

14-Day Menopause Diet Plan PDF

Nourishment designed for hormonal balance.

Designed specifically for women navigating menopause, the 14-Day Menopause Diet Plan offers 42 nutritious recipes that support hormonal balance and weight management. This plan emphasizes whole foods to promote overall well-being during this transitional period.

DAILY NUTRITION OVERVIEW

DAY	CALORIES	PROTEIN	CARBS	FATS
Day 1	1,498	95g	151g	62g
Day 2	1,512	132g	109g	53g
Day 3	1,528	118g	143g	56g
Day 4	1,528	105g	120g	74g
Day 5	1,528	73g	175g	61g
Day 6	1,528	114g	106g	74g
Day 7	1,545	117g	142g	62g
Day 8	1,561	119g	122g	61g
Day 9	1,561	136g	106g	71g
Day 10	1,578	136g	114g	69g
Day 11	1,611	110g	130g	69g
Day 12	1,611	139g	111g	70g
Day 13	1,611	125g	151g	58g
Day 14	1,611	114g	128g	77g
Avg	1,558	117g	129g	66g

Nourish Your Body, Transform Your Health

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42 Recipes

14-day meal plan



1,558 cal/day

Daily average



117g Protein

Daily average



Macro Balanced

129g C / 66g F avg

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Day 1

3 meals · 1,498 calories

BREAKFAST	Fiber-Filled Oatmeal with Almonds	476 kcal
LUNCH	Savory Seaweed & Quinoa Bowl with Poached Egg	543 kcal
DINNER	Miso Tofu & Bok Choy Stir-Fry	479 kcal

Protein: 95g Carbs: 151g Fats: 62g

1. Fiber-Filled Oatmeal with Almonds

Start your day with this creamy oatmeal enriched with almonds for added fiber and protein.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	5 min
Calories	476 kcal
Protein	17g
Carbs	63g
Fats	17g



Ingredients

Rolled oats	0.7 cup / 56 g
Almond milk	1.4 cup / 336 ml
Almonds	2.8 tbsp / 21 g
Flaxseeds	1.4 tbsp / 14 g
Honey	1.4 tsp / 7 g

Instructions

1. In a pot, combine rolled oats and almond milk. Bring to a boil.
2. Reduce heat and simmer for 5 minutes, stirring occasionally.
3. Serve topped with almonds, flaxseeds, and honey.

2. Savory Seaweed & Quinoa Bowl with Poached Egg

This bowl is rich in iodine from seaweed, promoting thyroid health while the quinoa provides complete protein and fiber. Topped with a poached egg, it's a satisfying meal that supports metabolism.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	12 min
Calories	543 kcal
Protein	37g
Carbs	62g
Fats	19g



Ingredients

Cooked quinoa	1.6 cup / 372 ml
Dried seaweed (nori or wakame)	0.4 cup / 93 ml
Egg	1.5 large / 1.5 large
Sesame seeds	1.6 tbsp / 23.3 ml
Soy sauce (low sodium)	1.6 tbsp / 23.3 ml
Spinach	1.6 cup / 372 ml

Instructions

1. In a pot, bring water to a boil. Carefully add the egg and poach for 5 minutes.
2. In a bowl, combine cooked quinoa, soaked seaweed, and spinach. Mix well.
3. Once the egg is done, place it on top of the quinoa mixture, drizzle with soy sauce, and sprinkle sesame seeds.

3. Miso Tofu & Bok Choy Stir-Fry

This dish combines tofu and bok choy, providing calcium for strong bones and protein for muscle maintenance. Miso enhances gut health, vital for women over 40.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	3 min
Calories	479 kcal
Protein	41g
Carbs	26g
Fats	26g



Ingredients

Firm tofu, cubed	6.6 oz / 186.5 g
Bok choy, chopped	1.7 cup / 396 ml
Miso paste	3.3 tbsp / 49.5 g
Olive oil	1.7 tbsp / 24.8 ml
Soy sauce	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) cubed tofu and sauté until golden, about 4 minutes.
3. Add 1.7 cup (396 ml) bok choy and cook for 3 minutes.
4. Stir in 3.3 tbsp (49.5 g) miso paste and 1.7 tbsp (24.8 ml) soy sauce, mixing well for an additional 2 minutes.

Day 2

3 meals · 1,512 calories

BREAKFAST Balanced Chocolate Avocado Smoothie Bowl **490 kcal**

LUNCH Avocado & Salmon Power Bowl **543 kcal**

DINNER Spicy Gochujang Shrimp & Asparagus **479 kcal**

Protein: 132g Carbs: 109g Fats: 53g

4. Balanced Chocolate Avocado Smoothie Bowl

This delicious smoothie bowl combines the rich flavors of chocolate with nutrient-dense ingredients, perfect for supporting hormone balance and heart health in women over 40. Packed with protein, healthy fats, and fiber, this meal promotes a positive relationship with food while nourishing your body.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	490 kcal
Protein	39g
Carbs	42g
Fats	17g



Ingredients

unsweetened cocoa powder	2.8 tablespoons / 21 g
ripe avocado	0.5 medium / 105 g
frozen spinach	1.4 cup / 336 ml
unsweetened almond milk	1.4 cup / 336 ml
protein powder (plant-based)	1.5 scoop / 42 g
chia seeds	2.8 tablespoons / 42 g
fresh berries (for topping)	0.7 cup / 105 g
sliced almonds (for topping)	2.8 tablespoons / 21 g

Instructions

1. Step 1: In a blender, combine the cocoa powder, avocado, frozen spinach, almond milk, and protein powder. Blend until smooth and creamy.
2. Step 2: Pour the smoothie into a bowl and top with chia seeds, fresh berries, and sliced almonds. Enjoy immediately.

5. Avocado & Salmon Power Bowl

This nutritious power bowl combines healthy fats, protein, and fiber to support hormone balance and heart health for women over 40. Featuring omega-3-rich salmon, creamy avocado, and colorful vegetables, it's a delicious way to nourish your body and mind.

Nutrition Information

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



Ingredients

cooked salmon	6.2 oz / 175.2 g
avocado	1 medium / 116.3 g
mixed greens (spinach, arugula, etc.)	3.1 cups / 744 ml
cherry tomatoes	0.8 cup / 116.3 g
cucumber, sliced	0.8 cup / 116.3 g
olive oil	1.6 tablespoon / 23.3 ml
lemon juice	1.6 tablespoon / 23.3 ml
pumpkin seeds	1.6 oz / 43.4 g

Instructions

1. Step 1: In a bowl, layer the mixed greens as the base.
2. Step 2: Flake the cooked salmon and place it on top of the greens.
3. Step 3: Slice the avocado and arrange it alongside the salmon.
4. Step 4: Add the cherry tomatoes and cucumber slices to the bowl.
5. Step 5: Drizzle olive oil and lemon juice over the ingredients.
6. Step 6: Sprinkle pumpkin seeds on top for added crunch and nutrition.

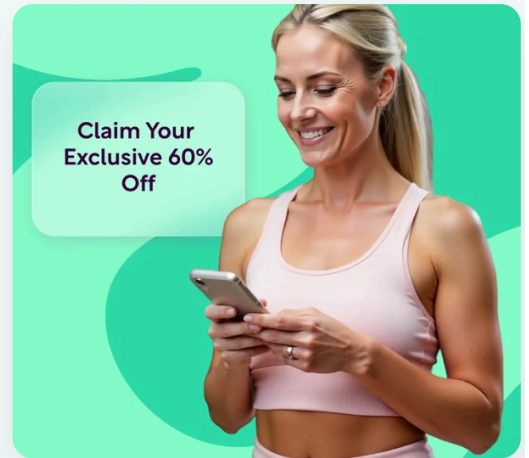
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6. Spicy Gochujang Shrimp & Asparagus

Gochujang provides a spicy kick to this shrimp dish, supporting metabolism. Asparagus is rich in folate, beneficial for hormone balance and overall energy.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	2 min
Calories	479 kcal
Protein	50g
Carbs	20g
Fats	17g



Ingredients

Shrimp, peeled and deveined	6.6 oz / 186.5 g
Asparagus, cut into pieces	1.7 cup / 396 ml
Gochujang	1.7 tbsp / 24.8 g
Olive oil	1.7 tbsp / 24.8 ml
Soy sauce	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) shrimp and cook until pink, about 4 minutes.
3. Add 1.7 cup (396 ml) asparagus and sauté for 2 minutes.
4. Mix in 1.7 tbsp (24.8 g) gochujang and 1.7 tbsp (24.8 ml) soy sauce, cooking for an additional 1 minute.

Day 3

3 meals · 1,528 calories

BREAKFAST Blueberry and Almond Overnight Oats **490 kcal**

LUNCH Colorful Quinoa Salad Bowl with Grilled Salmon **543 kcal**

DINNER Mushroom & Beef Stir-Fry **495 kcal**

Protein: 118g Carbs: 143g Fats: 56g

7. Blueberry and Almond Overnight Oats

This easy recipe features antioxidant-rich blueberries, which support heart health and reduce inflammation. The oats provide fiber for cholesterol control and sustained energy, making it ideal for women over 40.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	5 min
Calories	490 kcal
Protein	17g
Carbs	71g
Fats	17g



Ingredients

Rolled oats	0.7 cup / 63 g
Unsweetened almond milk	1.4 cup / 336 ml
Blueberries	0.7 cup / 105 g
Almonds, chopped	2.8 tbsp / 21 g
Chia seeds	1.4 tbsp / 21 g
Maple syrup or honey	1.4 tsp / 7 ml

Instructions

1. In a jar, combine 0.7 cup (63 g) rolled oats, 1.4 cup (336 ml) unsweetened almond milk, and 1.4 tbsp (21 g) chia seeds.
2. Stir in 0.7 cup (105 g) blueberries and 1.4 tsp (7 ml) maple syrup or honey.
3. Cover and refrigerate overnight, then top with 2.8 tbsp (21 g) chopped almonds before serving.

8. Colorful Quinoa Salad Bowl with Grilled Salmon

This vibrant quinoa salad bowl is packed with nutrient-dense vegetables and a serving of grilled salmon, making it perfect for women over 40. Loaded with fiber, protein, and healthy fats, it supports hormone balance, bone health, and heart health while keeping your meals delicious and satisfying.

Nutrition Information

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



Ingredients

quinoa (cooked)	1.6 cup / 372 ml
grilled salmon	6.2 oz / 175.2 g
baby spinach	1.6 cup / 372 ml
cherry tomatoes, halved	0.8 cup / 186 ml
cucumber, diced	0.8 cup / 186 ml
red bell pepper, diced	0.8 cup / 186 ml
avocado, diced	1 medium / 116.3 g
olive oil	3.1 tbsp / 46.5 ml
lemon juice	1.6 tbsp / 23.3 ml
salt	to taste / to taste

pepper

to taste / to taste

Instructions

1. Step 1: In a large bowl, combine the cooked quinoa, baby spinach, cherry tomatoes, cucumber, red bell pepper, and avocado.
2. Step 2: In a small bowl, whisk together the olive oil, lemon juice, salt, and pepper.
3. Step 3: Pour the dressing over the salad and toss gently to combine.
4. Step 4: Serve the salad in a bowl and top with grilled salmon.

9. Mushroom & Beef Stir-Fry

This quick stir-fry features mushrooms and lean beef, delivering both heme iron and additional nutrients like vitamin D from mushrooms. A colorful array of bell peppers adds vitamin C, enhancing iron absorption and maintaining energy levels.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	18 min
Calories	495 kcal
Protein	58g
Carbs	25g
Fats	20g



Ingredients

Lean beef, sliced	1.7 cup / 396 ml
Mushrooms, sliced	1.7 cup / 396 ml
Bell peppers, sliced	1.7 cup / 396 ml
Soy sauce (low-sodium)	3.3 tbsp / 49.5 ml
Olive oil	1.7 tbsp / 24.8 ml
Garlic, minced	1.5 clove / 1.5 clove
Ginger, minced	1.7 tsp / 8.3 ml
Salt and pepper	to taste / to taste

Instructions

1. In a large skillet, heat 1.7 tbsp (24.8 ml) of olive oil over medium-high heat. Add 1.7 cup of sliced lean beef and cook until browned, about 3-4 minutes.
2. Add 1.7 cup of sliced mushrooms, 1.7 cup of sliced bell peppers, 1 minced garlic clove, and 1.7 tsp (8.3 ml) of minced ginger. Stir-fry for another 3-5 minutes until veggies are tender.
3. Drizzle with 3.3 tbsp (49.5 ml) of low-sodium soy sauce, season with salt and pepper, and serve immediately.

Day 4

3 meals · 1,528 calories

BREAKFAST Almond Butter and Banana Smoothie Bowl **490 kcal**

LUNCH Salmon and Quinoa Power Bowl **543 kcal**

DINNER Cabbage & Sardine Stir-Fry with Ginger **495 kcal**

Protein: 105g Carbs: 120g Fats: 74g

10. Almond Butter and Banana Smoothie Bowl

This smoothie bowl combines almond butter and banana, providing a good balance of protein and healthy fats to maintain energy levels. The addition of flaxseed offers phytoestrogens that may ease menopause symptoms.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	5 min
Calories	490 kcal
Protein	17g
Carbs	48g
Fats	25g



Ingredients

Frozen banana	1.4 medium / 168 g
Almond butter	2.8 tbsp / 42 g
Almond milk (or dairy alternative)	0.7 cup / 168 ml
Ground flaxseed	1.4 tbsp / 21 g
Toppings: berries, sliced banana, nuts	0.7 cup / 105 g

Instructions

1. In a blender, combine 1.4 frozen banana (168 g), 2.8 tbsp (42 g) almond butter, and 0.7 cup (168 ml) almond milk.
2. Blend until smooth and creamy. Pour into a bowl.
3. Top with 0.7 cup (105 g) assorted toppings like berries, sliced banana, and nuts.

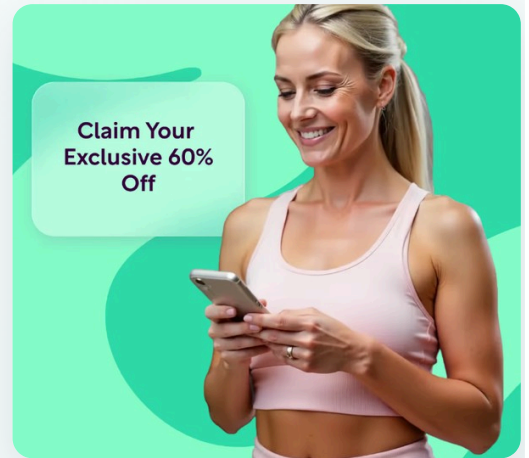
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11. Salmon and Quinoa Power Bowl

This nutrient-packed power bowl features salmon, quinoa, and vibrant vegetables, making it an excellent choice for women over 40 seeking to support hormone balance, metabolism, and heart health. Rich in omega-3 fatty acids, phytoestrogens, and protein, it's a satisfying and wholesome meal.

Nutrition Information

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



Ingredients

salmon fillet (cooked)	6.2 ounces / 175.2 g
cooked quinoa	1.6 cup / 372 ml
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
lemon juice	1.6 tablespoon / 23.3 ml
chia seeds	1.6 tablespoon / 23.3 g
feta cheese (optional)	1.6 ounce / 43.4 g

Instructions

1. Step 1: In a bowl, combine cooked quinoa and fresh spinach, mixing until the spinach slightly wilts from the heat of the quinoa.
2. Step 2: Flake the cooked salmon and add it to the quinoa and spinach mixture.
3. Step 3: Add halved cherry tomatoes, olive oil, lemon juice, and chia seeds to the bowl, mixing gently to combine.
4. Step 4: Top with feta cheese if desired, and serve immediately.

12. Cabbage & Sardine Stir-Fry with Ginger

This quick stir-fry features calcium-rich cabbage and sardines, delivering protein and omega-3 fatty acids essential for heart health. Ginger adds an anti-inflammatory punch, making this a great meal for women over 40.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	1 min
Calories	495 kcal
Protein	41g
Carbs	25g
Fats	30g



Ingredients

Cabbage, shredded	3.3 cups / 792 ml
Canned sardines, drained	1.5 can (3.75 oz) / 173.3 g
Fresh ginger, grated	1.7 tsp / 8.3 ml
Olive oil	1.7 tbsp / 24.8 ml
Tamari or soy sauce	1.7 tbsp / 24.8 ml
Garlic, minced	1.5 clove / 1.5 clove

Instructions

1. In a skillet, heat 1.7 tbsp (24.8 ml) olive oil over medium heat. Add 1.5 clove minced garlic and 1.7 tsp (8.3 ml) grated ginger, and sauté for 1 minute.
2. Add 3.3 cups (792 ml) shredded cabbage and cook until tender, about 5 minutes.
3. Stir in 1 can (173.3 g) drained sardines and 1.7 tbsp (24.8 ml) tamari or soy sauce, cooking for an additional 2 minutes before serving.

Day 5

3 meals · 1,528 calories

BREAKFAST Flaxseed & Berry Overnight Oats **490 kcal**

LUNCH Quinoa and Spinach Salad with Grilled Salmon **543 kcal**

DINNER Miso Ginger Vegetable Stir-Fry **495 kcal**

Protein: 73g Carbs: 175g Fats: 61g

13. Flaxseed & Berry Overnight Oats

Packed with phytoestrogens from flaxseed, this overnight oats recipe is designed to support hormone balance and provide sustained energy throughout the day. The berries add antioxidants, combating inflammation.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	8 min
Calories	490 kcal
Protein	17g
Carbs	70g
Fats	17g



Ingredients

Rolled oats	0.7 cup / 56 g
Ground flaxseed	2.8 tbsp / 21 g
Almond milk, unsweetened	1.4 cup / 336 ml
Mixed berries	0.7 cup / 105 g
Honey (optional)	1.4 tsp / 7 g

Instructions

1. In a jar, mix 0.7 cup (56 g) rolled oats, 2.8 tbsp (21 g) ground flaxseed, and 1.4 cup (336 ml) almond milk.
2. Stir in 0.7 cup (105 g) mixed berries and honey if desired.
3. Cover and refrigerate overnight. Serve chilled in the morning.

14. Quinoa and Spinach Salad with Grilled Salmon

This nutrient-dense salad is packed with protein, omega-3 fatty acids, and phytoestrogens, making it an excellent choice for women over 40. The combination of quinoa, leafy greens, and grilled salmon supports hormone balance, enhances metabolism, and promotes heart and bone health.

Nutrition Information

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



Ingredients

quinoa, cooked	1.6 cup / 372 ml
fresh spinach, chopped	3.1 cups / 744 ml
grilled salmon fillet	6.2 oz / 178.3 g
cherry tomatoes, halved	0.8 cup / 186 ml
cucumber, diced	0.8 cup / 186 ml
olive oil	3.1 tbsp / 46.5 ml
lemon juice	1.6 tbsp / 23.3 ml
feta cheese, crumbled	0.4 cup / 93 ml
chia seeds	1.6 tbsp / 23.3 g
salt	to taste / to taste

black pepper

to taste / to taste

Instructions

1. In a large bowl, combine cooked quinoa, chopped spinach, halved cherry tomatoes, diced cucumber, and crumbled feta cheese.
2. Drizzle olive oil and lemon juice over the salad, and mix well to combine all ingredients.
3. Season with salt and black pepper to taste.
4. Top the salad with a grilled salmon fillet and sprinkle chia seeds over the top.
5. Serve immediately and enjoy your nutrient-rich meal!

15. Miso Ginger Vegetable Stir-Fry

A colorful mix of vegetables sautéed in a miso-ginger sauce, providing antioxidants and gut health benefits. This dish helps reduce inflammation while supporting energy levels.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	5 min
Calories	495 kcal
Protein	13g
Carbs	58g
Fats	25g



Ingredients

Mixed vegetables (bell peppers, snap peas, carrots)	3.3 cups / 330 g
Miso paste	1.7 tbsp / 24.8 g
Fresh ginger, grated	1.7 tsp / 8.3 g
Olive oil	1.7 tbsp / 24.8 ml
Sesame oil	1.7 tsp / 8.3 ml
Soy sauce, low-sodium	1.7 tbsp / 24.8 ml

Instructions

1. Heat olive oil in a skillet over medium heat. Add mixed vegetables and sauté for 5 minutes.
2. In a bowl, mix miso paste, ginger, sesame oil, and soy sauce.
3. Pour the sauce over the veggies and stir-fry for an additional 2-3 minutes.
4. Serve warm, optionally with a side of brown rice.

Day 6

3 meals · 1,528 calories

BREAKFAST Fortified Yogurt Parfait with Berries and Nuts **490 kcal**

LUNCH Grilled Salmon Salad with Mixed Greens **543 kcal**

DINNER Tofu & Bok Choy Stir-Fry with Sesame **495 kcal**

Protein: 114g Carbs: 106g Fats: 74g

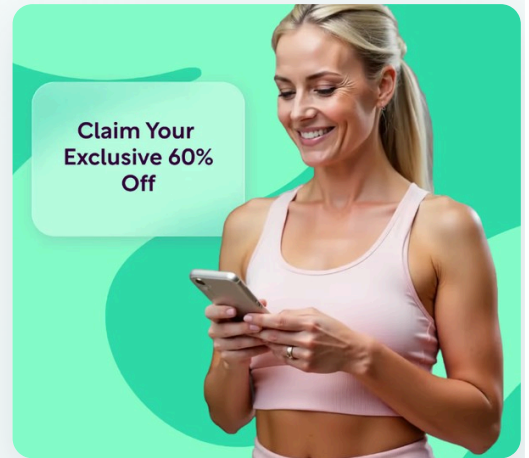
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16. Fortified Yogurt Parfait with Berries and Nuts

This nourishing parfait uses fortified yogurt for a calcium boost, layered with antioxidant-rich berries and nuts for healthy fats and fiber. A perfect start to the day or snack option.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	8 min
Calories	490 kcal
Protein	31g
Carbs	42g
Fats	21g



Ingredients

Fortified yogurt	1.4 cup / 336 ml
Mixed berries (fresh or frozen)	0.7 cup / 168 ml
Almonds, chopped	2.8 tbsp / 42 ml
Chia seeds	1.4 tbsp / 21 ml
Honey (optional)	1.4 tsp / 7 ml

Instructions

1. In a glass or bowl, layer the fortified yogurt with mixed berries.
2. Sprinkle with chopped almonds and chia seeds.
3. Drizzle with honey if using and enjoy immediately.

17. Grilled Salmon Salad with Mixed Greens

This delicious and nutritious salad features grilled salmon on a bed of mixed greens, providing a rich source of omega-3 fatty acids, quality protein, and essential vitamins for women over 40. Packed with phytoestrogens and healthy fats, this meal supports hormone balance, metabolism, and heart health.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	543 kcal
Protein	47g
Carbs	47g
Fats	23g



Ingredients

Grilled salmon	4.7 oz / 131.8 g
Mixed leafy greens	3.1 cups / 744 ml
Olive oil	1.6 tsp / 7.8 ml
Lemon juice	1.6 tbsp / 23.3 ml
Fresh herbs (e.g. dill, parsley)	1.6 tbsp / 23.3 g
Chickpeas (canned, drained)	0.8 cup / 186 g
Feta cheese (optional)	1.6 oz / 43.4 g

Instructions

1. Step 1: Preheat your grill or grill pan over medium heat.
2. Step 2: Season the salmon with salt, pepper, and a squeeze of lemon juice, then grill for about 4-5 minutes per side until cooked through.
3. Step 3: While the salmon is grilling, rinse and dry the mixed leafy greens, then place them in a large bowl.
4. Step 4: Add the chickpeas and crumbled feta cheese to the bowl with the greens.
5. Step 5: In a small bowl, whisk together the olive oil, remaining lemon juice, and chopped fresh herbs to create a dressing.
6. Step 6: Once the salmon is done, flake it into large pieces and add it on top of the salad. Drizzle with the dressing and toss gently before serving.

18. Tofu & Bok Choy Stir-Fry with Sesame

Featuring calcium-rich tofu and vitamin K-packed bok choy, this quick stir-fry is great for preserving bone health and offers anti-inflammatory benefits.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	18 min
Calories	495 kcal
Protein	36g
Carbs	17g
Fats	30g



Ingredients

Firm tofu, cubed	6.6 oz / 186.5 g
Bok choy, chopped	3.3 cups / 792 ml
Soy sauce	1.7 tbsp / 24.8 ml
Sesame oil	1.7 tsp / 8.3 ml
Sesame seeds	1.7 tbsp / 24.8 ml

Instructions

1. Heat 1.7 tsp (8.3 ml) sesame oil in a skillet over medium heat; add 6.6 oz (186.5 g) cubed tofu and cook until golden brown, about 5 minutes.
2. Add 3.3 cups (792 ml) chopped bok choy and cook until wilted, about 3 minutes.
3. Stir in 1.7 tbsp (24.8 ml) low sodium soy sauce, mix well, and serve garnished with 1.7 tbsp (24.8 ml) sesame seeds.

Day 7

3 meals · 1,545 calories

BREAKFAST Quinoa Breakfast Bowl with Almonds and Berries **490 kcal**

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

DINNER Spicy Gochujang Beef & Snap Peas **512 kcal**

Protein: 117g Carbs: 142g Fats: 62g

19. Quinoa Breakfast Bowl with Almonds and Berries

This nourishing bowl combines protein-rich quinoa and fiber-rich berries to help stabilize blood sugar, keeping energy levels sustained throughout the morning.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	8 min
Calories	490 kcal
Protein	20g
Carbs	70g
Fats	17g



Ingredients

Cooked quinoa	1.4 cup / 336 ml
Fresh mixed berries	0.7 cup / 168 ml
Almonds	2.8 tbsp / 42 g
Honey	1.4 tsp / 7 ml
Almond milk	0.7 cup / 168 ml

Instructions

1. In a bowl, combine 1.4 cup (336 ml) cooked quinoa with 0.7 cup (168 ml) fresh mixed berries.
2. Pour 0.7 cup (168 ml) almond milk over the mixture and top with 2.8 tbsp (42 g) chopped almonds.
3. Drizzle with 1.4 tsp (7 ml) honey if desired and mix before serving.

20. Protein-Packed Quinoa Bowl with Spinach and Salmon

This delicious quinoa bowl is rich in protein and packed with nutrients essential for women over 40. With omega-3 fatty acids from salmon, phytoestrogens from spinach, and a balance of healthy fats, this meal supports hormone balance, bone health, and heart health.

Nutrition Information

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



Ingredients

quinoa, cooked	1.6 cup / 372 ml
cooked salmon, flaked	6.2 oz / 175.2 g
fresh spinach, chopped	1.6 cup / 46.5 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	0.4 cup / 58.9 g
chia seeds	1.6 tablespoon / 18.6 g
black pepper	to taste / to taste

Instructions

1. Step 1: In a large bowl, combine cooked quinoa, flaked salmon, chopped spinach, and halved cherry tomatoes.
2. Step 2: Drizzle with olive oil and lemon juice, then toss to combine.
3. Step 3: Sprinkle crumbled feta cheese and chia seeds on top, and add black pepper to taste.
4. Step 4: Serve immediately or store in the refrigerator for a quick meal option.

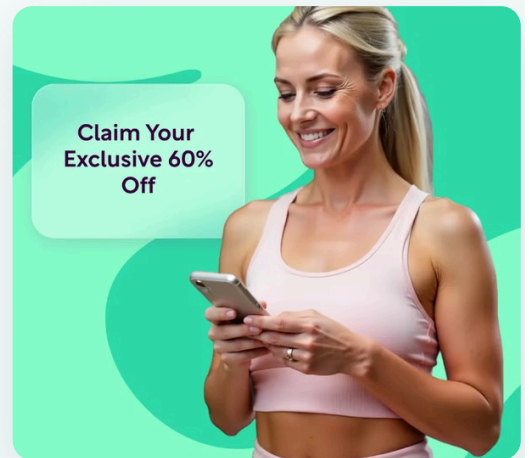
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21. Spicy Gochujang Beef & Snap Peas

This beef stir-fry combines protein-rich beef with snap peas for added fiber and crunch. Gochujang aids metabolism, making this a great choice for energy maintenance.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	4 min
Calories	512 kcal
Protein	50g
Carbs	25g
Fats	26g



Ingredients

Beef sirloin, thinly sliced	6.6 oz / 186.5 g
Snap peas	1.7 cup / 396 ml
Gochujang	1.7 tbsp / 24.8 g
Olive oil	1.7 tbsp / 24.8 ml
Soy sauce	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) beef sirloin and sear for 4 minutes.
3. Stir in 1.7 cup (396 ml) snap peas and cook for another 2 minutes.
4. Mix in 1.7 tbsp (24.8 g) gochujang and 1.7 tbsp (24.8 ml) soy sauce for 1 additional minute.

Day 8

3 meals · 1,561 calories

BREAKFAST Veggie-Packed Protein Omelet with Fresh Fruit **490 kcal**

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

DINNER Spicy Tofu Stir-Fry with Mixed Veggies **528 kcal**

Protein: 119g Carbs: 122g Fats: 61g

22. Veggie-Packed Protein Omelet with Fresh Fruit

This delicious omelet is designed for women over 40, promoting hormone balance and heart health while providing essential nutrients. Packed with protein and fiber, this meal supports metabolism and bone health, making it a perfect choice for a flexible weekend brunch.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	490 kcal
Protein	39g
Carbs	42g
Fats	17g



Ingredients

Eggs	4 large / 4 large
Spinach	1.4 cup / 42 g
Bell pepper, diced	0.7 cup / 105 g
Onion, diced	0.4 cup / 56 g
Feta cheese, crumbled	0.4 cup / 53.2 g
Olive oil	1.4 tablespoon / 21 ml
Fresh mixed berries (strawberries, blueberries, raspberries)	1.4 cup / 210 g
Chia seeds	1.4 tablespoon / 16.8 g

Instructions

1. In a bowl, whisk together the eggs until fully combined and set aside.
2. Heat olive oil in a non-stick skillet over medium heat, then add onions and bell peppers, sautéing until softened (about 3-4 minutes).
3. Add spinach to the skillet and cook until wilted (about 1-2 minutes).
4. Pour the whisked eggs over the vegetables in the skillet, ensuring even distribution.
5. Sprinkle feta cheese on top, cover the skillet, and cook until the eggs are set (about 4-5 minutes).
6. While the omelet cooks, prepare the mixed berries and top with chia seeds for added fiber and omega-3s.
7. Once the omelet is cooked, carefully slide it onto a plate, and serve with the berry mixture on the side.

23. Savory Salmon & Quinoa Bowl with Spinach

This nutrient-rich bowl combines salmon, quinoa, and spinach, providing a balanced source of protein and healthy fats crucial for hormone balance and heart health in women over 40. Packed with omega-3s, fiber, and essential vitamins, this meal supports metabolism and bone health while being quick and easy to prepare.

Nutrition Information

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



Ingredients

salmon fillet	6.2 oz / 175.2 g
cooked quinoa	1.6 cup / 372 ml
fresh spinach	3.1 cups / 93 g
olive oil	1.6 tbsp / 23.3 ml
lemon juice	1.6 tbsp / 23.3 ml
feta cheese, crumbled	1.6 oz / 43.4 g
sesame seeds	1.6 tsp / 7.8 g
black pepper	to taste / to taste

Instructions

1. Step 1: Heat olive oil in a skillet over medium heat. Season the salmon fillet with black pepper, then place it skin-side down in the skillet. Cook for about 4-5 minutes on each side or until cooked through.
2. Step 2: While the salmon is cooking, in a separate pot, warm the cooked quinoa and stir in the fresh spinach until wilted. Remove from heat and drizzle with lemon juice.
3. Step 3: Assemble the bowl by placing the quinoa and spinach mixture at the bottom, topping it with the cooked salmon. Sprinkle with crumbled feta cheese and sesame seeds before serving.

24. Spicy Tofu Stir-Fry with Mixed Veggies

This vibrant stir-fry is packed with protein-rich tofu and colorful vegetables, making it a nutritious and satisfying meal. Perfect for women over 40, it supports muscle maintenance and provides essential vitamins.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	528 kcal
Protein	33g
Carbs	33g
Fats	25g



Ingredients

Firm tofu, cubed	1.7 cup / 247.5 g
Mixed vegetables (bell peppers, broccoli, carrots)	3.3 cups / 495 g
Olive oil	1.7 tbsp / 24.8 ml
Soy sauce	3.3 tbsp / 49.5 ml
Sriracha sauce	1.7 tsp / 8.3 g

Instructions

1. In a skillet, heat 1.7 tbsp (24.8 ml) of olive oil over medium heat. Add cubed tofu and sauté until golden brown.
2. Add mixed vegetables and cook for 5-7 minutes until tender.
3. Stir in soy sauce and sriracha, cooking for an additional 2 minutes. Serve hot.

Day 9

3 meals · 1,561 calories

BREAKFAST Avocado Sea Salt Eggs with Spinach and Flaxseed **490 kcal**

LUNCH Savory Greek Yogurt Bowl with Tofu and Spinach **543 kcal**

DINNER Thai Basil Shrimp with Mixed Vegetables **528 kcal**

Protein: 136g Carbs: 106g Fats: 71g

25. Avocado Sea Salt Eggs with Spinach and Flaxseed

Start your day with this nutrient-packed breakfast that supports heart health and hormone balance. Boiled eggs provide high-quality protein while avocados add healthy fats and fiber, making this meal perfect for women over 40 who want to maintain bone health and metabolic function.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	490 kcal
Protein	39g
Carbs	42g
Fats	25g



Ingredients

large eggs	2.8 large / 3 large
avocado	0.5 medium / 0.5 medium
sea salt	a pinch / a pinch
lemon juice	1.4 tsp / 7 ml
fresh spinach	1.4 cup / 42 g
ground flaxseed	1.4 tbsp / 21 g
olive oil	1.4 tsp / 7 ml

Instructions

1. Step 1: In a pot, bring water to a boil and gently add the eggs. Boil for 9-12 minutes depending on your desired doneness. Once done, transfer eggs to a bowl of ice water to cool.
2. Step 2.8: While the eggs are cooling, heat olive oil in a pan over medium heat. Add fresh spinach and sauté until wilted, about 2.8-3 minutes.
3. Step 3: Peel the cooled eggs and slice in half. Place them on a plate with the sautéed spinach.
4. Step 4: Top the eggs with sliced avocado, a pinch of sea salt, lemon juice, and sprinkle ground flaxseed over the dish for added fiber and omega-3s.

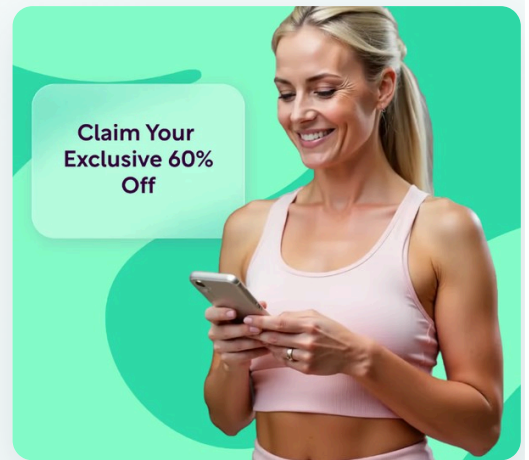
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26. Savory Greek Yogurt Bowl with Tofu and Spinach

This nutrient-dense bowl is rich in protein and packed with heart-healthy fats, making it perfect for women over 40. With phytoestrogens from tofu and omega-3s from flaxseeds, it's designed to support hormone balance and bone health.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	543 kcal
Protein	47g
Carbs	39g
Fats	23g



Ingredients

Firm Tofu	1.6 cup, cubed / 372 g
Spinach	3.1 cups, fresh / 93 g
Greek Yogurt	1.6 cup, plain / 372 g
Olive Oil	1.6 tablespoon / 23.3 ml
Flaxseeds, ground	3.1 tablespoons / 46.5 g
Lemon Juice	1.6 tablespoon / 23.3 ml
Salt	to taste / to taste
Pepper	to taste / to taste

Instructions

1. Step 1: In a skillet, heat olive oil over medium heat and add cubed tofu. Cook for about 5-7 minutes until golden brown, stirring occasionally.
2. Step 2: Add fresh spinach to the skillet with tofu and cook until wilted, about 2-3 minutes. Season with salt and pepper.
3. Step 3: In a bowl, combine Greek yogurt and lemon juice, stirring until smooth. Top with the sautéed tofu and spinach mixture, then sprinkle ground flaxseeds over the top.

27. Thai Basil Shrimp with Mixed Vegetables

This colorful dish brings together shrimp and vibrant veggies, enhanced with Thai basil for flavor and hormone balance. It's quick to prepare and rich in protein.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	2 min
Calories	528 kcal
Protein	50g
Carbs	25g
Fats	23g



Ingredients

Shrimp, peeled and deveined	8.3 oz / 234.3 g
Mixed vegetables (carrots, bell peppers)	1.7 cup / 396 ml
Thai basil leaves	1.7 cup / 396 ml
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 heat.
2. Add 8.3 oz (234.3 g) shrimp and cook for 2 minutes until pink.
3. Add 1.7 cup (396 ml) mixed vegetables and cook for another 2 minutes.
4. Stir in 1.7 cup (396 ml) Thai basil and 1.7 tbsp (24.8 ml) soy sauce, cooking for 1 more minute.

Day 10

3 meals · 1,578 calories

BREAKFAST Savory Spinach and Egg Scramble with Salmon **490 kcal**

LUNCH Post-Workout Power Bowl with Quinoa and Salmon **543 kcal**

DINNER Miso Glazed Beef & Peppers Stir-Fry **545 kcal**

Protein: 136g Carbs: 114g Fats: 69g

28. Savory Spinach and Egg Scramble with Salmon

This nutrient-packed scramble combines eggs with spinach and salmon, delivering essential omega-3 fatty acids, protein, and phytoestrogens to support hormone balance and heart health for women over 40. Quick to prepare and delicious, it's a perfect way to start your day with a wholesome meal.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	490 kcal
Protein	39g
Carbs	42g
Fats	17g



Ingredients

large eggs	4.2 large / 4.2g
fresh spinach	1.4 cup / 42 g
cooked salmon, flaked	4.2 oz / 119 g
cherry tomatoes, halved	0.7 cup / 105 g
olive oil	1.4 tbsp / 21 ml
black pepper	to taste / to taste
sea salt	to taste / to taste

Instructions

1. In a medium bowl, whisk the eggs with a pinch of salt and black pepper until well combined.
2. Heat olive oil in a non-stick skillet over medium heat, then add the spinach and cherry tomatoes, sautéing until the spinach is wilted and tomatoes are softened, about 2-4.2 minutes.
3. Pour the whisked eggs into the skillet with the vegetables, and gently stir with a spatula, cooking until the eggs are just set, about 4.2-4 minutes.
4. Add the flaked salmon to the egg mixture, folding gently to combine, and cook for an additional 1-2 minutes until heated through.
5. Serve warm, garnished with additional black pepper if desired.

29. Post-Workout Power Bowl with Quinoa and Salmon

This nourishing power bowl is designed to support women's health over 40, providing essential protein, healthy fats, and a wealth of nutrients. Packed with omega-3s, phytoestrogens, and fiber, it promotes hormone balance, boosts metabolism, and supports bone health.

Nutrition Information

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



Ingredients

Cooked quinoa	0.8 cup / 186 g
Grilled salmon fillet	6.2 oz / 175.2 g
Chopped spinach	1.6 cup / 46.5 g
Chickpeas, drained and rinsed	0.8 cup / 186 g
Sliced avocado	0.4 fruit / 77.5 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 and chickpeas, mixing well.
2. Step 2: Flake the grilled salmon fillet and add it to the quinoa and chickpea mixture.
3. Step 3: Add the chopped spinach and sliced avocado to the bowl.
4. Step 4: Drizzle with olive oil and lemon juice, then sprinkle with chia seeds, salt, and pepper.
5. Step 5: Toss gently to combine all ingredients and serve immediately.

30. Miso Glazed Beef & Peppers Stir-Fry

This savory beef dish features miso for gut health and flavor. The combination of peppers adds vitamin C, which supports immunity and overall wellness during menopause.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	3 min
Calories	545 kcal
Protein	50g
Carbs	25g
Fats	33g



Ingredients

Beef flank steak, thinly sliced	6.6 oz / 186.5 g
Bell pepper, sliced	1.7 cup / 396 ml
Miso paste	3.3 tbsp / 49.5 g
Olive oil	1.7 tbsp / 24.8 ml
Soy sauce	1.7 tbsp / 24.8 ml

Instructions

1. Heat 1.7 tbsp (24.8 ml) olive oil in a wok over medium-high heat.
2. Add 6.6 oz (186.5 g) beef flank steak and cook until browned, about 4 minutes.
3. Add 1.7 cup (396 ml) sliced bell pepper and cook for 3 minutes.
4. Stir in 3.3 tbsp (49.5 g) miso paste and 1.7 tbsp (24.8 ml) soy sauce, cooking until well combined for 2 more minutes.

Day 11

3 meals · 1,611 calories

BREAKFAST	Nutrient-Packed Plant Protein Smoothie	490 kcal
LUNCH	Protein-Packed Quinoa and Tofu Bowl	543 kcal
DINNER	Almond & Vegetable Stir-Fry	578 kcal

Protein: 110g Carbs: 130g Fats: 69g

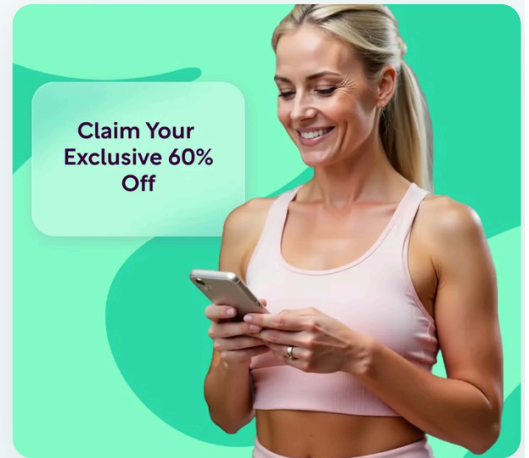
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31. Nutrient-Packed Plant Protein Smoothie

This delicious smoothie is designed for women over 40, combining plant-based proteins with nutrient-dense ingredients to support hormone balance, metabolism, and heart health. Rich in omega-3s, fiber, and phytoestrogens, it's a perfect way to start your day or refuel post-workout.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	None
Calories	490 kcal
Protein	42g
Carbs	42g
Fats	17g



Ingredients

pea protein powder	1.5 scoop / 42 g
brown rice protein powder	1.5 scoop / 42 g
hemp protein powder	2.8 tablespoons / 42 g
unsweetened almond milk	1.4 cup / 336 ml
frozen spinach	1.4 cup / 42 g
banana	1.5 medium / 168 g
chia seeds	1.4 tablespoon / 21 g
flaxseed oil	1.4 tablespoon / 21 ml
almond butter	1.4 tablespoon / 22.4 g

Instructions

1. Step 1: In a blender, combine the pea protein powder, brown rice protein powder, and hemp protein powder.
2. Step 2: Add the almond milk, frozen spinach, banana, chia seeds, flaxseed oil, and almond butter.
3. Step 3: Blend on high until smooth and creamy, approximately 30-45 seconds.
4. Step 4: Pour into a glass and enjoy immediately for the best taste and nutrient profile.

32. Protein-Packed Quinoa and Tofu Bowl

This delicious and nourishing bowl combines tofu and quinoa, providing a perfect balance of plant-based protein and essential nutrients to support hormone balance, metabolism, and bone health for women over 40. Enhanced with fiber-rich vegetables and healthy fats, this meal is both satisfying and health-boosting.

Nutrition Information

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



Ingredients

Firm tofu	8.2 oz / 232.5 g
Cooked quinoa	1.6 cup / 372 ml
Edamame (shelled)	1.6 cup / 240.3 g
Spinach (fresh)	1.6 cup / 46.5 g
Olive oil	1.6 tbsp / 23.3 ml
Soy sauce (low sodium)	1.6 tbsp / 23.3 ml
Sesame seeds	1.6 tsp / 7.8 g
Lemon juice	1.6 tbsp / 23.3 ml

Instructions

1. Step 1: Press the tofu to remove excess moisture, then cut into cubes.
2. Step 2: In a non-stick skillet, heat olive oil over medium heat and add the tofu cubes. Cook for 5-7 minutes until golden brown, stirring occasionally.
3. Step 3: Add the cooked quinoa, edamame, and spinach to the skillet. Stir well and cook for another 3-5 minutes until the spinach is wilted.
4. Step 4: Drizzle with soy sauce and lemon juice, then mix thoroughly.
5. Step 5: Serve the bowl topped with sesame seeds for added crunch and nutrition.

33. Almond & Vegetable Stir-Fry

This stir-fry features an array of colorful vegetables and almonds, rich in magnesium and healthy fats, important for strong bones and muscle function.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	1 min
Calories	578 kcal
Protein	25g
Carbs	41g
Fats	33g



Ingredients

Mixed vegetables (bell peppers, broccoli, carrots)	3.3 cups / 792 ml
Almonds	0.4 cup / 49.5 g
Soy sauce	3.3 tbsp / 49.5 ml
Olive oil	1.7 tbsp / 24.8 ml
Garlic	1.5 clove / 1.5 clove

Instructions

1. Heat 1.7 tbsp (24.8 ml) of olive oil in a skillet over medium heat. Add 1.5 clove of minced garlic and sauté for 1 minute.
2. Add 3.3 cups (792 ml) of chopped mixed vegetables and stir-fry for about 5-7 minutes until tender.
3. Stir in 0.4 cup (49.5 g) of sliced almonds and 3.3 tbsp (49.5 ml) of low-sodium soy sauce. Cook for another 2 minutes before serving.

Day 12

3 meals · 1,611 calories

BREAKFAST Savory Spinach and Salmon Egg Scramble **490 kcal**

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

DINNER Savory Salmon Quinoa Bowl with Greens **578 kcal**

Protein: 139g Carbs: 111g Fats: 70g

34. Savory Spinach and Salmon Egg Scramble

This nutrient-rich egg scramble combines the power of omega-3 fatty acids from salmon with fiber and phytoestrogens from spinach, supporting hormone balance and heart health for women over 40. Perfect for a quick breakfast or lunch, this dish is both satisfying and loaded with essential nutrients for vitality.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	490 kcal
Protein	42g
Carbs	14g
Fats	31g



Ingredients

Large eggs	4.2 large / 4.2g
Fresh spinach	1.4 cup / 42 g
Cooked salmon, flaked	4.2 oz / 119 g
Bell pepper, diced	0.7 cup / 105 g
Olive oil	1.4 tablespoon / 21 ml
Salt	to taste / to taste
Black pepper	to taste / to taste

Instructions

1. In a non-stick skillet, heat the olive oil over medium heat.
2. Add the diced bell pepper and sauté for about 4.2 minutes until softened.
3. Stir in the fresh spinach and cook until wilted, about 1-2 minutes.
4. In a bowl, whisk the eggs and season with salt and black pepper.
5. Pour the eggs into the skillet and gently stir to combine with the vegetables.
6. Add the flaked salmon and cook, stirring occasionally, until the eggs are just set, about 4.2-4 minutes.
7. Serve warm and enjoy your nutritious meal!

35. Savory Quinoa Bowl with Grilled Salmon and Spinach

This nutrient-dense quinoa bowl combines the heart-healthy benefits of salmon with the hormone-balancing properties of spinach and phytoestrogens. Packed with protein, fiber, and essential nutrients, it's designed to support women over 40 in maintaining muscle mass, bone health, and overall vitality.

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
Salmon fillet	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
Chia seeds	1.6 tablespoon / 18.6 g
Salt	to taste / to taste
Pepper	to taste / to taste

Instructions

1. Step 1: Rinse quinoa under cold water and combine it with water in a saucepan. Bring to a boil, then reduce heat, cover, and simmer for 15 minutes until water is absorbed.
2. Step 2: While quinoa cooks, season the salmon fillet with salt, pepper, and half of the lemon juice. Heat olive oil in a skillet over medium heat and grill the salmon for about 4-5 minutes per side until cooked through.
3. Step 3: In the last few minutes of cooking, add fresh spinach to the skillet to wilt.
4. Step 4: Once quinoa is cooked, fluff it with a fork and serve it in a bowl topped with grilled salmon, wilted spinach, and sprinkle chia seeds on top.

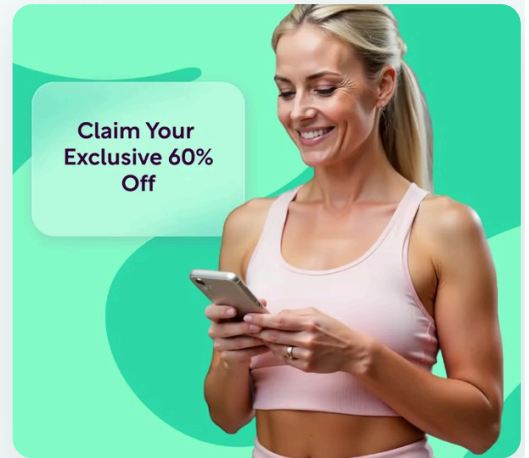
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36. Savory Salmon Quinoa Bowl with Greens

This nutrient-packed bowl combines omega-3 rich salmon with fiber-rich quinoa and a variety of vegetables, promoting hormone balance, heart health, and bone strength. Ideal for women over 40, it provides essential nutrients like calcium, vitamin D, and phytoestrogens to support overall well-being.

Nutrition Information

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



Ingredients

cooked quinoa	1.7 cup / 396 g
cooked salmon, flaked	6.6 oz / 186.5 g
baby spinach	1.7 cup / 49.5 g
cherry tomatoes, halved	0.8 cup / 123.8 g
avocado, diced	1 medium / 165 g
olive oil	1.7 tablespoon / 24.8 ml
lemon juice	1.7 tablespoon / 24.8 ml
sesame seeds	1.7 tablespoon / 14.9 g
salt	to taste / to taste
black pepper	to taste / to taste

Instructions

1. In a bowl, combine the cooked quinoa and flaked salmon.
2. Add the baby spinach, cherry tomatoes, and diced avocado to the bowl.
3. In a small bowl, whisk together the olive oil, lemon juice, salt, and black pepper, then drizzle over the quinoa mixture.
4. Sprinkle sesame seeds on top, gently mix all ingredients, and serve immediately.

Day 13

3 meals · 1,611 calories

BREAKFAST Berry Yogurt Parfait **490 kcal**

LUNCH Savory Quinoa & Spinach Bowl with Grilled Salmon **543 kcal**

DINNER Thai Inspired Tofu and Vegetable Stir-Fry **578 kcal**

Protein: 125g Carbs: 151g Fats: 58g

37. Berry Yogurt Parfait

This refreshing parfait layers creamy Greek yogurt with antioxidant-rich berries and a sprinkle of granola for crunch. It's a quick breakfast option that feels indulgent yet is low in calories.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	10 min
Calories	490 kcal
Protein	28g
Carbs	63g
Fats	14g



Ingredients

Greek yogurt (non-fat)	1.4 cup / 336 g
Mixed berries (strawberries, blueberries, raspberries)	0.7 cup / 105 g
Granola	2.8 tbsp / 42 g
Honey	1.4 tsp / 7 ml
Chia seeds	1.4 tsp / 7 g

Instructions

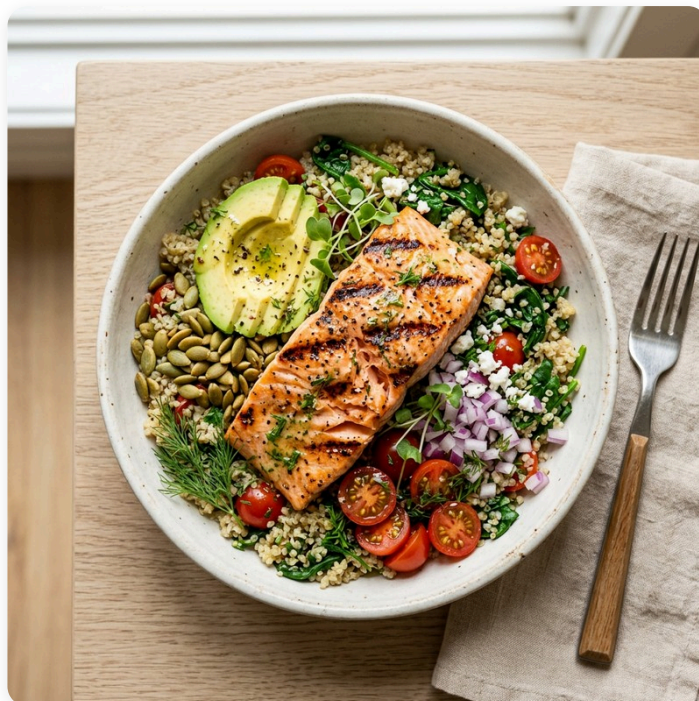
1. In a glass, layer Greek yogurt, followed by a layer of mixed berries.
2. Add a layer of granola and repeat the layers until all ingredients are used.
3. Drizzle honey on top and sprinkle with chia seeds before serving.

38. Savory Quinoa & Spinach Bowl with Grilled Salmon

This nutrient-dense bowl is tailored for women over 40, focusing on hormone balance and bone health through high-quality protein, omega-3 fatty acids, and phytoestrogens. The combination of quinoa, spinach, and salmon not only supports metabolism but also promotes heart health and satiety, making it a perfect meal option.

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
Fresh spinach, chopped	3.1 cups / 93 g
Salmon fillet	6.2 oz / 175.2 g
Olive oil	1.6 tablespoon / 23.3 ml
Lemon juice	1.6 tablespoon / 23.3 ml
Salt	0.4 teaspoon / 1.6 g
Black pepper	0.4 teaspoon / 1.6 g
Chia seeds	1.6 tablespoon / 18.6 g

Instructions

1. Step 1: Rinse the quinoa under cold water. In a medium saucepan, combine quinoa and water. Bring to a boil, then reduce heat to low, cover, and simmer for 15 minutes or until water is absorbed.
2. Step 2: While quinoa cooks, heat olive oil in a non-stick skillet over medium heat. Season the salmon fillet with salt and pepper, then place in the skillet. Cook for about 4-5 minutes on each side or until cooked through.
3. Step 3: Add chopped spinach to the skillet with salmon in the last 2 minutes of cooking, stirring until wilted.
4. Step 4: Once the quinoa is cooked, fluff with a fork and mix in lemon juice and chia seeds. Serve the quinoa topped with the salmon and spinach.

39. Thai Inspired Tofu and Vegetable Stir-Fry

This vibrant stir-fry combines protein-rich tofu with a variety of vegetables, supporting nutrient intake crucial for women over 40. The ginger and garlic help reduce inflammation, while the soy sauce adds flavor without excess sodium.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	578 kcal
Protein	50g
Carbs	41g
Fats	25g



Ingredients

Firm tofu, cubed	1.7 cup / 396 g
Broccoli florets	1.7 cup / 247.5 g
Bell pepper, sliced	0.8 cup / 123.8 g
Carrots, julienned	0.8 cup / 82.5 g
Olive oil	1.7 tbsp / 24.8 ml
Soy sauce (low sodium)	3.3 tbsp / 49.5 ml
Ginger, minced	1.7 tsp / 3.3 g
Garlic, minced	1.5 clove / 1.5 clove

Instructions

1. Heat 1.7 tbsp (24.8 ml) olive oil in a skillet over medium heat.
2. Add cubed tofu, ginger, and garlic, cooking for about 5 minutes until tofu is golden brown.
3. Add broccoli, bell pepper, and carrots, stirring in 3.3 tbsp (49.5 ml) soy sauce and cooking for an additional 5-7 minutes until vegetables are tender.

Day 14

3 meals · 1,611 calories

BREAKFAST Walnut and Flaxseed Overnight Oats **490 kcal**

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

DINNER Turkey and Vegetable Stir-Fry **578 kcal**

Protein: 114g Carbs: 128g Fats: 77g

40. Walnut and Flaxseed Overnight Oats

Prepare this nutritious overnight oats recipe packed with walnuts and flaxseeds for a quick breakfast option. It's rich in omega-3 fatty acids and keeps you full all morning.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	10 min
Calories	490 kcal
Protein	14g
Carbs	56g
Fats	25g



Ingredients

Rolled oats	0.7 cup / 56 g
Almond milk	1.4 cup / 336 ml
Chopped walnuts	2.8 tbsp / 21 g
Ground flaxseed	1.4 tbsp / 14 g
Honey	1.4 tsp / 7 g

Instructions

1. In a jar, combine oats, almond milk, walnuts, flaxseed, and honey.
2. Stir well to mix and seal the jar.
3. Refrigerate overnight and enjoy chilled in the morning.

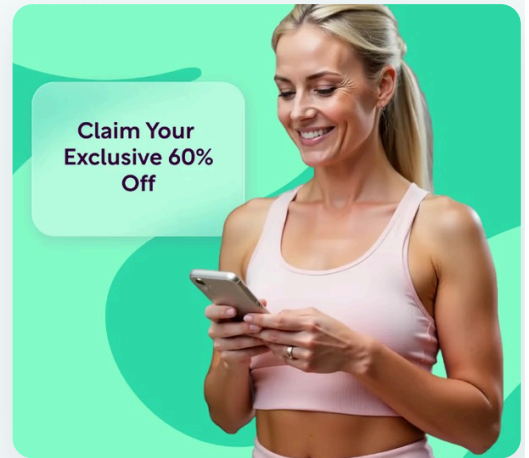
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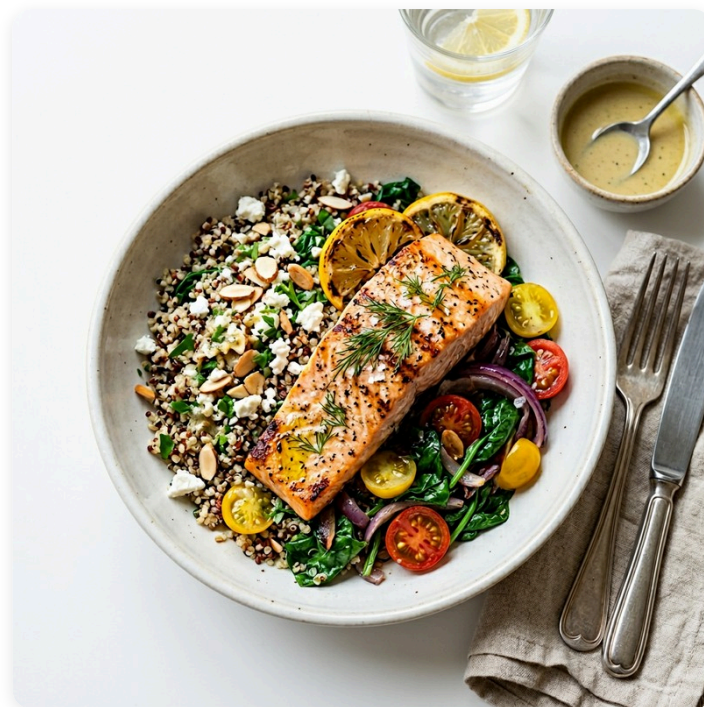


41. Savory Quinoa and Spinach Bowl with Grilled Salmon

This nutritious bowl is packed with protein and essential nutrients to support hormone balance, metabolism, and bone health for women over 40. Featuring omega-3-rich salmon and fiber-filled quinoa, it's a delicious way to nourish your body and maintain muscle health.

Nutrition Information

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



Ingredients

Quinoa	0.8 cup / 139.5 g
Water	1.6 cup / 372 ml
Fresh spinach	3.1 cups / 93 g
Salmon fillet	6.2 oz / 175.2 g
Olive oil	1.6 tablespoon / 23.3 ml
Lemon juice	1.6 tablespoon / 23.3 ml
Garlic, minced	1.5 clove / 1.5 clove
Salt	to taste / to taste
Black pepper	to taste / to taste
Chopped walnuts	0.4 cup / 46.5 g

Instructions

1. Rinse the quinoa under cold water and combine it with water in a saucepan. Bring to a boil, then reduce to a simmer, cover, and cook for 15 minutes or until water is absorbed.
2. While the quinoa cooks, season the salmon with olive oil, lemon juice, minced garlic, salt, and pepper. Grill the salmon on medium heat for about 5-7 minutes per side, or until cooked through.
3. In the last few minutes of cooking the quinoa, add the fresh spinach to the saucepan and stir until wilted.
4. Once the quinoa and spinach are ready, fluff the quinoa with a fork and serve it in a bowl topped with the grilled salmon and chopped walnuts.

42. Turkey and Vegetable Stir-Fry

This quick stir-fry features lean turkey and colorful vegetables, providing a rich source of protein and fiber to promote satiety and support digestion. Utilizing healthy oils and spices enhances the flavor while supporting metabolic function.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	578 kcal
Protein	53g
Carbs	25g
Fats	30g



Ingredients

Ground turkey	6.6 oz / 198 g
Bell peppers, sliced	0.8 cup / 198 ml
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

Instructions

1. Heat 1.7 tbsp (24.8 ml) of olive oil in a skillet over medium-high heat.
2. Add 6.6 oz (198 g) of ground turkey and cook until browned, about 5 minutes.
3. Stir in 0.8 cup (198 ml) of sliced bell peppers and 1.7 cup (396 ml) of broccoli florets; cook for an additional 5-7 minutes until the vegetables are tender. Drizzle with 3.3 tbsp (49.5 ml) of low sodium soy sauce before serving.

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