

7-Day Bikini Body Diet Plan for Women Over 40 PDF

Achieve a toned physique at any age.

Get ready for summer with the 7-Day Bikini Body Diet Plan tailored for women over 40. Featuring 21 recipes that focus on lean proteins and fresh produce, this plan helps you achieve a toned physique while enjoying delicious meals. Feel confident and fabulous this season!

DAILY NUTRITION OVERVIEW

DAY	CALORIES	PROTEIN	CARBS	FATS
Day 1	1,305	92g	103g	64g
Day 2	1,429	103g	124g	60g
Day 3	1,611	110g	218g	50g
Day 4	1,611	132g	57g	96g
Day 5	1,611	124g	131g	70g
Day 6	1,611	129g	125g	63g
Day 7	1,611	132g	120g	72g
Avg	1,541	117g	125g	68g

CALORIE DISTRIBUTION



Nourish Your Body, Transform Your Health

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



21 Recipes

7-day meal plan



1,541 cal/day

Daily average



117g Protein

Daily average



Macro Balanced

125g C / 68g F avg

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Day 1

3 meals · 1,305 calories

BREAKFAST	Root Vegetable Hash with Poached Eggs	504 kcal
LUNCH	Savory Vegetable and Miso Soup with Tofu	388 kcal
DINNER	Turmeric-Ginger Miso Soup with Tofu	413 kcal

Protein: 92g Carbs: 103g Fats: 64g

1. Root Vegetable Hash with Poached Eggs

This colorful hash is filled with root vegetables that are rich in vitamins and minerals essential for bone health, particularly beneficial for women over 40. Poached eggs add high-quality protein, supporting muscle maintenance and satiety.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	504 kcal
Protein	28g
Carbs	42g
Fats	28g



Ingredients

Sweet potato, diced	0.7 cup / 105 g
Carrot, diced	0.7 cup / 105 g
Red bell pepper, diced	0.4 cup / 56 g

Onion, diced	0.4 cup / 56 g
Eggs	2.8 large / 2.8g
Olive oil	1.4 tbsp / 21 ml
Salt and pepper	to taste / to taste

Instructions

1. In a skillet, heat olive oil over medium heat.
2. Add diced sweet potato, carrot, onion, and bell pepper, cooking until tender (about 10 minutes).
3. While the vegetables cook, bring a small pot of water to a gentle simmer and poach the eggs.
4. Season the hash with salt and pepper, then serve topped with poached eggs.

2. Savory Vegetable and Miso Soup with Tofu

This nourishing miso soup is rich in probiotics and protein from tofu, which is beneficial for gut health and aids digestion. The mix of colorful vegetables offers vitamins and minerals crucial for hormonal balance.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	13 min
Calories	388 kcal
Protein	31g
Carbs	28g
Fats	19g



Ingredients

Miso paste	3.1 tbsp / 46.5 g
Soft tofu, cubed	0.8 cup / 186 ml
Carrots, sliced	0.8 cup / 186 ml
Green beans, chopped	0.8 cup / 186 ml
Mushrooms, sliced	0.8 cup / 186 ml
Vegetable broth	3.1 cups / 744 ml
Green onions, sliced	3.1 tbsp / 46.5 ml

Instructions

1. In a pot, bring vegetable broth to a simmer over medium heat.
2. Add carrots, green beans, and mushrooms, and cook for about 5-7 minutes until tender.
3. Whisk in miso paste until dissolved, then add tofu and simmer for an additional 2 minutes.
4. Garnish with sliced green onions and serve warm.

3. Turmeric-Ginger Miso Soup with Tofu

This warming soup features miso, which is rich in probiotics, along with anti-inflammatory turmeric and ginger. Tofu adds protein, making it a gut-friendly and satisfying meal.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	10 min
Calories	413 kcal
Protein	33g
Carbs	33g
Fats	17g



Ingredients

Miso paste	3.3 tbsp / 49.5 ml
Firm tofu, cubed	1.7 cup / 396 ml
Vegetable broth	3.3 cups / 792 ml
Fresh ginger, grated	1.7 tsp / 8.3 g
Ground turmeric	½ tsp / 3.3 g

Instructions

1. In a pot, heat 3.3 cups (792 ml) vegetable broth over medium heat.
2. Stir in 3.3 tbsp (49.5 ml) miso paste, 1.7 cup (396 ml) cubed tofu, 1.7 tsp (8.3 g) grated fresh ginger, and ½ tsp (3.3 g) ground turmeric.
3. Simmer for 10 minutes and serve hot.

Day 2

3 meals · 1,429 calories

BREAKFAST Egg White & Vegetable Scramble **308 kcal**

LUNCH Chickpea & Seaweed Salad with Tahini Dressing **543 kcal**

DINNER Spiced Chickpea & Cauliflower Flatbreads **578 kcal**

Protein: 103g Carbs: 124g Fats: 60g

4. Egg White & Vegetable Scramble

This light yet filling dish is high in protein and low in calories, perfect for maintaining a healthy weight. The colorful vegetables provide antioxidants that combat inflammation associated with menopause.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	10 min
Calories	308 kcal
Protein	39g
Carbs	11g
Fats	14g



Ingredients

Egg whites	1.4 cup / 336 ml
Bell pepper, diced	0.5 medium / 0.5 medium
Onion, diced	0.5 medium / 0.5 medium
Zucchini, diced	0.5 medium / 0.5 medium
Olive oil	1.4 tbsp / 21 ml
Salt	to taste / to taste
Pepper	to taste / to taste

Instructions

1. Heat 1.4 tbsp (21 ml) olive oil in a skillet over medium heat.
2. Add diced bell pepper, onion, and zucchini, sautéing until soft, about 5 minutes.
3. Pour in 1.4 cup (336 ml) egg whites, stirring until cooked through, about 3 minutes.
4. Season with salt and pepper to taste.

5. Chickpea & Seaweed Salad with Tahini Dressing

This hearty salad combines chickpeas for protein, seaweed for iodine, and a creamy tahini dressing rich in healthy fats, all supporting thyroid health and metabolism.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	12 min
Calories	543 kcal
Protein	31g
Carbs	47g
Fats	23g



Ingredients

Canned chickpeas	1.6 cup / 372 ml
Dried seaweed (arame or wakame)	0.4 cup / 23.3 g
Tahini	3.1 tbsp / 46.5 g
Lemon juice	1.6 tbsp / 23.3 ml
Olive oil	1.6 tbsp / 23.3 ml

Instructions

1. Soak seaweed in water for 10 minutes, then drain and chop.
2. In a bowl, combine chickpeas, chopped seaweed, tahini, lemon juice, and olive oil.
3. Toss well and serve chilled or at room temperature.

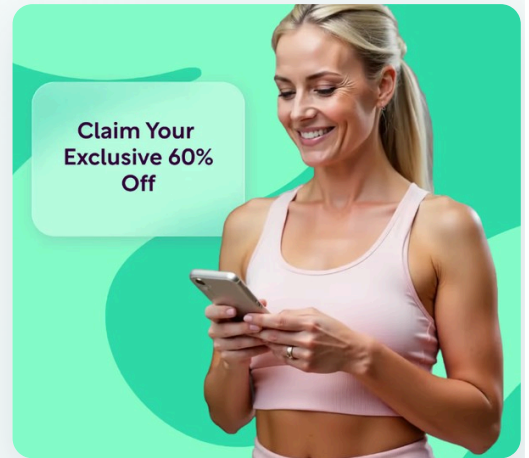
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6. Spiced Chickpea & Cauliflower Flatbreads

These flatbreads are a fantastic option for a quick meal, featuring protein-rich chickpeas and anti-inflammatory cauliflower. Spices like cumin help boost metabolism while providing flavor without added salt.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	15 min
Calories	578 kcal
Protein	33g
Carbs	66g
Fats	23g



Ingredients

Chickpeas, canned, rinsed	1.7 cup / 396 ml
Cauliflower, riced	1.7 cup / 247.5 g
Whole wheat flatbreads	3.3 slice(s) / 82.5 g
Cumin	1.7 tsp / 8.3 g
Olive oil	1.7 tbsp / 24.8 ml

Instructions

1. Preheat the oven to 400°F (200°C).
2. In a bowl, mix 1.7 cup (396 ml) rinsed chickpeas, 1.7 cup (247.5 g) riced cauliflower, and 1.7 tsp (8.3 g) cumin. Mash slightly until combined.
3. Spread the mixture onto 3.3 whole wheat flatbreads and brush with 1.7 tbsp (24.8 ml) olive oil.
4. Bake for 15 minutes until golden and crispy.

Day 3

3 meals · 1,611 calories

BREAKFAST Chocolate Protein Overnight Oats **490 kcal**

LUNCH Shrimp Quinoa Bowl with Avocado **543 kcal**

DINNER Turmeric-Spiced Roasted Chickpeas and Sweet Potatoes **578 kcal**

Protein: 110g Carbs: 218g Fats: 50g

7. Chocolate Protein Overnight Oats

These overnight oats are a convenient and delicious way to start your day, packed with protein and fiber to keep you satisfied. The combination of oats and protein powder provides sustained energy, essential for active women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	490 kcal
Protein	38g
Carbs	63g
Fats	14g



Ingredients

Rolled oats	0.7 cup / 168 ml
Unsweetened almond milk	1.4 cup / 336 ml
Chocolate protein powder	1.5 scoop / 42 g
Chia seeds	1.4 tbsp / 21 ml
Honey or maple syrup	1.4 tbsp / 21 ml

Instructions

1. In a jar, combine 0.7 cup (168 ml) of rolled oats, 1.4 cup (336 ml) of unsweetened almond milk, 1.5 scoop (42 g) of chocolate protein powder, 1.4 tbsp (21 ml) of chia seeds, and 1.4 tbsp (21 ml) of honey or maple syrup if desired.
2. Stir well, cover, and refrigerate overnight.
3. In the morning, stir again and enjoy chilled.

8. Shrimp Quinoa Bowl with Avocado

This nutrient-dense quinoa bowl is rich in protein and healthy fats, supporting hormone balance and energy levels. The quinoa provides complex carbs and fiber for sustained energy.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	12 min
Calories	543 kcal
Protein	47g
Carbs	56g
Fats	19g



Ingredients

Cooked quinoa	1.6 cup / 372 ml
Raw shrimp, peeled and deveined	9.3 oz / 263.5 g
Avocado, diced	0.8 medium / 0.8g
Lime juice	1.6 tbsp / 23.3 ml
Cilantro, chopped	1.6 tbsp / 23.3 ml
Olive oil	1.6 tbsp / 23.3 ml
Salt and pepper to taste	to taste / to taste

Instructions

1. In a skillet, heat 1.6 tbsp (23.3 ml) olive oil over medium heat.
2. Add shrimp and cook for 5-7 minutes until pink and opaque.
3. In a bowl, combine cooked quinoa, shrimp, lime juice, salt, and pepper; top with diced avocado and cilantro.

9. Turmeric-Spiced Roasted Chickpeas and Sweet Potatoes

This flavorful dish features fiber-rich sweet potatoes and protein-packed chickpeas, supporting digestive health and reducing inflammation with turmeric. It's a satisfying and nutritious meal.

Nutrition Information

Servings	1
Prep Time	9 min
Cook Time	25 min
Calories	578 kcal
Protein	25g
Carbs	99g
Fats	17g



Ingredients

Sweet potato	1.7 cup / 396 ml
Canned chickpeas	0.8 cup / 198 ml
Olive oil	1.7 tbsp / 24.8 ml
Ground turmeric	1.7 tsp / 8.3 g

Instructions

1. Preheat the oven to 400°F (200°C).
2. In a bowl, toss 1.7 cup (396 ml) cubed sweet potatoes and 0.8 cup (198 ml) chickpeas with 1.7 tbsp (24.8 ml) olive oil and 1.7 tsp (8.3 g) ground turmeric.
3. Spread on a baking sheet and roast for 25 minutes, or until sweet potatoes are tender.

Day 4

3 meals · 1,611 calories

BREAKFAST Egg & Bell Pepper Breakfast Skillet **490 kcal**

LUNCH Zesty Grilled Vegetable & Feta Salad **543 kcal**

DINNER Garlic Butter Shrimp with Asparagus **578 kcal**

Protein: 132g Carbs: 57g Fats: 96g

10. Egg & Bell Pepper Breakfast Skillet

This vibrant breakfast skillet combines protein-rich eggs with bell peppers for a boost of vitamins and antioxidants, supporting heart health and energy. A quick and easy meal that keeps you satisfied throughout the morning.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	10 min
Calories	490 kcal
Protein	34g
Carbs	17g
Fats	35g



Ingredients

Eggs	4 large / 4 large
Bell pepper, diced	1.4 cup / 336 ml
Olive oil	1.4 tbsp / 21 ml
Salt	to taste / to taste
Pepper	to taste / to taste

Instructions

1. Heat 1.4 tbsp (21 ml) olive oil in a skillet over medium heat.
2. Add 1.4 cup (336 ml) diced bell pepper and sauté for 3-4 minutes until soft.
3. Whisk 4 large eggs with salt and pepper, then pour into the skillet and cook, stirring gently, until just set.
4. Serve immediately.

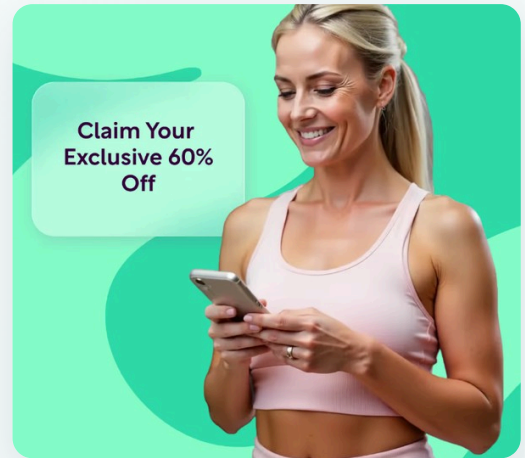
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11. Zesty Grilled Vegetable & Feta Salad

This grilled vegetable salad is coupled with feta cheese for a protein-packed vegetarian dish that supports hormone health. The colorful array of veggies provides antioxidants, promoting overall wellness.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	13 min
Calories	543 kcal
Protein	39g
Carbs	28g
Fats	31g



Ingredients

Zucchini, sliced	1.6 cup / 372 ml
Bell peppers, sliced	1.6 cup / 372 ml
Red onion, sliced	0.8 medium / 116.3 g
Feta cheese, crumbled	0.8 cup / 186 ml
Olive oil	3.1 tbsp / 46.5 ml
Balsamic vinegar	1.6 tbsp / 23.3 ml
Salt and pepper	to taste / to taste

Instructions

1. Grill zucchini, bell peppers, and red onion until tender and slightly charred, about 10-15 minutes.
2. In a bowl, combine the grilled vegetables with crumbled feta.
3. In a small bowl, whisk together olive oil, balsamic vinegar, salt, and pepper.
4. Drizzle dressing over the salad and toss to combine.

12. Garlic Butter Shrimp with Asparagus

This dish combines shrimp and asparagus in a garlic butter sauce, providing a delicious low-carb meal packed with protein and vitamins to support overall health.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	19 min
Calories	578 kcal
Protein	59g
Carbs	12g
Fats	30g



Ingredients

Shrimp, peeled and deveined	9.9 oz / 280.5 g
Asparagus, trimmed	1.7 cup / 396 ml
Butter	1.7 tbsp / 24.8 g
Garlic, minced	3 cloves / 3 cloves
Salt and pepper	to taste / to taste

Instructions

1. Heat butter in a skillet over medium heat.
2. Add minced garlic and cook until fragrant, about 30 seconds.
3. Add shrimp and asparagus; cook until shrimp are pink and asparagus is tender, about 5-7 minutes.
4. Season with salt and pepper before serving.

Day 5

3 meals · 1,611 calories

BREAKFAST Avocado & Egg Breakfast Bowl **490 kcal**

LUNCH Protein-Packed Mediterranean Quinoa Bowl **543 kcal**

DINNER Mediterranean-Inspired Grilled Chicken Fajitas with Black Beans **578 kcal**

Protein: 124g Carbs: 131g Fats: 70g

13. Avocado & Egg Breakfast Bowl

This nutrient-dense bowl combines healthy fats from avocado with protein from eggs to promote heart health and hormone balance. The fiber from avocado helps maintain stable blood sugar levels, essential for energy and vitality.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	10 min
Calories	490 kcal
Protein	31g
Carbs	18g
Fats	34g



Ingredients

Eggs	3 large / 3 large
Avocado, diced	0.5 medium / 0.5 medium
Cherry tomatoes, halved	0.7 cup / 168 ml
Olive oil	1.4 tsp / 7 ml
Salt	to taste / to taste
Pepper	to taste / to taste

Instructions

1. Poach or fry 3 large eggs in a non-stick skillet over medium heat with 1.4 tsp (7 ml) olive oil.
2. While the eggs cook, dice 0.5 medium avocado and halve 0.7 cup (168 ml) cherry tomatoes.
3. Once eggs are cooked, place them in a bowl with the avocado and tomatoes.
4. Season with salt and pepper to taste.

14. Protein-Packed Mediterranean Quinoa Bowl

This vibrant and nutritious quinoa bowl is designed to support hormone balance and metabolism for women over 40. Packed with protein, healthy fats, and fiber, it promotes bone and heart health while providing essential nutrients like calcium and omega-3s.

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
Chickpeas, drained and rinsed	0.8 cup / 186 g
Cherry tomatoes, halved	0.8 cup / 116.3 g
Cucumber, diced	0.8 cup / 116.3 g
Feta cheese, crumbled	0.4 cup / 62 g
Olive oil	3.1 tablespoons / 46.5 ml
Lemon juice	1.6 tablespoon / 23.3 ml
Fresh parsley, chopped	3.1 tablespoons / 12.4 g
Salt	0.4 teaspoon / 2.3 g
Black pepper	0.4 teaspoon / 2.3 g

Instructions

1. In a large bowl, combine the cooked quinoa, chickpeas, cherry tomatoes, cucumber, and feta cheese.
2. In a small bowl, whisk together the olive oil, lemon juice, salt, and black pepper.
3. Pour the dressing over the quinoa mixture and toss gently to combine.
4. Sprinkle with fresh parsley and serve immediately or refrigerate for up to 2 hours.

15. Mediterranean-Inspired Grilled Chicken Fajitas with Black Beans

This vibrant dish combines the flavors of Mediterranean and Mexican cuisine, featuring grilled chicken marinated with herbs and spices, served with black beans and colorful bell peppers. Rich in protein, fiber, and omega-3s, it's designed to support hormone balance and heart health for women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	578 kcal
Protein	50g
Carbs	66g
Fats	17g



Ingredients

boneless, skinless chicken breast	9.9 oz / 280.5 g
olive oil	1.7 tablespoon / 24.8 ml
bell pepper, sliced (red, yellow, or green)	1.7 cup / 247.5 g
onion, sliced	0.8 cup / 123.8 g
black beans, canned, drained, and rinsed	0.8 cup / 198 g
corn tortillas	3 small / 99 g
pico de gallo	0.4 cup / 99 g
lime juice	1.7 tablespoon / 24.8 ml
cumin	1.7 teaspoon / 3.3 g
garlic powder	0.8 teaspoon / 1.7 g

fresh cilantro, chopped

3.3 tablespoons / 13.2 g

Instructions

1. Step 1: In a bowl, combine olive oil, lime juice, cumin, garlic powder, and chicken breast. Marinate for 10 minutes.
2. Step 2: Heat a grill pan over medium-high heat. Grill the marinated chicken for 5-7 minutes per side until cooked through. Remove and let rest.
3. Step 3: In the same pan, add sliced bell peppers and onion; sauté for 3-4 minutes until tender.
4. Step 4: Slice the grilled chicken and serve it in corn tortillas topped with sautéed vegetables, black beans, and pico de gallo. Garnish with fresh cilantro.

Day 6

3 meals · 1,611 calories

BREAKFAST Savory Egg & Veggie Breakfast Burritos **490 kcal**

LUNCH Mindful Mediterranean Chickpea Salad **543 kcal**

DINNER Herb-Crusted Pork Tenderloin with Garlic Brussels Sprouts **578 kcal**

Protein: 129g Carbs: 125g Fats: 63g

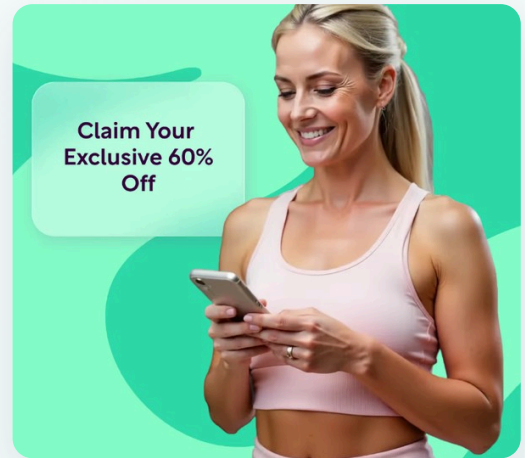
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16. Savory Egg & Veggie Breakfast Burritos

These hearty breakfast burritos are packed with protein from eggs and fiber from beans, giving you a filling start to the day. They are easily made ahead and frozen for convenience.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	5 min
Calories	490 kcal
Protein	36g
Carbs	53g
Fats	14g



Ingredients

Eggs	8.5 large / 420 g
Frozen mixed vegetables	2.8 cups / 672 ml
Canned black beans	1.5 can (15 oz) / 595 g
Whole wheat tortillas	5.5 large / 336 g
Olive oil	1.4 tbsp / 21 ml
Salsa (optional)	0.7 cup / 168 ml

Instructions

1. Heat 1.4 tbsp (21 ml) olive oil in a skillet over medium heat.
2. Add 2.8 cups (672 ml) frozen mixed vegetables and sauté for 5 minutes until heated through. Add 8.5 large beaten eggs and scramble until cooked.
3. In each of the 5.5 large tortillas, layer 0.7 cup (120g) canned black beans, followed by the egg and vegetable mixture. Roll into burrito form.
4. Serve immediately or wrap in foil and freeze for later.

17. Mindful Mediterranean Chickpea Salad

This vibrant Mediterranean Chickpea Salad is packed with protein and fiber, making it an excellent choice for women over 40. Loaded with phytoestrogens, healthy fats, and essential nutrients for hormone balance and heart health, it's a perfect dish to enjoy at any restaurant without guilt.

Nutrition Information

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



Ingredients

canned chickpeas, rinsed and drained	1.6 cup / 372 g
cherry tomatoes, halved	0.8 cup / 116.3 g
cucumber, diced	0.8 cup / 116.3 g
red onion, finely chopped	0.4 cup / 62 g
feta cheese, crumbled	0.4 cup / 62 g
olive oil	3.1 tablespoons / 46.5 ml
lemon juice	3.1 tablespoons / 46.5 ml
fresh parsley, chopped	3.1 tablespoons / 12.4 g
salt and pepper to taste	to taste / to taste

Instructions

1. In a large bowl, combine the chickpeas, cherry tomatoes, cucumber, red onion, and parsley.
2. In a small bowl, whisk together the olive oil, lemon juice, salt, and pepper.
3. Pour the dressing over the salad and toss to combine.
4. Sprinkle feta cheese on top and serve immediately or chill for 10 minutes for enhanced flavors.

18. Herb-Crusted Pork Tenderloin with Garlic Brussels Sprouts

This delicious dish features lean pork tenderloin paired with roasted Brussels sprouts, providing a rich source of protein and essential nutrients that support hormone balance and heart health for women over 40. The addition of garlic and rosemary not only enhances flavor but also offers antioxidant benefits, while healthy fats from olive oil aid in nutrient absorption.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	578 kcal
Protein	50g
Carbs	25g
Fats	30g



Ingredients

Pork tenderloin	4.9 oz / 140.3 g
Brussels sprouts	1.7 cup / 247.5 g
Olive oil	1.7 tsp / 8.3 ml
Garlic, minced	1.5 clove / 4.9 g
Fresh rosemary, chopped	1.7 tsp / 1.7 g
Salt	to taste / to taste
Black pepper	to taste / to taste

Instructions

1. Preheat the oven to 400°F (200°C).
2. Trim any excess fat from the pork tenderloin and season with salt, pepper, and half of the chopped rosemary.
3. In a medium bowl, toss the Brussels sprouts with olive oil, minced garlic, salt, and pepper.
4. Place the pork tenderloin on a baking sheet and surround it with the seasoned Brussels sprouts.
5. Roast in the preheated oven for about 15 minutes, or until the pork reaches an internal temperature of 145°F (63°C) and the Brussels sprouts are tender and slightly caramelized.
6. Remove from the oven, let the pork rest for a few minutes, then slice and serve with the Brussels sprouts.

Day 7

3 meals · 1,611 calories

BREAKFAST Nutty Banana Protein Bowl **490 kcal**

LUNCH Balanced White Fish Vegetable Bowl with Cauliflower Rice **543 kcal**

DINNER Savory Lean Beef with Zucchini Noodles **578 kcal**

Protein: 132g Carbs: 120g Fats: 72g

19. Nutty Banana Protein Bowl

Combining bananas with a variety of nuts and seeds, this bowl is rich in protein and healthy fats. The combination supports heart health and hormone balance, perfect for women over 40.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	8 min
Calories	490 kcal
Protein	39g
Carbs	53g
Fats	17g



Ingredients

Banana (frozen)	1.5 medium / 1.5 medium
Almond milk (unsweetened)	0.7 cup / 168 ml
Protein powder (vanilla flavor)	1.5 scoop / 42 g
Mixed nuts (chopped)	2.8 tbsp / 42 g
Chia seeds	1.4 tbsp / 21 g

Instructions

1. In a blender, combine 1 frozen banana, 0.7 cup (168 ml) almond milk, and 1.5 scoop (42 g) protein powder until smooth.
2. Pour into a bowl and top with 2.8 tbsp (42 g) chopped mixed nuts and 1.4 tbsp (21 g) chia seeds.

20. Balanced White Fish Vegetable Bowl with Cauliflower Rice

This nourishing White Fish Vegetable Bowl combines lean protein from white fish with fiber-rich vegetables to support hormone balance and digestive health, ideal for women over 40. Packed with omega-3s and essential nutrients, it's designed to promote bone health and heart 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	22g



Ingredients

White fish (cod or halibut)	6.2 oz / 175.2 g
Steamed broccoli	1.6 cup / 372 ml
Cauliflower rice	0.8 cup / 186 ml
Butter	1.6 tsp / 7.8 g
Olive oil	1.6 tbsp / 23.3 ml
Chia seeds	1.6 tbsp / 23.3 g
Lemon juice	1.6 tbsp / 23.3 ml
Salt and pepper	to taste / to taste

Instructions

1. Step 1: In a skillet, heat 1 tablespoon of olive oil over medium heat. Season the white fish with salt and pepper, then cook for 3-4 minutes on each side, or until cooked through and flaky.
2. Step 2: While the fish is cooking, steam the broccoli until tender, about 5 minutes.
3. Step 3: In a bowl, combine the steamed broccoli and cauliflower rice. Stir in 1 teaspoon of butter and lemon juice, and season with salt and pepper to taste.
4. Step 4: To serve, place the cauliflower rice and broccoli mixture in a bowl, top with the cooked white fish, and sprinkle with chia seeds for added fiber and omega-3s.

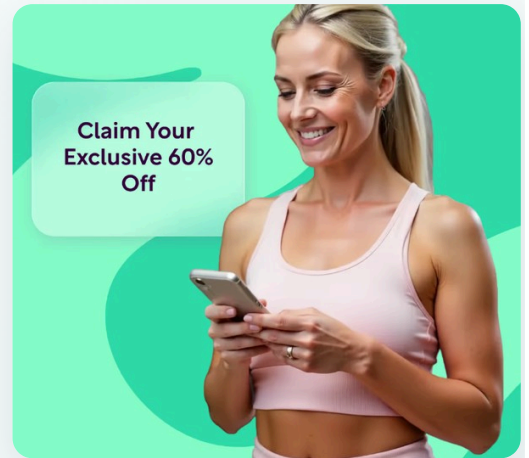
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21. Savory Lean Beef with Zucchini Noodles

This delicious dish combines lean ground beef and spiralized zucchini for a nutritious meal that supports hormone balance and bone health. Rich in protein and healthy fats, it provides essential nutrients for women over 40, helping to maintain energy levels and promote heart health.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	578 kcal
Protein	46g
Carbs	20g
Fats	33g



Ingredients

Lean ground beef	4.9 oz / 140.3 g
Zucchini, spiralized	1.5 medium / 1.5 medium
Olive oil	1.7 tsp / 8.3 ml
Italian herbs (dried)	1.7 tsp / 1.7 g
Garlic, minced	1.5 clove / 1.5 clove
Salt	to taste / to taste
Ground black pepper	to taste / to taste

Instructions

1. In a skillet over medium heat, add olive oil and minced garlic, sautéing for about 30 seconds until fragrant.
2. Add the lean ground beef to the skillet, breaking it apart with a spatula and cooking until browned, about 5-7 minutes.
3. Season the beef with Italian herbs, salt, and black pepper to taste.
4. While the beef is cooking, spiralize the zucchini if not pre-spiralized.
5. Once the beef is cooked, add the spiralized zucchini to the skillet, stirring gently to combine with the beef and cook for another 2-3 minutes until the zucchini is slightly softened.
6. Serve immediately, garnished with additional herbs if desired.

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