	30g



Ingredients

Fresh kale, chopped	3.3 cups / 792 ml
Olive oil	1.7 tbsp / 24.8 ml
Garlic, minced	3 cloves / 3 cloves
Sliced almonds	0.4 cup / 66 g
Lemon juice	1.7 tbsp / 24.8 ml

Instructions

1. In a large skillet, heat 1.7 tbsp (24.8 ml) olive oil over medium heat.
2. Add 3 cloves minced garlic and sauté for 1 minute until fragrant.
3. Add 3.3 cups (792 ml) chopped kale and cook for 5-7 minutes until wilted.
4. Stir in 0.4 cup (66 g) sliced almonds and 1.7 tbsp (24.8 ml) lemon juice, mixing well, then remove from heat.

Day 4

3 meals · 1,204 calories

BREAKFAST Beetroot Revitalizer Smoothie **364 kcal**

LUNCH Savory Quinoa Bowl with Salmon and Spinach **543 kcal**

DINNER Braised Cabbage with Sesame & Oysters **297 kcal**

Protein: 95g Carbs: 120g Fats: 44g

10. Beetroot Revitalizer Smoothie

Full of antioxidants from beets and berries, this smoothie supports heart health and reduces inflammation. It's a great source of iron, helping combat fatigue common in women over 40.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	5 min
Calories	364 kcal
Protein	28g
Carbs	48g
Fats	8g



Ingredients

Raw beetroot, peeled and chopped	1.5 medium / 140 g
Mixed berries (strawberries, blueberries)	1.4 cup / 210 g
Greek yogurt	0.7 cup / 168 g
Almond milk	1.4 cup / 336 ml
Chia seeds	1.4 tbsp / 21 g

Instructions

1. In a blender, combine beetroot, mixed berries, Greek yogurt, almond milk, and chia seeds.
2. Blend until smooth and creamy.
3. Serve immediately for a refreshing and energizing breakfast.

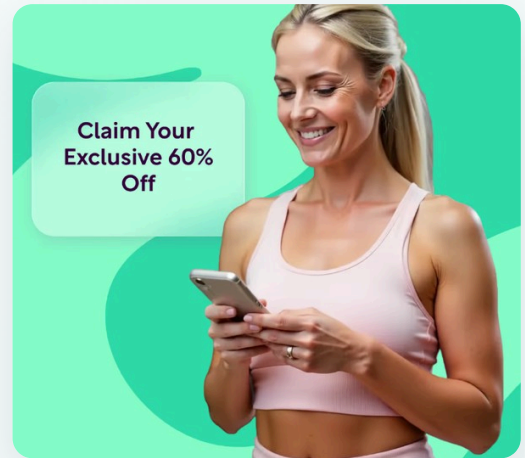
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11. Savory Quinoa Bowl with Salmon and Spinach

This nutrient-rich quinoa bowl is designed to support hormone balance and metabolism for women over 40. Packed with omega-3s, phytoestrogens, and essential vitamins, it promotes bone and heart health while providing a satisfying meal that aids in weight management.

Nutrition Information

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



Ingredients

quinoa (uncooked)	0.8 cup / 139.5 g
water	1.6 cup / 372 ml
cooked salmon (flaked)	6.2 oz / 175.2 g
fresh spinach	3.1 cups / 93 g
olive oil	1.6 tablespoon / 23.3 ml
lemon juice	1.6 tablespoon / 23.3 ml
cherry tomatoes (halved)	0.8 cup / 116.3 g
feta cheese (crumbled)	1.6 oz / 43.4 g
chia seeds	1.6 tablespoon / 18.6 g
black pepper	to taste / to taste

Instructions

1. Rinse the quinoa under cold water, then combine it with water in a pot and bring to a boil. Reduce heat to low, cover, and simmer for 15 minutes or until water is absorbed.
2. While the quinoa cooks, in a large skillet, heat olive oil over medium heat. Add spinach and sauté until wilted, about 2-3 minutes.
3. Once the quinoa is cooked, fluff it with a fork and mix in the flaked salmon, sautéed spinach, cherry tomatoes, lemon juice, and black pepper.
4. Serve the quinoa mixture in a bowl, topped with crumbled feta cheese and chia seeds.

12. Braised Cabbage with Sesame & Oysters

This dish combines nutrient-dense cabbage with zinc-rich oysters and sesame seeds, promoting thyroid health and metabolism. It's a warm, comforting side dish or light main.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	18 min
Calories	297 kcal
Protein	20g
Carbs	25g
Fats	17g



Ingredients

Cabbage, chopped	3.3 cups / 792 ml
Fresh oysters, chopped	6.6 oz / 189.8 g
Garlic, minced	1.5 clove / 1.5 clove
Sesame oil	1.7 tbsp / 24.8 ml
Soy sauce (low sodium)	1.7 tbsp / 24.8 ml

Instructions

1. In a skillet, heat sesame oil over medium heat, add garlic and sauté until fragrant.
2. Add cabbage and cook until wilted, about 10 minutes.
3. Stir in chopped oysters and soy sauce, cooking for an additional 5 minutes.

Day 5

3 meals · 1,195 calories

BREAKFAST Chia Seed Pudding with Almond Milk and Flaxseeds **392 kcal**

LUNCH Cucumber and Spinach Salad with Lemon Dressing **357 kcal**

DINNER Tofu & Vegetable Gochujang Stir-Fry **446 kcal**

Protein: 81g Carbs: 87g Fats: 71g

13. Chia Seed Pudding with Almond Milk and Flaxseeds

This chia seed pudding is a perfect source of omega-3 fatty acids for hormone balance and inflammation reduction. Chia seeds and flaxseeds also provide fiber, promoting digestive health and satiety.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	5 min
Calories	392 kcal
Protein	28g
Carbs	45g
Fats	17g



Ingredients

Chia seeds	0.4 cup / 84 ml
Almond milk, unsweetened	1.4 cup / 336 ml
Flaxseeds, ground	1.4 tbsp / 21 g
Vanilla extract	0.7 tsp / 3.5 ml
Maple syrup	1.4 tbsp / 21 ml
Berries for topping	0.4 cup / 84 ml

Instructions

1. In a bowl, mix 0.4 cup (84 ml) chia seeds, 1.4 cup (336 ml) almond milk, 1.4 tbsp (21 g) ground flaxseeds, 0.7 tsp (3.5 ml) vanilla extract, and 1.4 tbsp (21 ml) maple syrup.
2. Refrigerate for at least 2 hours or overnight until thickened.
3. Serve topped with 0.4 cup (84 ml) berries.

14. Cucumber and Spinach Salad with Lemon Dressing

This vibrant salad is rich in vitamins and antioxidants, making it a perfect lunch option for women over 40. Spinach supports bone health due to its high vitamin K content, while cucumbers provide hydration and low-calorie bulk.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	357 kcal
Protein	12g
Carbs	19g
Fats	28g



Ingredients

Spinach leaves	3.1 cups / 744 ml
Cucumber, sliced	0.8 cup / 186 ml
Cherry tomatoes, halved	0.8 cup / 186 ml
Feta cheese, crumbled	0.4 cup / 93 ml
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 large bowl, combine 3.1 cups (744 ml) of spinach leaves, 0.8 cup (186 ml) of sliced cucumber, and 0.8 cup (186 ml) of halved cherry tomatoes.
2. In a small bowl, whisk together 1.6 tbsp (23.3 ml) of olive oil, 1.6 tbsp (23.3 ml) of lemon juice, and season with salt and pepper.
3. Drizzle the dressing over the salad and top with 0.4 cup (93 ml) of crumbled feta cheese. Toss gently to combine.

15. Tofu & Vegetable Gochujang Stir-Fry

This colorful stir-fry combines tofu and seasonal vegetables, providing essential protein and phytoestrogens. Gochujang enhances metabolism, essential for energy levels.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	19 min
Calories	446 kcal
Protein	41g
Carbs	23g
Fats	26g



Ingredients

Firm tofu, cubed	6.6 oz / 186.5 g
Zucchini, sliced	1.7 cup / 396 ml
Gochujang	1.7 tbsp / 24.8 g
Soy sauce	1.7 tbsp / 24.8 ml
Olive oil	1.7 tbsp / 24.8 ml

Instructions

1. Heat 1.7 tbsp (24.8 ml) olive oil in a skillet over medium-high heat.
2. Add 6.6 oz (186.5 g) cubed tofu and cook until golden, about 5 minutes.
3. Add 1.7 cup (396 ml) sliced zucchini and stir for 3 minutes.
4. Mix in 1.7 tbsp (24.8 g) gochujang and 1.7 tbsp (24.8 ml) soy sauce, cooking for 1 more minute.

Day 6

3 meals · 1,206 calories

BREAKFAST Berry Almond Overnight Oats **434 kcal**

LUNCH Zinc-Rich Oysters & Citrus Salad **310 kcal**

DINNER Baked Mustard Greens with Almond Crumble **462 kcal**

Protein: 62g Carbs: 92g Fats: 76g

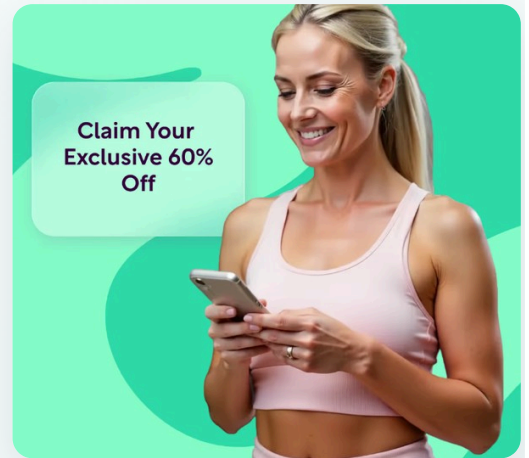
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16. Berry Almond Overnight Oats

Packed with fiber from oats and antioxidants from mixed berries, this breakfast supports digestive health and combats inflammation. The addition of almonds provides healthy fats and protein, making it a balanced meal to kickstart your day.

Nutrition Information

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



Ingredients

Rolled oats	0.7 cup / 56 g
Almond milk (or dairy alternative)	1.4 cup / 336 ml
Mixed berries (strawberries, blueberries, raspberries)	0.7 cup / 105 g
Chopped almonds	2.8 tbsp / 42 g
Chia seeds	1.4 tbsp / 21 g
Honey or maple syrup	1.4 tsp / 7 ml

Instructions

1. In a jar or bowl, combine 0.7 cup (56 g) rolled oats, 1.4 cup (336 ml) almond milk, and 1.4 tbsp (21 g) chia seeds.
2. Stir in 0.7 cup (105 g) mixed berries and sweeten with 1.4 tsp (7 ml) honey or maple syrup if desired.
3. Top with 2.8 tbsp (42 g) chopped almonds.
4. Cover and refrigerate overnight. Serve cold in the morning.

17. Zinc-Rich Oysters & Citrus Salad

This refreshing salad features zinc-rich oysters and vitamin C-packed citrus, promoting immune health and hormone balance. Ideal for women over 40 looking to boost vitality.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	12 min
Calories	310 kcal
Protein	31g
Carbs	16g
Fats	19g



Ingredients

Fresh oysters	9.3 / 9.3g
Mixed greens	3.1 cups / 93 g
Orange segments	0.8 medium / 0.8g
Olive oil	1.6 tbsp / 23.3 ml
Lemon juice	1.6 tbsp / 23.3 ml

Instructions

1. In a bowl, combine 3.1 cups (93 g) mixed greens and the segments of 0.8 orange.
2. Top with 9.3 fresh oysters, drizzle with 1.6 tbsp (23.3 ml) olive oil and 1.6 tbsp (23.3 ml) lemon juice, and toss gently.

18. Baked Mustard Greens with Almond Crumble

This unique dish features baked mustard greens topped with a crunchy almond crumble for a calcium-packed meal. It's not only delicious but also anti-inflammatory, aiding in menopause symptom relief.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	18 min
Calories	462 kcal
Protein	17g
Carbs	20g
Fats	36g



Ingredients

Mustard greens, chopped	3.3 cups / 792 ml
Almonds, chopped	0.4 cup / 99 ml
Olive oil	3.3 tbsp / 49.5 ml
Garlic, minced	1.5 clove / 1.5 clove
Salt and pepper	to taste / to taste

Instructions

1. Preheat the oven to 375°F (190°C). On a baking sheet, arrange 3.3 cups (792 ml) chopped mustard greens.
2. In a small bowl, mix together 0.4 cup (99 ml) chopped almonds, 3.3 tbsp (49.5 ml) olive oil, and 1.5 clove minced garlic, then sprinkle over the greens.
3. Season with salt and pepper, and bake for 15-20 minutes, until the greens are tender and the almonds are golden.

Day 7

3 meals · 1,223 calories

BREAKFAST Creamy Yogurt & Berry Parfait **350 kcal**

LUNCH Mediterranean Quinoa Bowl with Salmon and Spinach **543 kcal**

DINNER Mushroom & Broccoli Stir-Fry **330 kcal**

Protein: 88g Carbs: 105g Fats: 58g

19. Creamy Yogurt & Berry Parfait

A delicious parfait featuring probiotic-rich yogurt and fiber-packed berries, this recipe supports digestive health and provides antioxidants. The healthy fats from nuts enhance nutrient absorption and promote satiety.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	8 min
Calories	350 kcal
Protein	31g
Carbs	42g
Fats	11g



Ingredients

Plain Greek yogurt	1.4 cup / 336 ml
Mixed berries (blueberries, strawberries, raspberries)	0.7 cup / 168 ml
Chia seeds	1.4 tbsp / 21 ml
Honey or maple syrup	1.4 tsp / 7 ml
Chopped nuts (almonds or walnuts)	2.8 tbsp / 42 ml

Instructions

1. In a glass or bowl, layer 1.4 cup (336 ml) of plain Greek yogurt with 0.7 cup (168 ml) of mixed berries.
2. Sprinkle 1.4 tbsp (21 ml) of chia seeds on top and drizzle with 1.4 tsp (7 ml) of honey if desired.
3. Finish with 2.8 tbsp (42 ml) of chopped nuts for added texture.

20. Mediterranean Quinoa Bowl with Salmon and Spinach

This vibrant quinoa bowl is packed with protein, healthy fats, and phytoestrogens, making it a perfect meal for women over 40. Loaded with omega-3s from salmon and fiber from spinach and quinoa, it supports hormone balance, metabolism, and bone health.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	543 kcal
Protein	47g
Carbs	43g
Fats	22g



Ingredients

quinoa, uncooked	0.8 cup / 139.5 g
water	1.6 cup / 372 ml
olive oil	1.6 tablespoon / 23.3 ml
fresh spinach, chopped	1.6 cup / 46.5 g
cooked salmon, flaked	6.2 ounces / 175.2 g
cherry tomatoes, halved	0.8 cup / 116.3 g
feta cheese, crumbled	0.4 cup / 58.9 g
lemon juice	1.6 tablespoon / 23.3 ml
salt	to taste / to taste
pepper	to taste / to taste

Instructions

1. Rinse the quinoa under cold water and combine it with 1.6 cup of water in a saucepan. Bring to a boil, then reduce heat to low, cover, and simmer for about 15 minutes or until water is absorbed.
2. In a large bowl, mix the cooked quinoa, olive oil, chopped spinach, flaked salmon, halved cherry tomatoes, and crumbled feta cheese. Drizzle with lemon juice and season with salt and pepper to taste. Toss gently to combine.

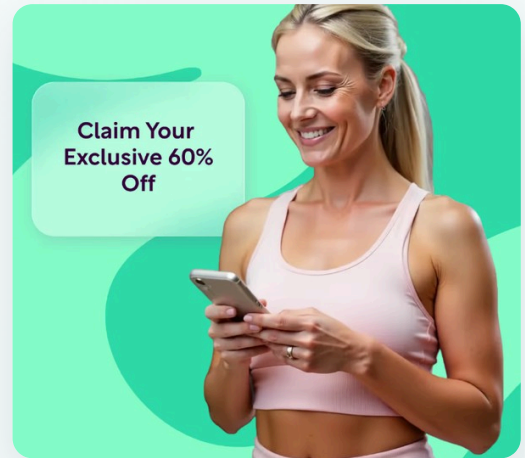
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21. Mushroom & Broccoli Stir-Fry

A delicious stir-fry combining mushrooms and broccoli, both rich in vitamin D and calcium, respectively. This dish is quick to prepare and is an excellent choice for maintaining bone health and supporting energy levels.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	1 min
Calories	330 kcal
Protein	10g
Carbs	20g
Fats	25g



Ingredients

Broccoli florets	1.7 cup / 247.5 g
Mushrooms, sliced	1.7 cup / 165 g
Olive oil	3.3 tbsp / 49.5 ml
Garlic, minced	3 cloves / 3 cloves
Soy sauce (low sodium)	1.7 tbsp / 24.8 ml

Instructions

1. Heat 3.3 tbsp (49.5 ml) olive oil in a large skillet over medium heat.
2. Add 3 cloves minced garlic and sauté for 1 minute until fragrant.
3. Add 1.7 cup (247.5 g) broccoli florets and 1.7 cup (165 g) sliced mushrooms; stir-fry for about 5-7 minutes until vegetables are tender.
4. Drizzle with 1.7 tbsp (24.8 ml) low-sodium soy sauce, tossing to combine, then serve warm.

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