

7-Day Atlantic Diet Meal Plan for Women Over 40 PDF

Experience the benefits of the Atlantic diet tailored for women over 40.

Our 7-Day Atlantic Diet Meal Plan offers 21 recipes inspired by the healthy eating habits of the Atlantic region, perfect for women over 40. This plan emphasizes wholesome ingredients that promote heart health and weight management. Discover delicious meals that support your health and wellness.

DAILY NUTRITION OVERVIEW

DAY	CALORIES	PROTEIN	CARBS	FATS
Day 1	1,504	85g	221g	45g
Day 2	1,496	120g	140g	61g
Day 3	1,426	75g	141g	64g
Day 4	1,384	105g	97g	77g
Day 5	1,384	106g	139g	62g
Day 6	1,627	125g	172g	53g
Day 7	1,641	141g	79g	83g
Avg	1,495	108g	141g	64g

CALORIE DISTRIBUTION



Nourish Your Body, Transform Your Health

WHAT'S INSIDE

Tropical Green Smoothie

Savory Salmon and Quinoa Bowl

Salmon and Quinoa Salad with Lemon Dressing

Lemon Garlic Roasted Tomato Breakfast Salad

Herbed Shrimp with Cauliflower Rice and Spinach

Sardine & Kale Power Salad

Stuffed Sweet Potatoes with Bone Broth

Berry & Spinach Smoothie with Collagen Peptides

Cinnamon-Spiced Chicken with Sweet Potatoes

Chickpea & Spinach Stuffed Sweet Potatoes

Cabbage and Tomato Broth

Baked Salmon with Lemon Herb Quinoa

+ 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



1,495 cal/day

Daily average



108g Protein

Daily average



Macro Balanced

141g C / 64g F avg

Contents

A quick overview of what's inside

01 Day 1

1. Tropical Green Smoothie

2. Stuffed Sweet Potatoes with Bone Broth

3. Savory Salmon and Quinoa Bowl

02 Day 2

4. Berry & Spinach Smoothie with Collagen Peptides

5. Salmon and Quinoa Salad with Lemon Dressing

6. Cinnamon-Spiced Chicken with Sweet Potatoes

03 Day 3

7. Lemon Garlic Roasted Tomato Breakfast Salad

8. Chickpea & Spinach Stuffed Sweet Potatoes

9. Herbed Shrimp with Cauliflower Rice and Spinach

04 Day 4

10. Cabbage and Tomato Broth

11. Sardine & Kale Power Salad

12. Baked Salmon with Lemon Herb Quinoa

05 Day 5

13. Green Goddess Juice

14. Savory Quinoa Bowl with Salmon and Veggies

15. Tasty Turkey & Spinach Meatballs with Tomato Sauce

06 Day 6

16. Turmeric Bell Pepper Omelet with Spinach and Feta

17. Quinoa and Chickpea Salad with Avocado Dressing

18. Curried Lentil & Sweet Potato Salad

07 Day 7

19. Balanced Greens and Olive Oil Eggs

20. Savory Quinoa & Chickpea Bowl with Spinach and Avocado

21. Herb Grilled Chicken with Arugula and Radish Salad

Day 1

3 meals · 1,504 calories

BREAKFAST	Tropical Green Smoothie	308 kcal
LUNCH	Stuffed Sweet Potatoes with Bone Broth	589 kcal
DINNER	Savory Salmon and Quinoa Bowl	607 kcal

Protein: 85g Carbs: 221g Fats: 45g

1. Tropical Green Smoothie

This refreshing smoothie combines tropical fruits and leafy greens, providing essential vitamins and minerals to boost energy and vitality. The fiber content aids digestion and helps maintain a healthy weight during menopause.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	5 min
Calories	308 kcal
Protein	11g
Carbs	59g
Fats	7g



Ingredients

Frozen pineapple chunks	0.7 cup / 168 ml
Banana	1.4 medium / 140 g
Fresh kale or spinach	1.4 cup / 42 g
Coconut water	1.4 cup / 336 ml

Hemp seeds

2.8 tbsp / 42 g

Instructions

1. In a blender, combine 0.7 cup (168 ml) frozen pineapple, 1.4 banana, 1.4 cup (42 g) kale, and 1.4 cup (336 ml) coconut water.
2. Blend until smooth, then stir in 2.8 tbsp (42 g) hemp seeds.
3. Serve immediately for a refreshing breakfast.

2. Stuffed Sweet Potatoes with Bone Broth

These stuffed sweet potatoes are filled with a mixture of black beans and vegetables simmered in bone broth, making for a hearty lunch that supports energy and metabolism. Sweet potatoes are rich in vitamins and minerals essential for bone health.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	40 min
Calories	589 kcal
Protein	23g
Carbs	112g
Fats	12g



Ingredients

Bone broth	0.8 cup / 186 ml
Sweet potato, medium	1.6 medium / 1.5 medium
Black beans, canned, drained	0.8 cup / 186 ml
Corn, frozen	0.4 cup / 93 ml
Bell pepper, diced	0.4 cup / 93 ml
Cumin powder	1.6 tsp / 7.8 ml
Olive oil	1.6 tbsp / 23.3 ml

Instructions

1. Preheat oven to 400°F (200°C).
2. Pierce the sweet potato with a fork and bake for 40 minutes until tender.
3. In a pan, heat 1.6 tbsp (23.3 ml) of olive oil over medium heat; add diced bell pepper and cook until softened.
4. Stir in 0.8 cup (186 ml) black beans, 0.4 cup (93 ml) corn, and 0.8 cup (186 ml) bone broth; add 1.6 tsp (7.8 ml) of cumin powder and simmer for 5-7 minutes.
5. Cut open the baked sweet potato and fill with the black bean mixture.

3. Savory Salmon and Quinoa Bowl

This nutrient-dense bowl features omega-3-rich salmon and fiber-packed quinoa, making it an ideal meal for women over 40. Packed with protein, healthy fats, and phytoestrogens, it supports hormone balance, metabolism, and heart health.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	607 kcal
Protein	51g
Carbs	50g
Fats	26g



Ingredients

cooked salmon	198 g / 198 g
quinoa (cooked)	1.7 cup / 396 ml
spinach (fresh)	1.7 cup / 49.5 g
cherry tomatoes (halved)	0.8 cup / 123.8 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
feta cheese (crumbled)	0.4 cup / 62.7 g

Instructions

1. Step 1: In a bowl, combine the cooked quinoa, fresh spinach, and halved cherry tomatoes.
2. Step 2: Flake the cooked salmon and add it to the bowl.
3. Step 3: Drizzle with olive oil and lemon juice, then toss gently to combine.
4. Step 4: Top with sesame seeds and crumbled feta cheese before serving.

Day 2

3 meals · 1,496 calories

BREAKFAST Berry & Spinach Smoothie with Collagen Peptides **280 kcal**

LUNCH Salmon and Quinoa Salad with Lemon Dressing **589 kcal**

DINNER Cinnamon-Spiced Chicken with Sweet Potatoes **627 kcal**

Protein: 120g Carbs: 140g Fats: 61g

4. Berry & Spinach Smoothie with Collagen Peptides

Packed with vitamin C-rich berries, this smoothie is enhanced with collagen peptides to support skin health and elasticity. The spinach adds essential nutrients that aid in bone health, perfect for women over 40.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	8 min
Calories	280 kcal
Protein	31g
Carbs	35g
Fats	11g



Ingredients

Frozen mixed berries	1.4 cup / 336 ml
Fresh spinach	1.4 cup / 336 ml
Almond milk	1.4 cup / 336 ml
Collagen peptides	1.5 scoop / 1.5 scoop
Chia seeds	1.4 tbsp / 21 g

Instructions

1. In a blender, combine frozen berries, spinach, almond milk, collagen peptides, and chia seeds.
2. Blend on high until smooth and creamy, about 1-2 minutes.
3. Pour into a glass and enjoy immediately.

5. Salmon and Quinoa Salad with Lemon Dressing

This nutrient-dense salad features protein-rich salmon and quinoa, providing omega-3 fatty acids and essential amino acids for muscle maintenance. The fresh lemon dressing enhances flavor and promotes digestion.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	589 kcal
Protein	39g
Carbs	47g
Fats	25g



Ingredients

Canned salmon, drained	0.4 cup / 93 g
Cooked quinoa	0.8 cup / 186 ml
Fresh spinach, chopped	1.6 cup / 372 ml
Cucumber, diced	0.8 cup / 186 ml
Olive oil	1.6 tbsp / 23.3 ml
Lemon juice	1.6 tbsp / 23.3 ml

Instructions

1. In a bowl, combine 0.4 cup (93 g) of drained canned salmon, 0.8 cup (186 ml) of cooked quinoa, 1.6 cup (372 ml) of chopped spinach, and 0.8 cup (186 ml) of diced cucumber.
2. In a small bowl, whisk together 1.6 tbsp (23.3 ml) of olive oil and 1.6 tbsp (23.3 ml) of lemon juice.
3. Drizzle the dressing over the salad, toss gently to combine, and serve immediately.

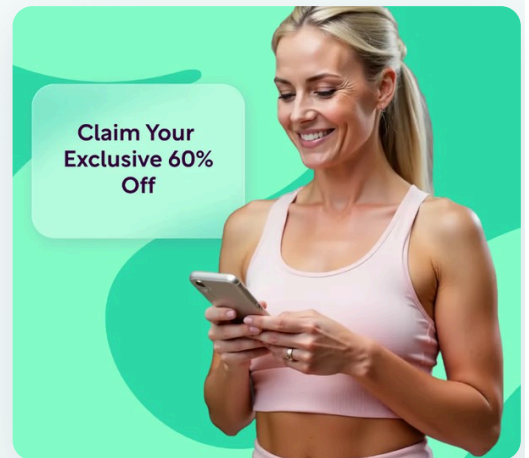
EXCLUSIVE OFFER

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. Cinnamon-Spiced Chicken with Sweet Potatoes

This comforting dish combines lean chicken with sweet potatoes, a great source of complex carbohydrates and fiber, to provide sustained energy while managing blood sugar levels. The cinnamon not only adds flavor but also helps improve insulin sensitivity.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	25 min
Calories	627 kcal
Protein	50g
Carbs	58g
Fats	25g



Ingredients

Chicken breast, diced	6.6 oz / 198 g
Sweet potato, diced	1.5 medium / 247.5 g
Olive oil	1.7 tbsp / 24.8 ml
Ground cinnamon	1.7 tsp / 8.3 g
Salt and pepper	to taste / to taste

Instructions

1. Preheat the oven to 375°F (190°C).
2. In a baking dish, combine 6.6 oz (198 g) of diced chicken breast and 1.5 medium diced sweet potato; drizzle with 1.7 tbsp (24.8 ml) of olive oil, sprinkle with 1.7 tsp (8.3 g) of ground cinnamon, and season with salt and pepper.
3. Bake for 25 minutes or until the chicken is cooked through and sweet potatoes are tender.

Day 3

3 meals · 1,426 calories

BREAKFAST	Lemon Garlic Roasted Tomato Breakfast Salad	210 kcal
LUNCH	Chickpea & Spinach Stuffed Sweet Potatoes	589 kcal
DINNER	Herbed Shrimp with Cauliflower Rice and Spinach	627 kcal

Protein: 75g Carbs: 141g Fats: 64g

7. Lemon Garlic Roasted Tomato Breakfast Salad

A vibrant salad with roasted tomatoes, fresh herbs, and a lemon garlic dressing.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	15 min
Calories	210 kcal
Protein	4g
Carbs	15g
Fats	15g



Ingredients

Cherry tomatoes	1.4 medium / 210g
Fresh basil	0.7 / 21g
Garlic	1.4 clove(s) / 2.8g
Olive oil	1.4 / 21g
Lemon juice	1.4 medium / 21g

Instructions

1. Preheat the oven to 400°F (200°C).
2. Toss cherry tomatoes with olive oil, minced garlic, and roast for 21 minutes.
3. In a bowl, combine roasted tomatoes and chopped basil.
4. Drizzle with lemon juice before serving.

8. Chickpea & Spinach Stuffed Sweet Potatoes

These stuffed sweet potatoes are rich in fiber and antioxidants. Chickpeas contribute to a healthy gut microbiome, while sweet potatoes provide complex carbohydrates for sustained energy.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	12 min
Calories	589 kcal
Protein	25g
Carbs	93g
Fats	16g



Ingredients

Medium sweet potato	1.6 medium / 1.6g
Canned chickpeas, rinsed	0.8 cup / 186 ml
Fresh spinach	1.6 cup / 372 ml
Olive oil	1.6 tbsp / 23.3 ml
Cumin	1.6 tsp / 7.8 ml

Instructions

1. Preheat the oven to 400°F (200°C). Bake the sweet potato for 30-40 minutes until tender.
2. In a skillet, heat 1.6 tbsp (23.3 ml) olive oil over medium heat, add 0.8 cup (186 ml) rinsed chickpeas, and 1.6 cup (372 ml) spinach, cooking until the spinach wilts.
3. Once sweet potato is cooked, slice it open and fill with the chickpea and spinach mixture. Sprinkle with 1.6 tsp (7.8 ml) cumin.

9. Herbed Shrimp with Cauliflower Rice and Spinach

This dish features lean shrimp as a protein source and cauliflower rice as a low-carb alternative, ideal for weight loss and muscle maintenance. Spinach adds essential vitamins and helps with hormone balance, making it a nutritious choice for women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	10 min
Calories	627 kcal
Protein	46g
Carbs	33g
Fats	33g



Ingredients

Shrimp, peeled and deveined	6.6 oz / 198 g
Cauliflower rice	1.7 cup / 396 ml
Spinach, fresh	1.7 cup / 396 ml
Olive oil	1.7 tbsp / 24.8 ml
Garlic, minced	3 cloves / 3 cloves
Lemon juice	1.7 tbsp / 24.8 ml

Instructions

1. In a skillet, heat 1.7 tbsp (24.8 ml) olive oil over medium heat. Add 2 minced garlic cloves and cook until fragrant.
2. Add 6.6 oz (198 g) shrimp; season with salt and pepper, and cook for 3-4 minutes until pink.
3. Stir in 1.7 cup (396 ml) cauliflower rice and 1.7 cup (396 ml) chopped spinach; sauté until heated through. Finish with 1.7 tbsp (24.8 ml) lemon juice.

Day 4

3 meals · 1,384 calories

BREAKFAST Cabbage and Tomato Broth **168 kcal**

LUNCH Sardine & Kale Power Salad **589 kcal**

DINNER Baked Salmon with Lemon Herb Quinoa **627 kcal**

Protein: 105g Carbs: 97g Fats: 77g

10. Cabbage and Tomato Broth

A light and refreshing broth with shredded cabbage and ripe tomatoes, perfect for a cozy breakfast.

Nutrition Information

Servings	4
Prep Time	5 min
Cook Time	25 min
Calories	168 kcal
Protein	6g
Carbs	31g
Fats	4g



Ingredients

cabbage	2.8 cups, shredded / 210 g
tomatoes	3 large, chopped / 350 g
vegetable broth	7 cups / 1680 ml
onion	1.5 small, chopped / 140 g
olive oil	1.4 tablespoon / 21 ml
garlic	1.5 clove, minced / 4.2 g
basil	1.4 teaspoon, dried / 1.4 g
salt	to taste / to taste
black pepper	to taste / to taste

Instructions

1. In a large pot, heat the olive oil over medium heat.
2. Add the onion and garlic, cooking until fragrant and onion becomes translucent, about 3-5 minutes.
3. Stir in the chopped tomatoes and cook for another 5 minutes.
4. Add the shredded cabbage and pour in the vegetable broth.
5. Season with basil, salt, and black pepper. Bring to a boil.
6. Reduce heat and simmer for 15-20 minutes until cabbage is tender.
7. Serve hot.

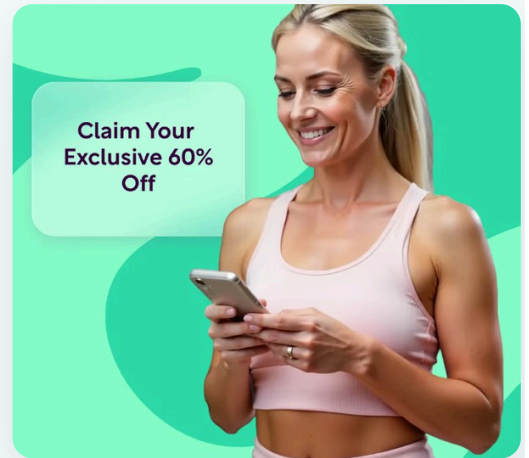
EXCLUSIVE OFFER

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. Sardine & Kale Power Salad

Packed with omega-3 fatty acids from sardines and calcium-rich kale, this salad supports bone density and overall health. Kale is also a great source of vitamin K, essential for maintaining strong bones.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	12 min
Calories	589 kcal
Protein	43g
Carbs	16g
Fats	43g



Ingredients

Canned sardines in olive oil	4.7 oz / 131.8 g
Kale, chopped	3.1 cups / 744 ml
Cherry tomatoes, halved	0.8 cup / 186 ml
Olive oil	1.6 tbsp / 23.3 ml
Lemon juice	1.6 tbsp / 23.3 ml
Pumpkin seeds	3.1 tbsp / 46.5 ml

Instructions

1. In a large bowl, combine 3.1 cups (744 ml) chopped kale, 0.8 cup (186 ml) halved cherry tomatoes, and 4.7 oz (131.8 g) drained sardines.
2. In a small bowl, whisk together 1.6 tbsp (23.3 ml) olive oil and 1.6 tbsp (23.3 ml) lemon juice; pour over the salad.
3. Top with 3.1 tbsp (46.5 ml) pumpkin seeds, toss gently, and serve.

12. Baked Salmon with Lemon Herb Quinoa

Baked salmon is a fantastic source of omega-3 fatty acids, supporting heart and hormone health, especially important for women over 40. Paired with herb-infused quinoa, this dish delivers essential nutrients for energy and bone health.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	20 min
Calories	627 kcal
Protein	56g
Carbs	50g
Fats	30g



Ingredients

salmon fillet	6.6 oz / 189.8 g
cooked quinoa	0.8 cup / 198 ml
lemon juice	1.7 tbsp / 24.8 ml
fresh herbs (parsley or dill)	1.7 tbsp / 24.8 g
olive oil	1.7 tbsp / 24.8 ml

Instructions

1. Preheat oven to 375°F (190°C).
2. Place salmon on a baking sheet, drizzle with lemon juice and olive oil, and sprinkle with fresh herbs.
3. Bake for 15-20 minutes until salmon is cooked through; serve alongside cooked quinoa.

Day 5

3 meals · 1,384 calories

BREAKFAST Green Goddess Juice **168 kcal**

LUNCH Savory Quinoa Bowl with Salmon and Veggies **589 kcal**

DINNER Tasty Turkey & Spinach Meatballs with Tomato Sauce **627 kcal**

Protein: 106g Carbs: 139g Fats: 62g

13. Green Goddess Juice

Packed with spinach and kale, this juice is high in vitamins A and K, promoting bone health and hormone balance. The addition of cucumber helps hydrate while providing cooling effects during menopause.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	168 kcal
Protein	6g
Carbs	42g
Fats	14g



Ingredients

Fresh spinach	1.4 cup / 42 g
Kale leaves, stems removed	1.4 cup / 42 g
Cucumber, peeled and chopped	1.5 medium / 210 g
Green apple, cored and chopped	1.5 medium / 210 g
Lemon juice	2.8 tbsp / 42 ml
Water	1.4 cup / 336 ml

Instructions

1. Add spinach, kale, cucumber, green apple, and water to a blender.
2. Blend on high until smooth, then strain through a nut milk bag or fine mesh sieve to extract juice.
3. Stir in lemon juice, pour into a glass, and enjoy immediately.

14. Savory Quinoa Bowl with Salmon and Veggies

This nutrient-dense quinoa bowl is packed with protein, omega-3 fatty acids, and fiber, making it an excellent choice for women over 40 looking to support hormone balance and heart health. The combination of colorful vegetables and fatty fish provides essential vitamins and minerals that promote bone health and overall well-being.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	589 kcal
Protein	47g
Carbs	47g
Fats	23g



Ingredients

Quinoa	0.8 cup / 139.5 g
Water	1.6 cup / 372 ml
Salmon fillet	6.2 oz / 175.2 g
Spinach	1.6 cup / 46.5 g
Cherry tomatoes	0.8 cup / 116.3 g
Olive oil	1.6 tbsp / 23.3 ml
Lemon juice	1.6 tbsp / 23.3 ml
Pumpkin seeds	3.1 tbsp / 46.5 g
Feta cheese (optional)	1.6 oz / 43.4 g
Salt and pepper	to taste / to taste

Instructions

1. Step 1: Rinse the quinoa under cold water. In a medium saucepan, combine quinoa and water and bring to a boil. Reduce the heat, cover, and simmer for about 15 minutes or until water is absorbed and quinoa is fluffy.
2. Step 2: While the quinoa is cooking, heat olive oil in a skillet over medium heat. Season the salmon fillet with salt and pepper, then cook for 4-5 minutes on each side until cooked through. Remove from skillet and flake into pieces.
3. Step 3: In the same skillet, add spinach and cherry tomatoes. Sauté for 2-3 minutes until spinach is wilted and tomatoes are slightly blistered.
4. Step 4: Assemble the bowl by layering the quinoa, sautéed vegetables, flaked salmon, and pumpkin seeds. Drizzle with lemon juice and top with feta cheese if desired. Serve warm.

15. Tasty Turkey & Spinach Meatballs with Tomato Sauce

These turkey meatballs are high in protein and contain heme iron, while the spinach contributes non-heme iron. Served in a vitamin C-rich tomato sauce, they help enhance iron absorption, making them perfect for women over 40.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	25 min
Calories	627 kcal
Protein	53g
Carbs	50g
Fats	25g



Ingredients

Ground turkey	1.7 lb / 742.5 g
Spinach, chopped	1.7 cup / 396 ml
Breadcrumbs (whole grain)	0.8 cup / 198 ml
Egg	1.5 large / 1.5 large
Diced tomatoes, canned	1.7 cup / 396 ml
Olive oil	1.7 tbsp / 24.8 ml
Italian seasoning	1.7 tsp / 8.3 g

Instructions

1. Preheat the oven to 400°F (200°C).
2. In a bowl, mix 1.7 lb (742.5 g) ground turkey, 1.7 cup (396 ml) chopped spinach, 0.8 cup (198 ml) whole grain breadcrumbs, and 1.5 large egg until combined.
3. Shape into meatballs and place on a baking sheet. Bake for 20 minutes until fully cooked.
4. In a saucepan, heat 1.7 tbsp (24.8 ml) olive oil, add 1.7 cup (396 ml) diced tomatoes and 1.7 tsp (8.3 g) Italian seasoning, simmer for 5 minutes.
5. Serve meatballs topped with tomato sauce.

Day 6

3 meals · 1,627 calories

BREAKFAST Turmeric Bell Pepper Omelet with Spinach and Feta **490 kcal**

LUNCH Quinoa and Chickpea Salad with Avocado Dressing **543 kcal**

DINNER Curried Lentil & Sweet Potato Salad **594 kcal**

Protein: 125g Carbs: 172g Fats: 53g

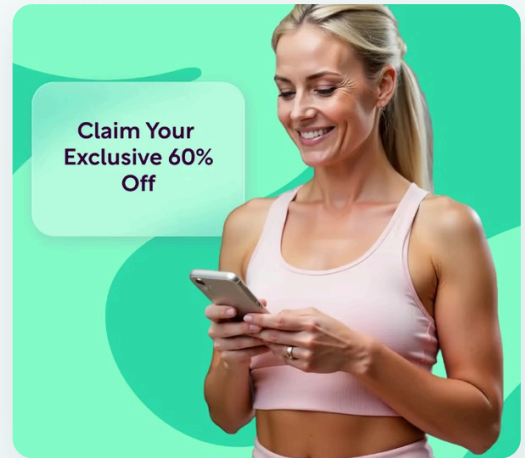
EXCLUSIVE OFFER

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. Turmeric Bell Pepper Omelet with Spinach and Feta

This vibrant omelet combines nutrient-rich bell peppers, spinach, and feta cheese, providing a boost of protein and essential vitamins for women over 40. Packed with anti-inflammatory ingredients like turmeric and healthy fats from coconut oil, this dish supports hormone balance, metabolism, and bone health.

Nutrition Information

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



Ingredients

eggs	3 large / 3 large
bell peppers, diced	0.7 cup / 168 ml
fresh spinach, chopped	1.4 cup / 336 ml
feta cheese, crumbled	1.4 oz / 42 g
turmeric powder	0.7 tsp / 2.8 g
coconut oil	1.4 tsp / 7 ml
black pepper, to taste	0.4 tsp / 1.4 g

Instructions

1. Step 1: In a bowl, whisk together the eggs, turmeric, and black pepper until well combined.
2. Step 2: Heat the coconut oil in a non-stick skillet over medium heat. Add the diced bell peppers and cook for 3-4 minutes until softened.
3. Step 3: Add the chopped spinach to the skillet and cook for an additional 1-2 minutes until wilted.
4. Step 4: Pour the egg mixture into the skillet, ensuring it covers the vegetables evenly. Cook for 3-4 minutes until the edges start to set.
5. Step 5: Sprinkle the crumbled feta cheese on one half of the omelet, then fold the other half over the top. Cook for another 2-3 minutes until the eggs are fully set.
6. Step 6: Slide the omelet onto a plate, cut in half, and serve warm.

17. Quinoa and Chickpea Salad with Avocado Dressing

This nutrient-dense salad is packed with protein, healthy fats, and fiber, making it ideal for women over 40. The combination of quinoa and chickpeas provides essential amino acids while the avocado dressing delivers heart-healthy fats and phytoestrogens for hormone balance.

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
chickpeas, canned, rinsed	1.6 cup / 372 g
fresh spinach, chopped	1.6 cup / 46.5 g
cherry tomatoes, halved	0.8 cup / 116.3 g
red bell pepper, diced	0.8 cup / 116.3 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
black pepper	to taste / to taste

Instructions

1. Rinse the quinoa under cold water and cook according to package instructions, typically about 15 minutes.
2. In a large bowl, combine the cooked quinoa, chickpeas, spinach, cherry tomatoes, and red bell pepper.
3. In a small bowl, mash the avocado and mix in olive oil, lemon juice, salt, and pepper to create the dressing.
4. Pour the avocado dressing over the salad and toss to combine thoroughly.
5. Top with sesame seeds and serve immediately.

18. Curried Lentil & Sweet Potato Salad

This nourishing salad is loaded with protein-rich lentils and sweet potatoes for sustained energy. The curry spices provide anti-inflammatory benefits, making it a great choice for women over 40.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	18 min
Calories	594 kcal
Protein	43g
Carbs	83g
Fats	17g



Ingredients

cooked lentils	1.7 cup / 396 ml
sweet potato, diced	1.7 cup / 396 ml
red onion, diced	0.4 cup / 99 ml
spinach, chopped	1.7 cup / 396 ml
olive oil	1.7 tbsp / 24.8 ml
curry powder	1.7 tsp / 6.6 g
lime juice	1.7 tbsp / 24.8 ml
salt and pepper to taste	to taste / to taste

Instructions

1. Boil or steam sweet potato until tender. Set aside.
2. In a bowl, combine cooked lentils, sweet potato, red onion, and spinach.
3. In a small bowl, whisk together olive oil, curry powder, lime juice, salt, and pepper. Pour over the salad and toss gently.

Day 7

3 meals · 1,641 calories

BREAKFAST Balanced Greens and Olive Oil Eggs **504 kcal**

LUNCH Savory Quinoa & Chickpea Bowl with Spinach and Avocado **543 kcal**

DINNER Herb Grilled Chicken with Arugula and Radish Salad **594 kcal**

Protein: 141g Carbs: 79g Fats: 83g

19. Balanced Greens and Olive Oil Eggs

Start your day with a nutritious breakfast that supports hormone balance, metabolism, and overall health. This recipe combines rich protein from eggs with the goodness of mixed greens, healthy fats, and antioxidants, making it perfect for women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	504 kcal
Protein	42g
Carbs	17g
Fats	31g



Ingredients

large eggs	2.8 large / 2.8g
mixed greens	1.4 cup / 336 ml
olive oil	1.4 tsp / 7 ml
balsamic vinegar	1.4 tsp / 7 ml
chia seeds	1.4 tbsp / 21 g
feta cheese (optional)	1.4 oz / 39.2 g

Instructions

1. Step 1: Boil the eggs in a pot of water for 10-12 minutes, then cool them in cold water and peel.
2. Step 2.8: In a bowl, toss the mixed greens with olive oil, balsamic vinegar, and chia seeds for added fiber and omega-3s.
3. Step 3: Slice the boiled eggs and place them on top of the mixed greens.
4. Step 4: If desired, crumble feta cheese over the top for extra flavor and calcium.

20. Savory Quinoa & Chickpea Bowl with Spinach and Avocado

This nutrient-packed bowl is designed to support hormone balance and metabolism while providing essential nutrients for bone and heart health. With a high protein content and healthy fats, it makes for a satisfying meal that aids in weight loss or maintenance for women over 40.

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
canned chickpeas, drained and rinsed	0.8 cup / 186 g
fresh spinach, chopped	1.6 cup / 46.5 g
avocado, diced	1 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
salt and pepper to taste	to taste / to taste

Instructions

1. In a large bowl, combine the cooked quinoa and chickpeas.
2. Add the chopped spinach, diced avocado, and crumbled feta cheese (if using).
3. In a small bowl, whisk together the olive oil and lemon juice, then pour over the quinoa mixture.
4. Season with salt and pepper to taste, and gently toss until well combined.
5. Serve immediately or refrigerate for up to 2 days.

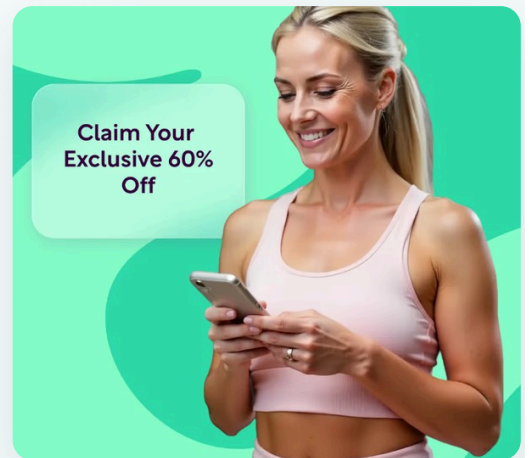
EXCLUSIVE OFFER

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. Herb Grilled Chicken with Arugula and Radish Salad

Grilled chicken, seasoned with anti-inflammatory herbs, paired with arugula and radishes makes for a refreshing and nutrient-dense meal. This dish supports both heart health and joint function.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	20 min
Calories	594 kcal
Protein	56g
Carbs	15g
Fats	33g



Ingredients

Chicken breast	9.9 oz / 280.5 g
Arugula	3.3 cups / 792 ml
Radishes (sliced)	0.8 cup / 198 ml
Olive oil	1.7 tbsp / 24.8 ml
Mixed herbs (dried)	1.7 tsp / 8.3 g
Salt and pepper	to taste / to taste

Instructions

1. Preheat the grill to medium-high heat.
2. Season chicken breast with olive oil, mixed herbs, salt, and pepper.
3. Grill chicken for 7-8 minutes on each side until cooked through.
4. In a bowl, toss arugula and radishes with a drizzle of olive oil.
5. Slice grilled chicken and serve over the salad.

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.