

7-Day Boiled Egg Diet Plan for Women Over 40 PDF

A simple yet effective weight loss strategy.

The 7-Day Boiled Egg Diet Plan is specifically designed for women over 40 seeking a straightforward weight loss method. With 21 protein-rich recipes, this plan supports weight loss and muscle maintenance, perfect for those looking to simplify their meals while achieving results.

DAILY NUTRITION OVERVIEW

DAY	CALORIES	PROTEIN	CARBS	FATS
Day 1	1,513	118g	74g	92g
Day 2	1,513	129g	72g	80g
Day 3	1,516	121g	94g	76g
Day 4	1,574	124g	111g	73g
Day 5	1,605	121g	76g	98g
Day 6	1,637	105g	124g	93g
Day 7	1,667	103g	151g	73g
Avg	1,575	117g	100g	84g

CALORIE DISTRIBUTION



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21 Recipes

7-day meal plan



117g Protein

Daily average



1,575 cal/day

Daily average



Macro Balanced

100g C / 84g F avg

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Day 1

3 meals · 1,513 calories

BREAKFAST	Mediterranean Egg and Tomato Salad	392 kcal
LUNCH	Weekly Protein Power Prep for Hormone Balance	543 kcal
DINNER	Egg & Tomato Bake	578 kcal

Protein: 118g Carbs: 74g Fats: 92g

1. Mediterranean Egg and Tomato Salad

This refreshing salad features boiled eggs combined with tomatoes, offering antioxidants and vitamin C, vital for skin health during menopause. Olive oil adds heart-healthy fats that are crucial for hormone balance.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	5 min
Calories	392 kcal
Protein	31g
Carbs	14g
Fats	28g



Ingredients

Boiled eggs	3 large / 3 large
Cherry tomatoes, halved	1.4 cup / 336 ml
Olive oil	1.4 tbsp / 21 ml

Fresh basil, chopped

1.4 tbsp / 21 ml

Salt and pepper

to taste / to taste

Instructions

1. In a bowl, combine 1.4 cup (336 ml) halved cherry tomatoes with 1.4 tbsp (21 ml) chopped basil.
2. Drizzle with 1.4 tbsp (21 ml) olive oil and season with salt and pepper.
3. Slice 2 boiled eggs and place them on top of the salad.

2. Weekly Protein Power Prep for Hormone Balance

This weekly protein prep recipe is designed to support hormone balance, metabolism, and bone health for women over 40. By incorporating lean protein sources and nutrient-rich ingredients, you'll have convenient meals ready that are high in protein and packed with essential nutrients.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	543 kcal
Protein	47g
Carbs	43g
Fats	23g



Ingredients

Chicken breasts	5.1 lbs / 2.3 kg
Eggs	18.5 large / 18.5 large
Greek yogurt	3.1 cups / 744 ml
Dried lentils	3.9 cups / 775 g
Salmon fillets	1.6 lb / 697.5 g
Olive oil	3.1 tablespoons / 46.5 ml
Fresh spinach	3.1 cups / 93 g
Lemon juice	3.1 tablespoons / 46.5 ml

Instructions

1. Step 1: Preheat your grill or oven to medium-high heat and season chicken breasts with olive oil, salt, and pepper. Grill or bake for 30 minutes until fully cooked.
2. Step 2: While chicken cooks, hard-boil eggs by placing them in a pot of cold water, bringing to a boil, then simmering for 12 minutes. Remove from heat, cool, and peel.
3. Step 3: Portion Greek yogurt into grab-and-go containers, adding a sprinkle of cinnamon or fresh fruit if desired.
4. Step 4: Rinse lentils and cook them in a pot with 5 cups of water for about 40 minutes or until tender. Drain and season with lemon juice and salt.
5. Step 5: Bake salmon fillets for 20 minutes at 375°F (190°C) seasoned with olive oil, salt, and lemon juice.
6. Step 6: Portion everything into individual containers for easy access throughout the week.

3. Egg & Tomato Bake

Baked eggs with tomatoes create a flavorful, protein-rich dish that supports heart health and muscle maintenance. Tomatoes are rich in lycopene, an antioxidant that can help reduce inflammation associated with menopause.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	578 kcal
Protein	40g
Carbs	17g
Fats	41g



Ingredients

Eggs	5 large / 5 large
Tomatoes, chopped	1.7 cup / 396 ml
Olive oil	1.7 tbsp / 24.8 ml
Salt	to taste / to taste
Pepper	to taste / to taste

Instructions

1. Preheat the oven to 375°F (190°C).
2. In a baking dish, combine 1.7 cup (396 ml) chopped tomatoes with salt and pepper.
3. Make small wells in the tomato mixture and crack 5 large eggs into the wells.
4. Drizzle with 1.7 tbsp (24.8 ml) olive oil and bake for 15 minutes until eggs are cooked to your liking.

Day 2

3 meals · 1,513 calories

BREAKFAST Cheesy Broccoli & Egg Muffins **392 kcal**

LUNCH Protein Power Meal Prep for Women 40+ **543 kcal**

DINNER Savory Mushroom Butter Scrambled Eggs with Thyme **578 kcal**

Protein: 129g Carbs: 72g Fats: 80g

4. Cheesy Broccoli & Egg Muffins

These easy-to-make egg muffins are packed with broccoli and cheese, providing a protein-rich snack or breakfast. They are nutrient-dense and low-carb, helping support energy levels for women over 40.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	8 min
Calories	392 kcal
Protein	36g
Carbs	13g
Fats	25g



Ingredients

Broccoli, chopped	1.4 cup / 126 g
Eggs	5.5 large / 5.5 large
Shredded cheese (cheddar or mozzarella)	½ cup / 84 g
Olive oil	1.4 tbsp / 21 ml
Salt	to taste /
Black pepper	to taste /

Instructions

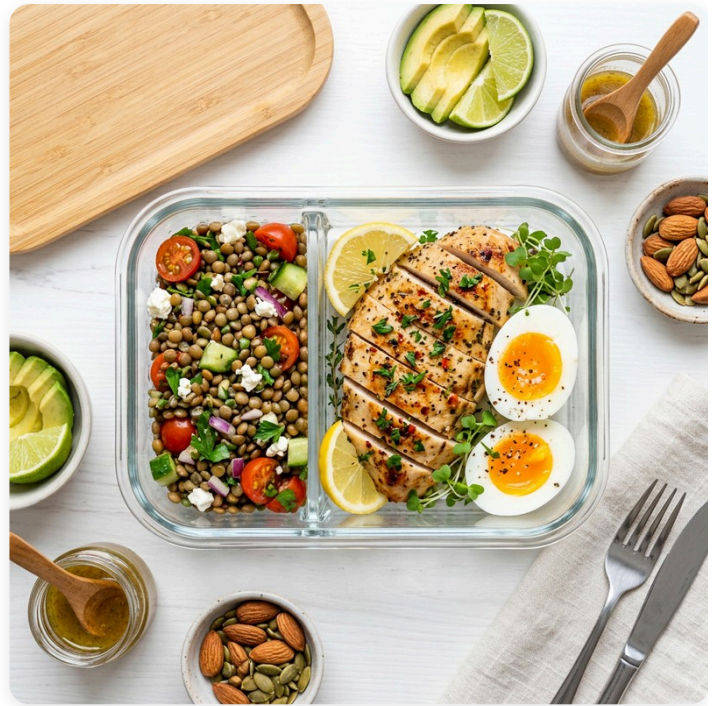
1. Preheat oven to 350°F (175°C).
2. Grease a muffin tin with olive oil. In a bowl, whisk together eggs, salt, and pepper. Stir in chopped broccoli and half of the cheese.
3. Pour egg mixture into the muffin cups and top with remaining cheese. Bake for 15-18 minutes until set.

5. Protein Power Meal Prep for Women 40+

This meal prep recipe focuses on batch-cooking high-protein foods to support hormone balance, metabolism, and overall health for women over 40. With a mix of lean meats, plant-based proteins, and nutrient-dense ingredients, this strategy ensures you have healthy options ready to go throughout the week.

Nutrition Information

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



Ingredients

Chicken breasts	5.1 lbs / 2.3 kg
Eggs	18.5 large / 18.5 large
Dried lentils	3.9 cups / 775 g
Olive oil	3.1 tablespoons / 46.5 ml
Sea salt	1.6 teaspoon / 7.8 g
Black pepper	1.6 teaspoon / 7.8 g
Fresh spinach	3.1 cups / 93 g
Chopped walnuts	0.4 cup / 46.5 g
Lemon juice	3.1 tablespoons / 46.5 ml

Instructions

1. Step 1: Preheat your grill or oven to 400°F (200°C). Season the chicken breasts with olive oil, sea salt, and black pepper.
2. Step 2: Grill or bake the chicken breasts for about 20-25 minutes until fully cooked (internal temperature should reach 165°F or 75°C).
3. Step 3: While the chicken is cooking, place the eggs in a pot, cover with water, and bring to a boil. Once boiling, cover the pot and let it sit for 10 minutes before transferring the eggs to an ice bath.
4. Step 4: In a separate pot, add the lentils with 4 cups of water, bring to a boil, then reduce to a simmer for about 15-20 minutes until tender. Drain any excess water.
5. Step 5: Once all proteins are cooked, let them cool slightly before portioning them into containers with cooked lentils, fresh spinach, and chopped walnuts. Drizzle with lemon juice.

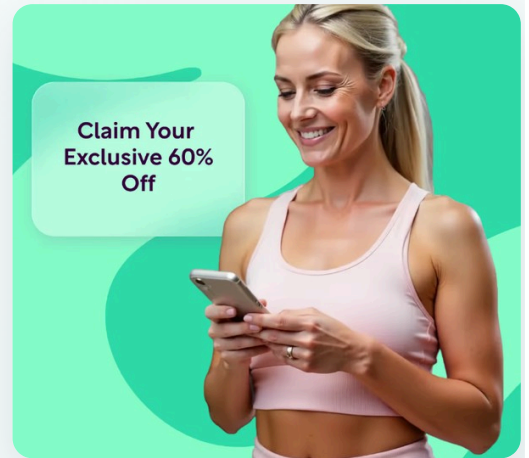
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6. Savory Mushroom Butter Scrambled Eggs with Thyme

This delicious and nutrient-rich scrambled eggs dish combines wholesome ingredients to support hormone balance, bone health, and heart health, making it perfect for women over 40. Packed with protein and healthy fats, this meal is designed to nourish your body while providing essential vitamins and minerals.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	578 kcal
Protein	46g
Carbs	12g
Fats	36g



Ingredients

large eggs	3.3 large / 3 large
sliced mushrooms	1.7 cup / 396 ml
butter	1.7 tbsp / 24.8 g
fresh thyme	1.7 tsp / 3.3 g
black pepper	to taste / to taste

Instructions

1. Step 1: In a skillet over medium heat, melt the butter until it is bubbly.
2. Step 3.3: Add the sliced mushrooms to the skillet and sauté for about 5 minutes, or until they are tender and browned.
3. Step 3: In a bowl, whisk together the eggs, fresh thyme, and black pepper until well combined.
4. Step 4: Pour the egg mixture into the skillet with the mushrooms and cook, gently stirring, until the eggs are just set but still creamy, approximately 3-4 minutes.
5. Step 5: Remove from heat and serve immediately, garnished with additional thyme if desired.

Day 3

3 meals · 1,516 calories

BREAKFAST Tofu Scramble with Bell Peppers **392 kcal**

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

DINNER Nutritious Eggs with Steamed Broccoli and Omega-3 Boost **581 kcal**

Protein: 121g Carbs: 94g Fats: 76g

7. Tofu Scramble with Bell Peppers

This vibrant tofu scramble is a perfect alternative to traditional eggs, rich in protein and fiber. It's an excellent way to start the day with plenty of flavor.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	10 min
Calories	392 kcal
Protein	28g
Carbs	14g
Fats	24g



Ingredients

Firm tofu	0.7 cup / 168 g
Red bell pepper, diced	0.5 medium / 70 g
Spinach	1.4 cup / 42 g
Turmeric powder	0.7 tsp / 2.8 g
Olive oil	1.4 tsp / 7 ml
Salt and pepper	to taste / to taste

Instructions

1. In a skillet, heat olive oil over medium heat.
2. Crumble tofu into the pan and add turmeric, salt, and pepper.
3. Stir in diced bell pepper and spinach, cooking until vegetables are tender.
4. Serve warm, seasoned to taste.

8. Savory Quinoa & Spinach Bowl with Avocado and Eggs

This nutrient-dense bowl is designed for women over 40, featuring protein-rich quinoa and eggs, fiber-packed spinach, and healthy fats from avocado. It's a great meal for supporting hormone balance, boosting metabolism, and promoting 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
spinach, fresh	3.1 cups / 744 ml
large eggs	3.1 large / 3.1g
avocado, diced	1 medium / 116.3 g
olive oil	1.6 tablespoon / 23.3 ml
lemon juice	1.6 tablespoon / 23.3 ml
salt	to taste / to taste
black pepper	to taste / to taste

Instructions

1. In a skillet, heat olive oil over medium heat. Add spinach and sauté until wilted, about 3.1-3 minutes.
2. In a separate pot, bring water to a boil and gently add the eggs. Boil for 6-7 minutes for soft-boiled or 9-10 minutes for hard-boiled. Remove and cool in ice water before peeling.
3. In a bowl, combine cooked quinoa, sautéed spinach, and diced avocado. Drizzle with lemon juice and season with salt and pepper.
4. Slice or chop the boiled eggs and place them on top of the quinoa and spinach mixture. Serve immediately.

9. Nutritious Eggs with Steamed Broccoli and Omega-3 Boost

This delicious dinner features protein-rich boiled eggs paired with vibrant steamed broccoli, providing essential nutrients to support hormone balance and bone health for women over 40. The addition of healthy fats and anti-inflammatory spices enhances heart health while delivering a satisfying meal.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	581 kcal
Protein	50g
Carbs	33g
Fats	33g



Ingredients

large eggs	3.3 large / 3.3g
broccoli florets	1.7 cup / 396 ml
butter	0.8 tsp / 3.3 g
garlic powder	0.4 tsp / 1.7 g
turmeric powder	0.4 tsp / 1.7 g
flaxseeds (ground)	1.7 tbsp / 16.5 g
olive oil	1.7 tsp / 8.3 ml

Instructions

1. Step 1: Bring a pot of water to a boil and gently add the large eggs. Boil for 9-12 minutes depending on your desired doneness, then transfer to an ice bath to cool.
2. Step 3.3: While the eggs are boiling, steam the broccoli florets over boiling water for about 5-7 minutes until tender yet bright green.
3. Step 3: In a small pan, melt the butter over low heat and add the garlic powder, turmeric, and olive oil, stirring to combine.
4. Step 4: Once the eggs are cooled, peel them and slice in half. Serve alongside the steamed broccoli, drizzled with the spiced butter and topped with ground flaxseeds.

Day 4

3 meals · 1,574 calories

BREAKFAST Chickpea & Spinach Egg Bake **406 kcal**

LUNCH Egg and Lentil Salad with Mustard Dressing **574 kcal**

DINNER Spicy Egg & Shrimp Stir-Fry **594 kcal**

Protein: 124g Carbs: 111g Fats: 73g

10. Chickpea & Spinach Egg Bake

This egg bake featuring chickpeas and spinach is a nutrient-dense option for breakfast or a light lunch. High in protein and fiber, it supports hormonal balance and digestive health.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	30 min
Calories	406 kcal
Protein	35g
Carbs	39g
Fats	17g



Ingredients

Eggs	11 large / 560 g
Canned chickpeas	1.5 can (15 oz) / 595 g
Frozen spinach	2.8 cups / 672 ml
Olive oil	1.4 tbsp / 21 ml
Garlic powder	1.4 tsp / 7 g
Onion powder	1.4 tsp / 7 g

Instructions

1. Preheat oven to 375°F (190°C).
2. In a bowl, mix together 11 large beaten eggs, 1 can (595 g) drained chickpeas, and 2.8 cups (672 ml) thawed spinach.
3. Season with 1.4 tsp (7 g) garlic powder and 1.4 tsp (7 g) onion powder.
4. Grease a baking dish with 1.4 tbsp (21 ml) olive oil, pour the mixture in, and bake for 30 minutes until set.

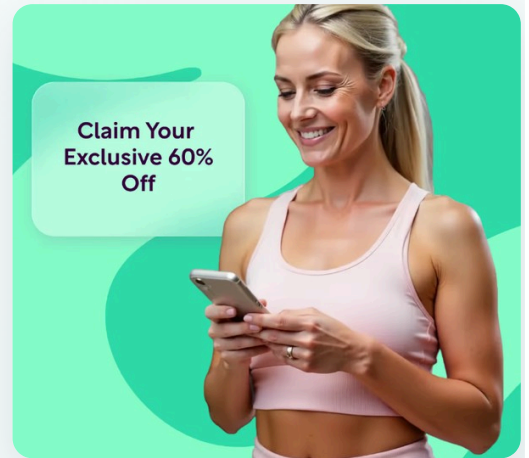
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11. Egg and Lentil Salad with Mustard Dressing

Lentils and boiled eggs make a filling salad that is rich in protein and fiber, contributing to sustained energy levels throughout the day. The mustard dressing adds flavor while providing additional health benefits for hormone balance.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	574 kcal
Protein	43g
Carbs	47g
Fats	23g



Ingredients

Boiled eggs	3 large / 3 large
Cooked lentils	0.8 cup / 186 ml
Olive oil	1.6 tbsp / 23.3 ml
Dijon mustard	1.6 tsp / 7.8 ml
Chopped green onions	0.4 cup / 93 ml
Salt and pepper	to taste / to taste

Instructions

1. In a bowl, combine 0.8 cup (186 ml) cooked lentils with 1.6 tbsp (23.3 ml) olive oil and 1.6 tsp (7.8 ml) Dijon mustard.
2. Add 0.4 cup (93 ml) chopped green onions and season with salt and pepper.
3. Slice 2 boiled eggs and place them on top of the lentil salad.

12. Spicy Egg & Shrimp Stir-Fry

This quick stir-fry combines eggs and shrimp, delivering high protein and healthy fats perfect for sustaining energy levels. The addition of vegetables provides essential vitamins while spices can help reduce inflammation.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	10 min
Calories	594 kcal
Protein	46g
Carbs	25g
Fats	33g



Ingredients

Eggs	3 large / 3 large
Shrimp, peeled and deveined	0.8 cup / 198 ml
Mixed vegetables (bell pepper, broccoli, snap peas), diced	1.7 cup / 396 ml
Olive oil	1.7 tbsp / 24.8 ml
Soy sauce	1.7 tbsp / 24.8 ml
Salt	to taste / to taste
Pepper	to taste / to taste

Instructions

1. Heat 1.7 tbsp (24.8 ml) olive oil in a skillet over medium heat.
2. Add 0.8 cup (198 ml) shrimp and sauté for 3-4 minutes until pink.
3. Add 1.7 cup (396 ml) mixed diced vegetables and cook for an additional 3 minutes.
4. Push to one side, scramble 3 large eggs in the other side of the skillet, then mix everything together.
5. Drizzle with 1.7 tbsp (24.8 ml) soy sauce and season with salt and pepper to taste.

Day 5

3 meals · 1,605 calories

BREAKFAST Savory Spinach & Feta Omelette with Flaxseed **406 kcal**

LUNCH Egg & Lentil Salad **605 kcal**

DINNER Baked Egg & Vegetable Frittata **594 kcal**

Protein: 121g Carbs: 76g Fats: 98g

13. Savory Spinach & Feta Omelette with Flaxseed

Packed with protein and healthy fats, this omelette supports muscle maintenance and hormone balance, thanks to the inclusion of flaxseed, which is high in phytoestrogens.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	8 min
Calories	406 kcal
Protein	36g
Carbs	6g
Fats	27g



Ingredients

Eggs	3 large / 3 large
Fresh spinach	1.4 cup / 336 ml
Feta cheese	0.4 cup / 84 g
Ground flaxseed	1.4 tbsp / 21 g
Olive oil	1.4 tsp / 7 ml

Instructions

1. Heat 1.4 tsp (7 ml) olive oil in a non-stick skillet over medium heat.
2. Sauté 1.4 cup (336 ml) chopped spinach until wilted, about 2 minutes.
3. Pour in 2 whisked eggs, sprinkle with 0.4 cup (84 g) crumbled feta, and cook until set, about 3 minutes. Top with 1.4 tbsp (21 g) ground flaxseed if desired.

14. Egg & Lentil Salad

This nutrient-rich salad combines protein from eggs and lentils, providing a balanced meal with fiber to support digestive health. A colorful mix of vegetables ensures you're getting a variety of vitamins and minerals for overall wellness.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	605 kcal
Protein	39g
Carbs	50g
Fats	31g



Ingredients

Hard-boiled eggs, chopped	3 large / 3 large
Cooked lentils	0.8 cup / 186 ml
Cherry tomatoes, halved	0.8 cup / 186 ml
Cucumber, diced	0.8 cup / 186 ml
Olive oil	1.6 tbsp / 23.3 ml
Balsamic vinegar	1.6 tbsp / 23.3 ml
Salt	to taste / to taste
Pepper	to taste / to taste

Instructions

1. In a bowl, combine 2 chopped hard-boiled eggs, 0.8 cup (186 ml) cooked lentils, 0.8 cup (186 ml) halved cherry tomatoes, and 0.8 cup (186 ml) diced cucumber.
2. Drizzle with 1.6 tbsp (23.3 ml) olive oil and 1.6 tbsp (23.3 ml) balsamic vinegar.
3. Season with salt and pepper to taste and mix well.

15. Baked Egg & Vegetable Frittata

This frittata is a versatile dish that can be customized with your favorite vegetables, providing a high-protein meal rich in vitamins and minerals. Baking the frittata retains its nutrients and makes for an easy meal prep option for busy women.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	20 min
Calories	594 kcal
Protein	46g
Carbs	20g
Fats	40g



Ingredients

Eggs	6.5 large / 6.5 large
Bell pepper, diced	1 medium / 1 medium
Zucchini, diced	1 medium / 1 medium
Onion, diced	0.5 medium / 0.5 medium
Olive oil	1.7 tbsp / 24.8 ml
Salt	to taste / to taste
Pepper	to taste / to taste

Instructions

1. Preheat the oven to 375°F (190°C).
2. In a skillet, heat 1.7 tbsp (24.8 ml) olive oil over medium heat and sauté 1/2 diced bell pepper, 1/2 diced zucchini, and 1/4 diced onion until softened, about 5 minutes.
3. In a bowl, whisk together 6.5 large eggs, salt, and pepper.
4. Add the sautéed vegetables to the eggs, mixing to combine, then pour the mixture into a greased baking dish.
5. Bake for 20 minutes or until eggs are set and slightly golden on top.

Day 6

3 meals · 1,637 calories

BREAKFAST	Savory Spinach Avocado & Egg Salad	406 kcal
LUNCH	Boiled Egg and Roasted Vegetable Pita	620 kcal
DINNER	Green Bean and Egg Skillet with Almonds	611 kcal

Protein: 105g Carbs: 124g Fats: 93g

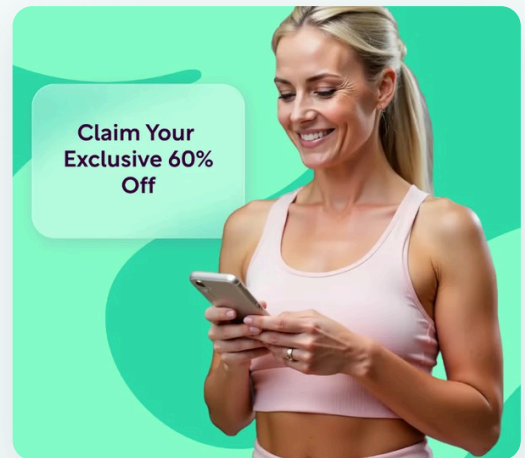
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16. Savory Spinach Avocado & Egg Salad

Packed with protein from eggs and healthy fats from avocado, this breakfast salad supports muscle maintenance and hormone balance for women over 40. Spinach is rich in magnesium and vitamin K, promoting bone health and reducing menopause symptoms.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	406 kcal
Protein	20g
Carbs	20g
Fats	31g



Ingredients

Fresh spinach, chopped	2.8 cups / 672 ml
Avocado, diced	0.7 medium / 1.4g
Hard-boiled egg, chopped	1.4 large / 1.4g
Olive oil	1.4 tbsp / 21 ml
Lemon juice	1.4 tbsp / 21 ml
Salt	to taste / to taste
Pepper	to taste / to taste

Instructions

1. In a bowl, combine the chopped spinach, diced avocado, and chopped hard-boiled egg.
2. Drizzle with olive oil and lemon juice, then season with salt and pepper to taste.
3. Toss gently and serve immediately.

17. Boiled Egg and Roasted Vegetable Pita

This nutritious pita combines boiled eggs with roasted vegetables, offering a colorful array of vitamins and minerals that support overall health. The fiber from the vegetables helps ensure digestive wellness, which is important for women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	20 min
Calories	620 kcal
Protein	39g
Carbs	78g
Fats	22g



Ingredients

Boiled eggs	3 large / 3 large
Mixed vegetables (zucchini, bell peppers, onions)	1.6 cup / 372 ml
Olive oil	1.6 tbsp / 23.3 ml
Whole wheat pita	1.5 medium / 1.5 medium
Feta cheese, crumbled (optional)	1.6 tbsp / 23.3 ml
Salt and pepper	to taste / to taste

Instructions

1. Preheat oven to 400°F (200°C). Toss 1.6 cup (372 ml) of mixed vegetables with 1.6 tbsp (23.3 ml) olive oil, salt, and pepper, and roast for 15-20 minutes.
2. Slice 2 boiled eggs and set aside.
3. Fill 1.5 medium whole wheat pita with the roasted vegetables and boiled eggs, adding feta cheese if desired.

18. Green Bean and Egg Skillet with Almonds

This Green Bean and Egg Skillet is a nutrient-dense meal perfect for women over 40, promoting hormone balance and supporting bone and heart health. Packed with protein, healthy fats, and fiber, it provides a delicious way to nourish your body and maintain energy levels.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	611 kcal
Protein	46g
Carbs	26g
Fats	40g



Ingredients

large eggs	3.3 large / 3 large
green beans, trimmed	1.7 cup / 396 ml
olive oil	1.7 tsp / 8.3 ml
sliced almonds	1.7 tbsp / 24.8 g
salt	to taste / to taste
black pepper	to taste / to taste

Instructions

1. Step 1: Heat the olive oil in a skillet over medium heat. Add the green beans and sauté for about 5-7 minutes until tender but still crisp.
2. Step 3.3: While the green beans are cooking, crack the eggs into a bowl and beat them lightly. Season with salt and pepper.
3. Step 3: Push the sautéed green beans to one side of the skillet. Pour the beaten eggs into the empty side of the skillet and cook until the eggs are set, about 3-4 minutes, stirring gently.
4. Step 4: Once cooked, gently mix the eggs with the green beans, then sprinkle with sliced almonds before serving.

Day 7

3 meals · 1,667 calories

BREAKFAST Boiled Eggs with Avocado Salsa **420 kcal**

LUNCH Egg & Spinach Quinoa Bowl **620 kcal**

DINNER Boiled Egg and Spinach Stuffed Sweet Potatoes **627 kcal**

Protein: 103g Carbs: 151g Fats: 73g

19. Boiled Eggs with Avocado Salsa

Boiled eggs provide a high-protein, satisfying start to the day, while avocado salsa adds healthy fats and fiber to keep you full longer. This combination is perfect for supporting hormone health and bone density.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	10 min
Calories	420 kcal
Protein	28g
Carbs	14g
Fats	28g



Ingredients

Eggs	3 large / 3 large
Avocado, diced	0.5 medium / 0.5 medium
Tomato, diced	0.5 medium / 0.5 medium
Lime juice	1.4 tsp / 7 ml
Salt	to taste / to taste
Pepper	to taste / to taste

Instructions

1. Place 3 large eggs in a saucepan and cover with water; bring to a boil.
2. Once boiling, cover and remove from heat; let sit for 10 minutes.
3. Meanwhile, combine diced avocado, tomato, lime juice, salt, and pepper in a bowl.
4. Peel the boiled eggs and serve with the avocado salsa on top.

20. Egg & Spinach Quinoa Bowl

This nourishing bowl combines protein-rich eggs and quinoa with spinach for a hearty, nutrient-dense meal. The fiber from quinoa and spinach helps to keep you full and supports digestive health.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	620 kcal
Protein	39g
Carbs	54g
Fats	28g



Ingredients

Eggs	3 large / 3 large
Cooked quinoa	0.8 cup / 186 ml
Fresh spinach, chopped	1.6 cup / 372 ml
Olive oil	1.6 tbsp / 23.3 ml
Salt	to taste / to taste
Pepper	to taste / to taste

Instructions

1. In a skillet, scramble 3 large eggs over medium heat, seasoning with salt and pepper.
2. In a bowl, combine 0.8 cup (186 ml) cooked quinoa and 1.6 cup (372 ml) chopped spinach.
3. Top the quinoa and spinach with the scrambled eggs and drizzle with 1.6 tbsp (23.3 ml) olive oil.

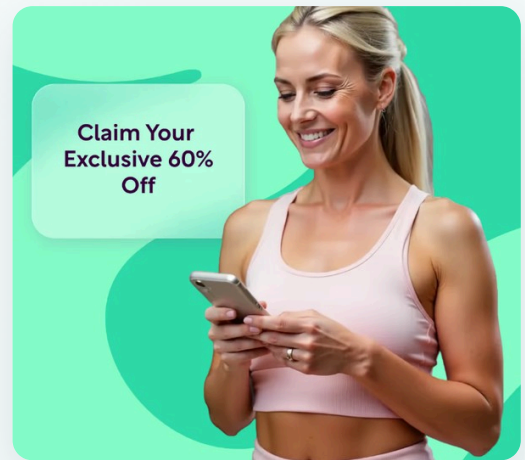
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21. Boiled Egg and Spinach Stuffed Sweet Potatoes

These sweet potatoes are stuffed with a nutritious mix of boiled eggs and spinach, offering a delicious source of complex carbohydrates, protein, and iron. This meal supports energy levels and provides essential nutrients important for women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	30 min
Calories	627 kcal
Protein	36g
Carbs	83g
Fats	17g



Ingredients

Sweet potato	1.5 medium / 1.5 medium
Boiled eggs	3 large / 3 large
Fresh spinach, chopped	1.7 cup / 396 ml
Olive oil	1.7 tsp / 8.3 ml
Salt and pepper	to taste / to taste

Instructions

1. Preheat oven to 400°F (200°C). Pierce 1.5 medium sweet potato with a fork and bake for 30-40 minutes until soft.
2. In a skillet, heat 1.7 tsp (8.3 ml) olive oil and add 1.7 cup (396 ml) chopped spinach, sautéing until wilted.
3. Slice 2 boiled eggs and mix with the spinach. Once the sweet potato is cooked, cut it open and stuff with the egg and spinach mixture.

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