

7-Day Alkaline Diet Meal Plan for Women PDF

Restore balance with alkaline foods.

The 7-Day Alkaline Diet Meal Plan is designed for women looking to restore their body's pH balance through nutritious meals. With 21 delicious recipes, this plan emphasizes the power of alkaline foods in promoting overall health and vitality.

DAILY NUTRITION OVERVIEW

DAY	CALORIES	PROTEIN	CARBS	FATS
Day 1	1,527	103g	139g	60g
Day 2	1,527	132g	145g	53g
Day 3	1,541	112g	147g	60g
Day 4	1,569	114g	135g	64g
Day 5	1,627	101g	176g	57g
Day 6	1,627	95g	166g	67g
Day 7	1,406	99g	91g	81g
Avg	1,546	108g	143g	63g

CALORIE DISTRIBUTION



Nourish Your Body, Transform Your Health

WHAT'S INSIDE

Avocado Toast with Egg

Lemon-Dill Cod with Cauliflower and Butter

Savory Chickpea and Tuna Salad with Avocado

Holy Basil & Avocado Toast

Heart-Healthy Baked Cod & Lentil Bowl

Protein-Packed Quinoa and Chickpea Bowl

Savory Quinoa and Chickpea Salad with Avocado Dressing

Cottage Cheese & Pineapple Power Bowl

Grilled Lemon Herb Chicken with Asparagus and Quinoa

Herbed Quinoa & Chickpea Salad with Avocado Dressing

Savory Avocado and Egg Breakfast Bowl

Roasted Brussels Sprouts & Tomato Chicken Plate

+ 9 more recipes inside

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



21 Recipes

7-day meal plan



108g Protein

Daily average



1,546 cal/day

Daily average



Macro Balanced

143g C / 63g F avg

Contents

A quick overview of what's inside

01 Day 1

1. Avocado Toast with Egg

2. Savory Quinoa and Chickpea Salad with Avocado Dressing

3. Lemon-Dill Cod with Cauliflower and Butter

02 Day 2

4. Cottage Cheese & Pineapple Power Bowl

5. Savory Chickpea and Tuna Salad with Avocado

6. Grilled Lemon Herb Chicken with Asparagus and Quinoa

03 Day 3

7. Holy Basil & Avocado Toast

8. Herbed Quinoa & Chickpea Salad with Avocado Dressing

9. Heart-Healthy Baked Cod & Lentil Bowl

04 Day 4

10. Savory Avocado and Egg Breakfast Bowl

11. Protein-Packed Quinoa and Chickpea Bowl

12. Roasted Brussels Sprouts & Tomato Chicken Plate

05 Day 5

13. Cucumber Lemon Quinoa Bowl

14. Balanced Quinoa and Chickpea Salad Bowl

15. Lentil & Spinach Stew with Sardines

06 Day 6

16. Savory Sweet Potato & Egg Breakfast Bowl

17. Omega-3 Rich Mackerel Salad with Quinoa and Spinach

18. Crispy Chickpea & Tomato Salad with Tahini Dressing

07 Day 7

19. Nourishing Avocado Egg Bowl

20. Omega-3 Rich Salmon Lettuce Cups

21. Garlic Lemon Roasted Beet & Broccoli Bowl

Day 1

3 meals · 1,527 calories

BREAKFAST	Avocado Toast with Egg	406 kcal
LUNCH	Savory Quinoa and Chickpea Salad with Avocado Dressing	543 kcal
DINNER	Lemon-Dill Cod with Cauliflower and Butter	578 kcal

Protein: 103g Carbs: 139g Fats: 60g

1. Avocado Toast with Egg

This nutritious avocado toast topped with a poached egg provides healthy fats and protein to kickstart your day. It's quick to prepare and can be enjoyed on the go.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	5 min
Calories	406 kcal
Protein	14g
Carbs	42g
Fats	21g



Ingredients

Whole grain bread	1.5 slice / 1.5 slice
Avocado	0.5 medium / 0.5 medium
Egg	1.5 large / 1.5 large
Salt	to taste / to taste

Pepper

to taste / to taste

Instructions

1. Toast the whole grain bread.
2. Mash the avocado and spread it over the toasted bread.
3. Poach the egg and place it on top of the avocado toast.
4. Season with salt and pepper to taste.

2. Savory Quinoa and Chickpea Salad with Avocado Dressing

This nutrient-dense salad is perfect for social gatherings, providing a balance of protein, fiber, and healthy fats to support hormone balance and heart health for women over 40. Packed with phytoestrogens and omega-3s, this dish will keep you satisfied and energized without overindulging.

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
Canned chickpeas (drained and rinsed)	0.8 cup / 186 g
Cherry tomatoes (halved)	1.6 cup / 232.5 g
Cucumber (diced)	1.6 cup / 232.5 g
Fresh parsley (chopped)	0.4 cup / 23.3 g
Avocado (ripe)	1.5 medium / 232.5 g
Lemon juice	3.1 tablespoons / 46.5 ml
Extra virgin olive oil	1.6 tablespoon / 23.3 ml
Salt	to taste / to taste
Black pepper	to taste / to taste

Instructions

1. Step 1: Rinse and cook the quinoa according to package instructions (usually about 15 minutes) in boiling water.
2. Step 2: While the quinoa cooks, prepare the dressing by blending the avocado, lemon juice, olive oil, salt, and pepper until smooth.
3. Step 3: In a large bowl, combine the cooked quinoa, chickpeas, cherry tomatoes, cucumber, and parsley.
4. Step 4: Drizzle the avocado dressing over the salad and toss gently to combine. Serve immediately or chill for later.

3. Lemon-Dill Cod with Cauliflower and Butter

This delicious and nutritious dish features cod, a lean protein that supports muscle maintenance and helps balance hormones, alongside steamed cauliflower rich in fiber and phytoestrogens. Topped with a hint of lemon and dill, this meal is heart-healthy and promotes bone health with its vitamin D and omega-3 content.

Nutrition Information

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



Ingredients

cod fillet	4.9 oz / 140.3 g
steamed cauliflower	1.7 cup / 396 ml
butter	1.7 tsp / 8.3 g
lemon juice	1.7 tbsp / 24.8 ml
fresh dill	1.7 tsp / 1.7 g
salt	to taste / to taste
black pepper	to taste / to taste

Instructions

1. Step 1: Season the cod fillet with salt and black pepper to taste.
2. Step 2: Heat a non-stick skillet over medium heat and add the butter.
3. Step 3: Once the butter is melted, add the seasoned cod fillet and cook for 4-5 minutes on each side, or until the fish flakes easily with a fork.
4. Step 4: While the fish is cooking, steam the cauliflower until tender, about 5-7 minutes.
5. Step 5: In a small bowl, mix the lemon juice and fresh dill together.
6. Step 6: Serve the cod fillet on a plate with steamed cauliflower on the side, drizzling the lemon-dill mixture over the fish.

Day 2

3 meals · 1,527 calories

BREAKFAST	Cottage Cheese & Pineapple Power Bowl	406 kcal
LUNCH	Savory Chickpea and Tuna Salad with Avocado	543 kcal
DINNER	Grilled Lemon Herb Chicken with Asparagus and Quinoa	578 kcal

Protein: 132g Carbs: 145g Fats: 53g

4. Cottage Cheese & Pineapple Power Bowl

High in protein and vitamins, this bowl supports energy levels and muscle maintenance, with pineapple adding a refreshing flavor and natural sweetness.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	8 min
Calories	406 kcal
Protein	39g
Carbs	42g
Fats	14g



Ingredients

Cottage cheese	1.4 cup / 336 ml
Fresh pineapple	0.7 cup / 168 ml
Chia seeds	1.4 tbsp / 21 g
Cinnamon	0.7 tsp / 3.5 g
Almonds	2.8 tbsp / 42 g

Instructions

1. In a bowl, combine 1.4 cup (336 ml) cottage cheese and 0.7 cup (168 ml) diced fresh pineapple.
2. Top with 2.8 tbsp (42 g) chopped almonds and 1.4 tbsp (21 g) chia seeds, with a sprinkle of 0.7 tsp (3.5 g) cinnamon if desired.

5. Savory Chickpea and Tuna Salad with Avocado

This nutrient-dense salad combines protein-rich chickpeas and tuna, providing essential omega-3 fatty acids and phytoestrogens, crucial for hormone balance and heart health. Packed with fiber and healthy fats, it supports metabolism and bone health, making it a perfect meal for women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	543 kcal
Protein	43g
Carbs	47g
Fats	19g



Ingredients

Canned tuna in water, drained	1.5 can (5 oz) / 217 g
Canned chickpeas, drained and rinsed	1.6 cup / 372 g
Diced avocado	1 medium / 108.5 g
Chopped cherry tomatoes	0.8 cup / 116.3 g
Chopped cucumber	0.8 cup / 116.3 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
Fresh parsley, chopped	3.1 tablespoons / 12.4 g

Instructions

1. In a mixing bowl, combine the drained canned tuna and chickpeas.
2. Add diced avocado, chopped cherry tomatoes, and chopped cucumber to the bowl.
3. In a small bowl, whisk together olive oil, lemon juice, salt, and black pepper.
4. Pour the dressing over the salad mixture and gently toss to combine.
5. Sprinkle chopped parsley on top and serve immediately.

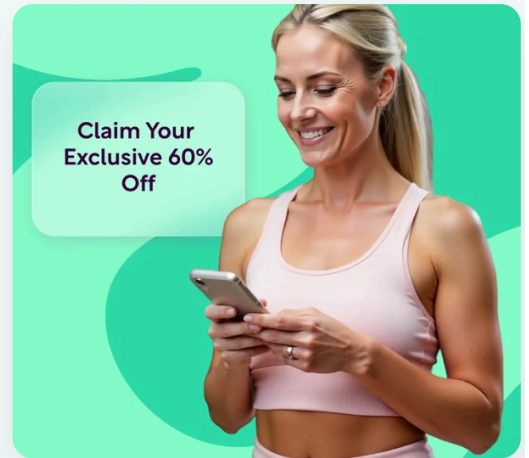
EXCLUSIVE OFFER

Start Your Personalized Plan

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

[Get Started Now](#)

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



6. Grilled Lemon Herb Chicken with Asparagus and Quinoa

This nutritious dinner features lean grilled chicken breast paired with vibrant asparagus and quinoa, providing essential protein, fiber, and vitamins. The inclusion of healthy fats from olive oil and the antioxidant properties of fresh herbs support hormone balance and overall health for women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	578 kcal
Protein	50g
Carbs	56g
Fats	20g



Ingredients

chicken breast, boneless and skinless	6.6 oz / 186.5 g
asparagus, trimmed	1.7 cup / 396 ml
quinoa, uncooked	0.4 cup / 74.3 g
olive oil	1.7 tsp / 8.3 ml
fresh herbs (parsley or basil), chopped	1.7 tbsp / 24.8 g
garlic, minced	1.5 clove / 1.5 clove
lemon juice	1.7 tbsp / 24.8 ml
salt and pepper, to taste	to taste / to taste

Instructions

1. Step 1: Rinse quinoa under cold water and cook it according to package instructions, typically in 1/2 cup (120ml) of water until fluffy.
2. Step 2: While quinoa is cooking, preheat a grill or grill pan over medium-high heat.
3. Step 3: Season the chicken breast with salt, pepper, minced garlic, and lemon juice. Grill for about 6-7 minutes on each side, or until cooked through and juices run clear.
4. Step 4: Steam asparagus for about 3-4 minutes until tender but still vibrant green.
5. Step 5: In a small bowl, mix olive oil with fresh herbs and drizzle over cooked quinoa, chicken, and asparagus before serving.

Day 3

3 meals · 1,541 calories

BREAKFAST Holy Basil & Avocado Toast **420 kcal**

LUNCH Herbed Quinoa & Chickpea Salad with Avocado Dressing **543 kcal**

DINNER Heart-Healthy Baked Cod & Lentil Bowl **578 kcal**

Protein: 112g Carbs: 147g Fats: 60g

7. Holy Basil & Avocado Toast

This vibrant avocado toast is topped with holy basil, a powerful adaptogen known to help with stress relief. It's a quick and nutritious meal packed with healthy fats and fiber.

Nutrition Information

Servings	1
Prep Time	9 min
Cook Time	8 min
Calories	420 kcal
Protein	11g
Carbs	50g
Fats	21g



Ingredients

Whole grain bread	3 slices / 3 slices
Avocado, mashed	1.4 medium / 1.4g
Holy basil leaves, fresh	0.4 cup / 84 ml
Salt & pepper	to taste / to taste

Instructions

1. Toast 3 slices of whole grain bread.
2. Spread 1.4 mashed avocado over each slice.
3. Top with 0.4 cup (84 ml) fresh holy basil leaves and season with salt and pepper.

8. Herbed Quinoa & Chickpea Salad with Avocado Dressing

This vibrant salad is packed with protein from chickpeas and quinoa, supporting muscle health and metabolism. Enhanced with heart-healthy fats from avocado and phytoestrogens from chickpeas, it's a perfect dish for women over 40 focusing on hormone balance and overall wellness.

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
canned chickpeas, rinsed and drained	0.8 cup / 186 g
cherry tomatoes, halved	0.8 cup / 116.3 g
cucumber, diced	0.8 cup / 116.3 g
fresh parsley, chopped	0.4 cup / 23.3 g
avocado	0.8 medium / 108.5 g
olive oil	3.1 tablespoons / 46.5 ml
lemon juice	1.6 tablespoon / 23.3 ml
salt	to taste / to taste
pepper	to taste / to taste

Instructions

1. In a large bowl, combine cooked quinoa, chickpeas, cherry tomatoes, cucumber, and parsley.
2. In a small bowl, mash the avocado and mix with olive oil, lemon juice, salt, and pepper to create the dressing.
3. Pour the avocado dressing over the salad and toss gently to combine.
4. Serve immediately or store in the refrigerator for up to 3 days.

9. Heart-Healthy Baked Cod & Lentil Bowl

This delicious and nutrient-packed meal features baked cod paired with fiber-rich lentils and roasted Brussels sprouts, providing essential omega-3s, protein, and phytoestrogens. Perfect for women over 40, this dish supports hormone balance, bone health, and overall vitality.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	578 kcal
Protein	58g
Carbs	50g
Fats	20g



Ingredients

Baked Cod	10.4 oz / 297 g
Cooked Lentils	1.7 cup / 326.7 g
Roasted Brussels Sprouts	2.5 cups / 247.5 g
Olive Oil	1.7 tsp / 8.3 ml
Salt	to taste / to taste
Pepper	to taste / to taste
Lemon Juice	1.7 tbsp / 24.8 ml

Instructions

1. Preheat the oven to 400°F (200°C).
2. Place the cod on a baking sheet, drizzle with olive oil, and season with salt, pepper, and lemon juice.
3. Roast the cod in the preheated oven for about 12-15 minutes or until it flakes easily with a fork.
4. While the cod is baking, heat lentils in a small saucepan over medium heat until warmed through.
5. Toss Brussels sprouts with a little olive oil, salt, and pepper, and roast them in the oven for the last 10 minutes alongside the cod.
6. Once everything is cooked, plate the lentils, top with the baked cod, and serve the roasted Brussels sprouts on the side.

Day 4

3 meals · 1,569 calories

BREAKFAST Savory Avocado and Egg Breakfast Bowl **448 kcal**

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

DINNER Roasted Brussels Sprouts & Tomato Chicken Plate **578 kcal**

Protein: 114g Carbs: 135g Fats: 64g

10. Savory Avocado and Egg Breakfast Bowl

This bowl combines the healthy fats of avocado with protein-rich eggs, providing the nutrients needed for energy and concentration while balancing blood sugar levels.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	8 min
Calories	448 kcal
Protein	25g
Carbs	38g
Fats	25g



Ingredients

Egg	3 large / 3 large
Avocado	0.5 medium / 0.5 medium
Whole grain toast	1.5 slice / 1.5 slice
Olive oil	1.4 tsp / 7 ml
Salt and pepper	To taste / To taste

Instructions

1. Prepare 3 large eggs by poaching or scrambling as preferred.
2. On a plate, top 1.5 slice of whole grain toast with sliced 0.5 medium avocado.
3. Place the eggs on top of the avocado, drizzle with 1.4 tsp (7 ml) olive oil, and season with salt and pepper before serving.

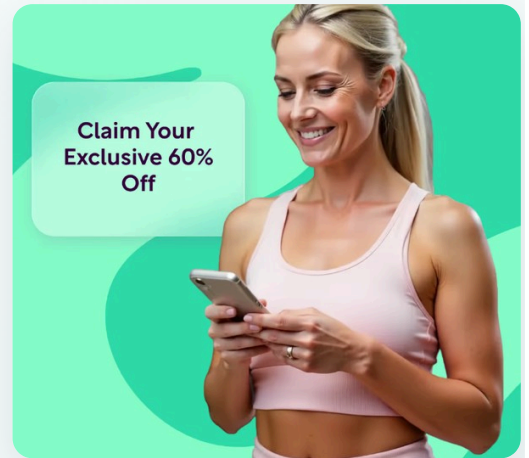
EXCLUSIVE OFFER

Start Your Personalized Plan

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

[Get Started Now](#)

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



11. Protein-Packed Quinoa and Chickpea Bowl

This nourishing quinoa and chickpea bowl is designed to support hormone balance and muscle health for women over 40. Packed with protein, omega-3s, and fiber, it's a perfect pre- or post-workout meal that also 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
cooked chickpeas	0.8 cup / 186 g
spinach (fresh)	1.6 cup / 46.5 g
cherry tomatoes (halved)	0.8 cup / 116.3 g
avocado (diced)	1 medium / 116.3 g
feta cheese (crumbled, optional)	0.4 cup / 62 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
black pepper	to taste / to taste

Instructions

1. Step 1: In a large bowl, combine the cooked quinoa and chickpeas.
2. Step 2: Add the fresh spinach, cherry tomatoes, and diced avocado to the bowl.
3. Step 3: In a small bowl, whisk together the olive oil, lemon juice, and black pepper.
4. Step 4: Pour the dressing over the quinoa mixture and toss gently to combine.
5. Step 5: Top with crumbled feta and sprinkle chia seeds before serving.

12. Roasted Brussels Sprouts & Tomato Chicken Plate

This vibrant dish is packed with nutrients essential for women over 40, promoting hormone balance, supporting metabolism, and enhancing heart health. The combination of roasted Brussels sprouts, juicy chicken thighs, and a fresh tomato salad provides a balanced meal rich in protein, fiber, and healthy fats.

Nutrition Information

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



Ingredients

Brussels sprouts, halved	3.3 cups / 495 g
Cherry tomatoes, halved	1.7 cup / 247.5 g
Olive oil	3.3 tablespoons / 49.5 ml
Garlic, minced	3 cloves / 3 cloves
Chicken thigh, skinless	8.3 oz / 247.5 g
Quinoa, cooked	0.8 cup / 148.5 g
Feta cheese, crumbled	1.7 oz / 49.5 g
Lemon juice	1.7 tablespoon / 24.8 ml
Black pepper	to taste / to taste

Instructions

1. Preheat the oven to 425°F (220°C).
2. Toss the Brussels sprouts and cherry tomatoes with 1.7 tablespoon of olive oil, minced garlic, and black pepper, then spread them on a baking sheet.
3. Bake the vegetables in the preheated oven for 15 minutes until tender and slightly caramelized.
4. While the vegetables are roasting, heat the remaining tablespoon of olive oil in a skillet over medium heat, add the chicken thigh, and cook for about 6-7 minutes on each side until golden brown and cooked through.
5. Remove the chicken from the skillet and let it rest for a couple of minutes, then slice it.
6. On a plate, fill half with the roasted Brussels sprouts and tomatoes, one quarter with sliced chicken, and the remaining quarter with cooked quinoa. Top the quinoa with crumbled feta cheese and drizzle with lemon juice.

Day 5

3 meals · 1,627 calories

BREAKFAST Cucumber Lemon Quinoa Bowl **490 kcal**

LUNCH Balanced Quinoa and Chickpea Salad Bowl **543 kcal**

DINNER Lentil & Spinach Stew with Sardines **594 kcal**

Protein: 101g Carbs: 176g Fats: 57g

13. Cucumber Lemon Quinoa Bowl

This protein-packed quinoa bowl features refreshing cucumbers and a zesty lemon dressing, making it an energizing start to your day. The quinoa provides essential amino acids and fiber, which are important for muscle maintenance and metabolism.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	490 kcal
Protein	17g
Carbs	63g
Fats	21g



Ingredients

Cooked quinoa	1.4 cup / 336 ml
Cucumber, diced	0.7 cup / 168 ml
Lemon juice	2.8 tbsp / 42 ml
Olive oil	1.4 tbsp / 21 ml
Salt and pepper to taste	to taste / to taste

Instructions

1. In a bowl, combine 1.4 cup (336 ml) of cooked quinoa, 0.7 cup (168 ml) of diced cucumber, 2.8 tbsp (42 ml) of lemon juice, and 1.4 tbsp (21 ml) of olive oil.
2. Season with salt and pepper to taste and gently mix.
3. Serve chilled or at room temperature.

14. Balanced Quinoa and Chickpea Salad Bowl

This vibrant salad bowl is packed with protein and fiber, making it perfect for women over 40 who are looking to maintain hormone balance and support bone and heart health. Rich in phytoestrogens and healthy fats, it's a quick, nutritious option that can be customized to fit your taste and nutritional needs.

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
Chickpeas, canned, rinsed	0.8 cup / 186 g
Cherry tomatoes, halved	0.8 cup / 116.3 g
Cucumber, diced	0.8 cup / 116.3 g
Avocado, diced	0.8 medium / 116.3 g
Olive oil	1.6 tablespoon / 23.3 ml
Lemon juice	1.6 tablespoon / 23.3 ml
Feta cheese, crumbled (optional)	0.4 cup / 62 g
Fresh parsley, chopped	3.1 tablespoons / 46.5 g
Salt and pepper to taste	to taste / to taste

Instructions

1. In a large bowl, combine the cooked quinoa and chickpeas.
2. Add the cherry tomatoes, cucumber, and avocado to the bowl.
3. In a small bowl, whisk together the olive oil, lemon juice, salt, and pepper.
4. Pour the dressing over the salad and toss gently to combine.
5. Sprinkle with feta cheese and fresh parsley before serving.

15. Lentil & Spinach Stew with Sardines

This hearty stew combines lentils and spinach, providing protein and iron, essential for energy levels in women over 40. The addition of sardines adds omega-3s while enhancing flavor, making it both nutritious and satisfying.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	30 min
Calories	594 kcal
Protein	41g
Carbs	66g
Fats	17g



Ingredients

Lentils	0.8 cup / 198 ml
Canned sardines	3.3 oz / 92.4 g
Spinach	3.3 cups / 792 ml
Vegetable broth	3.3 cups / 792 ml
Olive oil	1.7 tbsp / 24.8 ml
Garlic	3 cloves / 3 cloves

Instructions

1. In a pot, heat 1.7 tbsp (24.8 ml) olive oil and sauté 2 minced garlic cloves until fragrant.
2. Add 0.8 cup (198 ml) lentils and 3.3 cups (792 ml) vegetable broth. Bring to a boil, then reduce heat and simmer for 20 minutes.
3. Stir in 3.3 cups (792 ml) fresh spinach and 3.3 oz (92.4 g) drained sardines. Cook until spinach is wilted.

Day 6

3 meals · 1,627 calories

BREAKFAST	Savory Sweet Potato & Egg Breakfast Bowl	490 kcal
LUNCH	Omega-3 Rich Mackerel Salad with Quinoa and Spinach	543 kcal
DINNER	Crispy Chickpea & Tomato Salad with Tahini Dressing	594 kcal

Protein: 95g Carbs: 166g Fats: 67g

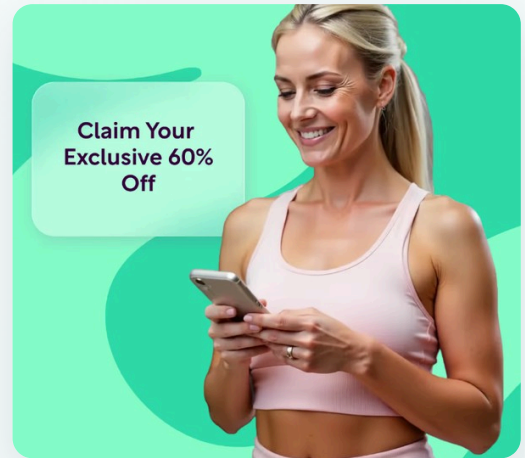
EXCLUSIVE OFFER

Start Your Personalized Plan

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

[Get Started Now](#)

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



16. Savory Sweet Potato & Egg Breakfast Bowl

Packed with fiber and complex carbohydrates, this dish helps stabilize blood sugar levels while providing sustained energy throughout the morning. The healthy fats from avocado also support hormone balance and brain health.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	490 kcal
Protein	22g
Carbs	56g
Fats	22g



Ingredients

Sweet potato, diced	1.4 cup / 336 ml
Egg	3 large / 3 large
Avocado, sliced	0.5 medium / 0.5 medium
Olive oil	1.4 tbsp / 21 ml
Salt	to taste /
Black pepper	to taste /

Instructions

1. Preheat the oven to 425°F (220°C).
2. Toss diced sweet potato with olive oil, salt, and pepper, and spread on a baking sheet. Roast for 25 minutes until tender.
3. In a skillet, fry the eggs to your liking (over-easy or scrambled).
4. Assemble the bowl: layer roasted sweet potatoes, top with eggs, and add sliced avocado.

17. Omega-3 Rich Mackerel Salad with Quinoa and Spinach

This vibrant salad combines omega-3-rich mackerel with fiber-packed quinoa and nutrient-dense spinach, making it a perfect meal for women over 40. It's designed to support hormone balance, enhance metabolism, and promote 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

Canned mackerel in water, drained	1.5 can (6 oz) / 263.5 g
Cooked quinoa	1.6 cup / 372 ml
Fresh spinach, chopped	3.1 cups / 744 ml
Cherry tomatoes, halved	1.6 cup / 232.5 g
Avocado, diced	1 medium / 116.3 g
Olive oil	3.1 tablespoons / 46.5 ml
Lemon juice	1.6 tablespoon / 23.3 ml
Salt	0.4 teaspoon / 1.6 g
Black pepper	0.4 teaspoon / 1.6 g

Instructions

1. In a large bowl, combine the drained mackerel, cooked quinoa, chopped spinach, halved cherry tomatoes, and diced avocado.
2. In a small bowl, whisk together the olive oil, lemon juice, salt, and black pepper to create a dressing.
3. Pour the dressing over the salad and gently toss to combine all ingredients evenly.
4. Serve immediately or refrigerate for up to 30 minutes to let the flavors meld.

18. Crispy Chickpea & Tomato Salad with Tahini Dressing

This crispy salad combines chickpeas and ripe tomatoes, providing high protein and essential vitamins, promoting muscle maintenance and overall health. The tahini dressing adds healthy fats, supporting hormone balance, which is particularly beneficial for women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	20 min
Calories	594 kcal
Protein	30g
Carbs	63g
Fats	26g



Ingredients

Canned chickpeas, drained and rinsed	1.7 cup / 396 ml
Cherry tomatoes, halved	0.8 cup / 198 ml
Olive oil	1.7 tbsp / 24.8 ml
Tahini	3.3 tbsp / 49.5 ml
Lemon juice	1.7 tbsp / 24.8 ml
Salt	to taste / to taste
Pepper	to taste / to taste

Instructions

1. Preheat oven to 400°F (200°C).
2. Toss chickpeas with olive oil, salt, and pepper; spread on a baking sheet and bake for 20 minutes until crispy.
3. In a bowl, mix the crispy chickpeas with halved cherry tomatoes, drizzle with tahini and lemon juice, then serve.

Day 7

3 meals · 1,406 calories

BREAKFAST Nourishing Avocado Egg Bowl **518 kcal**

LUNCH Omega-3 Rich Salmon Lettuce Cups **558 kcal**

DINNER Garlic Lemon Roasted Beet & Broccoli Bowl **330 kcal**

Protein: 99g Carbs: 91g Fats: 81g

19. Nourishing Avocado Egg Bowl

Start your day with this delicious Avocado Egg Bowl, packed with protein and healthy fats to support hormone balance and metabolism. The combination of eggs, avocado, and arugula provides essential nutrients for bone and heart health, making it an ideal breakfast for women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	518 kcal
Protein	42g
Carbs	25g
Fats	34g



Ingredients

large boiled eggs	2.8 large / 2.8g
avocado, cubed	0.4 medium / 70 g
arugula	1.4 cup / 42 g
lemon juice	1.4 tablespoon / 21 ml
sea salt	to taste / to taste
hemp seeds (for omega-3s)	1.4 tablespoon / 21 g

Instructions

1. Step 1: Boil the eggs in water for about 10-12 minutes until hard-boiled, then cool, peel, and chop them.
2. Step 2.8: In a bowl, combine the chopped eggs, cubed avocado, and arugula.
3. Step 3: Drizzle lemon juice over the mixture and sprinkle with sea salt to taste.
4. Step 4: Top with hemp seeds for added omega-3 fatty acids and mix gently before serving.

20. Omega-3 Rich Salmon Lettuce Cups

These Salmon Lettuce Cups are not only delicious but also packed with essential nutrients to support hormone balance, heart health, and bone strength for women over 40. The combination of omega-3 fatty acids from salmon and hydrating cucumbers makes this a perfect light lunch option.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	558 kcal
Protein	47g
Carbs	16g
Fats	34g



Ingredients

Baked salmon, flaked	4.7 oz / 131.8 g
Butter lettuce leaves	6 large leaves / 6 large leaves
Diced cucumber	0.8 cup / 186 ml
Olive oil	1.6 tsp / 7.8 ml
Chopped walnuts (optional for added omega-3s)	1.6 tbsp / 23.3 g
Fresh lemon juice	1.6 tbsp / 23.3 ml
Salt and pepper to taste	to taste / to taste

Instructions

1. Step 1: Preheat the oven to 375°F (190°C) and bake the salmon for about 15 minutes or until fully cooked.
2. Step 2: While the salmon is baking, prepare the lettuce cups by washing and drying the butter lettuce leaves.
3. Step 3: In a bowl, combine the flaked salmon, diced cucumber, olive oil, chopped walnuts (if using), and lemon juice. Mix well and season with salt and pepper.
4. Step 4: Spoon the salmon mixture evenly into the butter lettuce leaves and serve immediately.

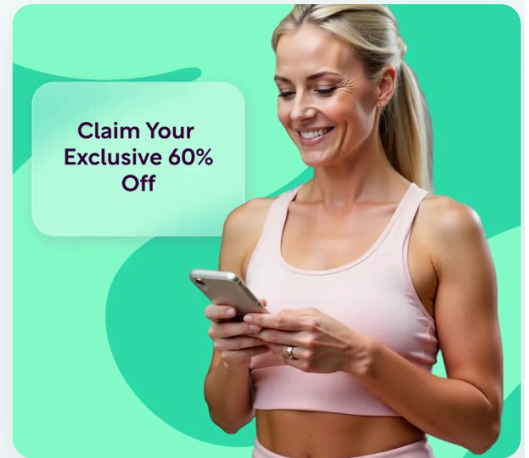
EXCLUSIVE OFFER

Start Your Personalized Plan

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

[Get Started Now](#)

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



21. Garlic Lemon Roasted Beet & Broccoli Bowl

This nutrient-dense bowl combines roasted beets and broccoli, both known for their liver-supporting qualities, with garlic and lemon for added flavor and health benefits.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	15 min
Calories	330 kcal
Protein	10g
Carbs	50g
Fats	13g



Ingredients

Beets, peeled and cubed	1.7 cup / 247.5 g
Broccoli 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
Salt and pepper	To taste / To taste

Instructions

1. Preheat the oven to 400°F (200°C).
2. Toss cubed beets with olive oil, minced garlic, salt, and pepper, and spread on a baking sheet.
3. Roast for 15 minutes, then add broccoli and roast for an additional 5 minutes until tender. Drizzle with lemon juice before serving.

Start Your Health Journey Today

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



Custom meal plans & macro tracking



Evidence-based programs



Expert guidance & support

EXPLORE MORE PLANS

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

[Get Started Now](#)

Explore a world tailored to women's health

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

© 2026 Reverse Health. All rights reserved.