

7-Day Bone Broth Diet Plan for Women Over 40 PDF

Nourish your body with healing bone broth.

The 7-Day Bone Broth Diet Plan offers women over 40 a nourishing way to support gut health and weight loss. With 21 recipes that incorporate the benefits of bone broth, this plan promotes healing and vitality, making it an excellent choice for holistic health enthusiasts.

DAILY NUTRITION OVERVIEW

DAY	CALORIES	PROTEIN	CARBS	FATS
Day 1	1,403	84g	121g	63g
Day 2	1,396	86g	124g	69g
Day 3	1,395	59g	154g	67g
Day 4	1,421	82g	133g	63g
Day 5	1,374	67g	101g	71g
Day 6	1,374	52g	132g	80g
Day 7	1,429	100g	111g	74g
Avg	1,399	76g	125g	70g

CALORIE DISTRIBUTION



Nourish Your Body, Transform Your Health

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Creamy Butternut Squash Soup

Herbed Bone Broth Oatmeal

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+ 9 more recipes inside

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21 Recipes

7-day meal plan



1,399 cal/day

Daily average



76g Protein

Daily average



Macro Balanced

125g C / 70g F avg

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Day 1

3 meals · 1,403 calories

BREAKFAST	Herbed Egg and Quinoa Breakfast Bowl	490 kcal
LUNCH	Butternut Squash and Ginger Soup	434 kcal
DINNER	Shrimp & Thai Basil Stir-Fry	479 kcal

Protein: 84g Carbs: 121g Fats: 63g

1. Herbed Egg and Quinoa Breakfast Bowl

This hearty breakfast bowl combines protein-rich boiled eggs and quinoa, providing an excellent source of amino acids and fiber. The herbs add flavor while offering anti-inflammatory benefits that help support overall health during menopause.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	15 min
Calories	490 kcal
Protein	35g
Carbs	42g
Fats	21g



Ingredients

Boiled eggs	3 large / 3 large
Cooked quinoa	0.7 cup / 168 ml
Fresh parsley, chopped	1.4 tbsp / 21 ml

Olive oil	1.4 tsp / 7 ml
Lemon juice	1.4 tsp / 7 ml
Salt and pepper	to taste / to taste

Instructions

1. In a bowl, combine 0.7 cup (168 ml) cooked quinoa with 1.4 tbsp (21 ml) chopped parsley and 1.4 tsp (7 ml) olive oil.
2. Season with lemon juice, salt, and pepper.
3. Slice 2 boiled eggs and place them on top of the quinoa mixture.

2. Butternut Squash and Ginger Soup

This warming soup combines butternut squash and ginger, known for its anti-inflammatory properties, perfect for easing menopause symptoms. The beta-carotene from squash supports vision and skin health.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	30 min
Calories	434 kcal
Protein	8g
Carbs	59g
Fats	19g



Ingredients

Butternut squash	3.1 cups / 744 ml
Fresh ginger	1.6 inch / 3.9 cm
Vegetable broth	3.1 cups / 744 ml
Coconut milk	0.8 cup / 186 ml
Olive oil	1.6 tbsp / 23.3 ml

Instructions

1. Heat 1.6 tbsp (23.3 ml) olive oil in a saucepan over medium heat. Add 3.1 cups (744 ml) diced butternut squash and sauté for about 5 minutes.
2. Add 1.6 inch (3.9 cm) grated ginger and 3.1 cups (744 ml) vegetable broth, bring to a boil, then reduce to a simmer for 20 minutes until squash is tender.
3. Blend until smooth, then stir in 0.8 cup (186 ml) coconut milk before serving.

3. Shrimp & Thai Basil Stir-Fry

This shrimp dish offers anti-inflammatory benefits from Thai basil and supports heart health with omega-3 fatty acids. It also provides a protein punch to help maintain muscle mass.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	18 min
Calories	479 kcal
Protein	41g
Carbs	20g
Fats	23g



Ingredients

Shrimp, peeled and deveined	8.3 oz / 234.3 g
Thai basil leaves	1.7 cup / 396 ml
Bell pepper, sliced	0.8 medium / 0.8 pepper
Gochujang	1.7 tbsp / 24.8 g
Olive oil	1.7 tbsp / 24.8 ml

Instructions

1. Heat 1.7 tbsp (24.8 ml) olive oil in a wok over high heat.
2. Add 8.3 oz (234.3 g) shrimp and 0.8 sliced bell pepper, stir-frying for 3 minutes.
3. Stir in 1.7 cup (396 ml) Thai basil leaves and 1.7 tbsp (24.8 g) gochujang, cooking for 2 more minutes until shrimp is pink.

Day 2

3 meals · 1,396 calories

BREAKFAST Zucchini and Oat Breakfast Fritters **434 kcal**

LUNCH Warm Vegetable and Barley Soup **434 kcal**

DINNER Pesto Shrimp and Zucchini Noodles **528 kcal**

Protein: 86g Carbs: 124g Fats: 69g

4. Zucchini and Oat Breakfast Fritters

These fritters combine fiber-rich oats and zucchini, providing slow-digesting carbs and protein to sustain energy levels while keeping blood sugar balanced.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	8 min
Calories	434 kcal
Protein	17g
Carbs	31g
Fats	28g



Ingredients

Zucchini	1.5 medium / 1.5 medium
Rolled oats	0.5 cup / 56 g
Egg	1.5 large / 1.5 large
Olive oil	2.8 tsp / 14 ml
Salt	0.4 tsp / 1.4 g
Black pepper	0.4 tsp / 1.4 g

Instructions

1. In a bowl, combine 1.5 medium grated zucchini, 0.5 cup (56 g) rolled oats, and 1 beaten egg. Season with salt and pepper.
2. Heat 2.8 tsp (14 ml) olive oil in a skillet over medium heat.
3. Spoon the mixture into the skillet, forming fritters, and cook for 3-4 minutes on each side until golden brown.

5. Warm Vegetable and Barley Soup

This hearty soup filled with vegetables and barley is an excellent source of fiber, promoting digestive health and satiety, essential for weight management. Barley also provides B vitamins for sustained energy, crucial for active women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	25 min
Calories	434 kcal
Protein	19g
Carbs	70g
Fats	11g



Ingredients

pearled barley

0.8 cup / 139.5 g

Instructions

1. In a large pot, heat 1 tbsp (15ml) olive oil over medium heat.
2. Sauté 1 cup (240ml) diced onion, 1 cup (240ml) diced carrots, and 1 cup (240ml) diced celery for 5 minutes.
3. Add 0.8 cup (139.5 g) rinsed barley, 4 cups (960ml) vegetable broth, and 2 cups (480ml) mixed vegetables. Simmer for 20 minutes until barley is tender.

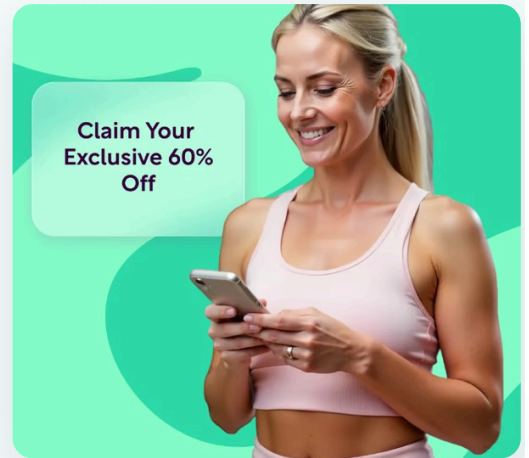
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6. Pesto Shrimp and Zucchini Noodles

This low-carb dish features shrimp and zucchini noodles, providing high protein and fiber. The pesto adds healthy fats and flavor, making it an excellent meal for women over 40 seeking a nutritious option.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	18 min
Calories	528 kcal
Protein	50g
Carbs	23g
Fats	30g



Ingredients

large shrimp	9.9 oz / 280.5 g
zucchini	1.7 medium /
olive oil	3.3 tbsp / 49.5 ml
pesto sauce	0.4 cup / 99 ml
fresh basil	3.3 tbsp / 49.5 ml
sea salt	to taste /
black pepper	to taste /

Instructions

1. In a skillet, heat olive oil over medium heat. Add shrimp and cook for about 3-4 minutes until pink and cooked through.
2. Add zucchini noodles and pesto, tossing to combine. Cook for an additional 2-3 minutes until heated through.
3. Season with salt and pepper before serving, garnished with fresh basil.

Day 3

3 meals · 1,395 calories

BREAKFAST Sweet Potato and Kale Hash **532 kcal**

LUNCH Creamy Butternut Squash Soup **450 kcal**

DINNER Spicy Holy Basil & Chickpea Stir-Fry **413 kcal**

Protein: 59g Carbs: 154g Fats: 67g

7. Sweet Potato and Kale Hash

This colorful hash features sweet potatoes and kale, providing a hearty, fiber-rich meal that supports digestion and detoxification. The addition of eggs offers high-quality protein for muscle maintenance, crucial for women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	532 kcal
Protein	28g
Carbs	48g
Fats	28g



Ingredients

Sweet potato, diced	1.4 cup / 336 g
Kale, chopped	1.4 cup / 42 g
Eggs	3 large / 140 g
Olive oil	1.4 tbsp / 21 ml
Salt and pepper to taste	/

Instructions

1. Heat 1.4 tbsp (21 ml) olive oil in a skillet over medium heat.
2. Add 1.4 cup (336 g) diced sweet potato and cook for 5-7 minutes until tender.
3. Stir in 1.4 cup (42 g) chopped kale and cook until wilted, about 3 minutes.
4. Make two wells in the hash and crack an egg into each well. Cover and cook until eggs are set to your liking, about 3-5 minutes.

8. Creamy Butternut Squash Soup

This velvety soup provides beta-carotene, vitamins A and C from butternut squash, essential for skin health and immune support. The addition of coconut milk provides healthy fats, helping to balance hormones and support overall vitality.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	25 min
Calories	450 kcal
Protein	8g
Carbs	56g
Fats	22g



Ingredients

Butternut squash	1.6 cup / 310 g
Coconut milk	0.8 cup / 186 ml
Vegetable broth	1.6 cup / 372 ml
Fresh ginger	1.6 tsp / 7.8 g
Salt and pepper	to taste / to taste

Instructions

1. In a pot, combine 1.6 cup (310 g) cubed butternut squash and 1.6 cup (372 ml) vegetable broth; bring to a boil.
2. Cook until squash is tender, about 15 minutes; add 0.8 cup (186 ml) coconut milk and 1.6 tsp (7.8 g) minced ginger.
3. Blend until smooth; season with salt and pepper to taste before serving.

9. Spicy Holy Basil & Chickpea Stir-Fry

This vibrant stir-fry features holy basil for stress relief and chickpeas for protein, combining to help maintain energy and hormonal balance for women over 40.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	18 min
Calories	413 kcal
Protein	23g
Carbs	50g
Fats	17g



Ingredients

cooked chickpeas	1.7 cup / 396 ml
bell pepper, sliced	0.8 medium / 0.8g
onion, sliced	0.8 medium / 0.8g
fresh holy basil	0.4 cup / 99 ml
olive oil	1.7 tbsp / 24.8 ml

Instructions

1. Heat 1.7 tbsp (24.8 ml) olive oil in a skillet over medium heat.
2. Add 0.8 sliced onion and 0.8 sliced bell pepper, cooking until softened, about 5 minutes.
3. Stir in 1.7 cup (396 ml) cooked chickpeas and 0.4 cup (99 ml) fresh holy basil, cooking for another 5-7 minutes.

Day 4

3 meals · 1,421 calories

BREAKFAST Herbed Bone Broth Oatmeal **350 kcal**

LUNCH Warm Quinoa Salad with Roasted Vegetables **543 kcal**

DINNER Coconut Curry Shrimp with Zucchini Noodles **528 kcal**

Protein: 82g Carbs: 133g Fats: 63g

10. Herbed Bone Broth Oatmeal

This savory twist on oatmeal combines bone broth with oats and herbs, making it a comforting breakfast that promotes gut health. The added herbs provide antioxidants that support heart health and metabolic function.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	10 min
Calories	350 kcal
Protein	14g
Carbs	50g
Fats	11g



Ingredients

Bone broth	1.4 cup / 336 ml
Rolled oats	0.7 cup / 56 g
Fresh parsley, chopped	1.4 tbsp / 21 ml
Fresh chives, chopped	1.4 tbsp / 21 ml
Salt and pepper to taste	to taste / to taste
Olive oil	1.4 tsp / 7 ml

Instructions

1. In a pot, bring 1.4 cup (336 ml) of bone broth to a boil.
2. Stir in 0.7 cup (56 g) of rolled oats, reduce heat and simmer for about 5-7 minutes until cooked.
3. Remove from heat and stir in chopped parsley and chives, adding salt and pepper to taste.
4. Drizzle with 1.4 tsp (7 ml) of olive oil before serving.

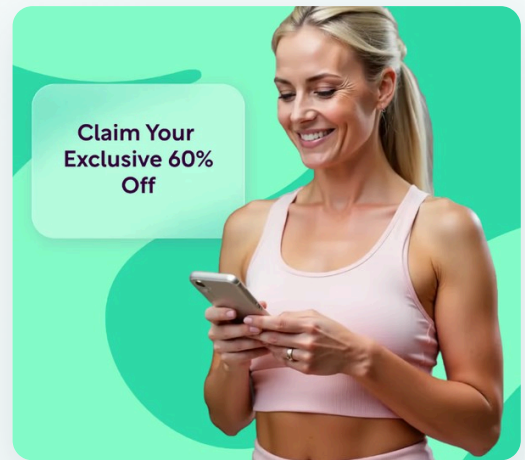
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11. Warm Quinoa Salad with Roasted Vegetables

This hearty salad is rich in protein and fiber from quinoa and vegetables, promoting digestive health and satiety. The variety of roasted veggies offers antioxidants, which can help reduce inflammation in women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	25 min
Calories	543 kcal
Protein	22g
Carbs	70g
Fats	19g



Ingredients

Cooked quinoa	1.6 cup / 372 ml
Bell peppers	0.8 cup / 186 ml
Zucchini	1 medium / 1 medium
Olive oil	1.6 tbsp / 23.3 ml
Feta cheese	1.6 oz / 46.5 g

Instructions

1. Preheat your oven to 400°F (200°C).
2. Toss 0.8 cup (186 ml) diced bell peppers and 1 medium diced zucchini with 1.6 tbsp (23.3 ml) olive oil and season with salt and pepper.
3. Roast for 25 minutes. In a bowl, combine 1.6 cup (372 ml) cooked quinoa and roasted vegetables.
4. Top with 1.6 oz (46.5 g) feta cheese if desired.

12. Coconut Curry Shrimp with Zucchini Noodles

This dish features shrimp cooked in a creamy coconut curry sauce, served over zucchini noodles, providing a low-carb, delicious meal that supports inflammation reduction.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	19 min
Calories	528 kcal
Protein	46g
Carbs	13g
Fats	33g



Ingredients

Shrimp, peeled and deveined	9.9 oz / 280.5 g
Zucchini, spiralized	1.5 medium / 1.5 medium
Coconut milk	0.8 cup / 198 ml
Green curry paste	1.7 tbsp / 24.8 g
Olive oil	1.7 tbsp / 24.8 ml
Fresh cilantro, chopped	3.3 tbsp / 49.5 ml
Salt and pepper	to taste / to taste

Instructions

1. Heat 1.7 tbsp (24.8 ml) of olive oil in a skillet over medium heat.
2. Add shrimp and cook until pink, about 3-4 minutes.
3. Stir in coconut milk and green curry paste, cooking for an additional 2 minutes.
4. Serve over spiralized zucchini noodles, garnished with cilantro.

Day 5

3 meals · 1,374 calories

BREAKFAST Zucchini and Corn Fritters **392 kcal**

LUNCH Chilled Avocado and Cucumber Soup **388 kcal**

DINNER Spiced Turkey and Root Vegetable Soup **594 kcal**

Protein: 67g Carbs: 101g Fats: 71g

13. Zucchini and Corn Fritters

These delightful fritters made with grated zucchini and sweet corn are light, crispy, and free of added salt. Fresh herbs and spices bring out the flavors, making them a perfect breakfast treat.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	10 min
Calories	392 kcal
Protein	13g
Carbs	42g
Fats	17g



Ingredients

zucchini	1.5 medium / 210 g
corn kernels	0.7 cup / 105 g
egg	1.4 large / 1.4g
almond flour	0.4 cup / 42 g
olive oil	1.4 tbsp / 21 ml
fresh cilantro	2.8 tbsp / 42 g
black pepper	to taste / to taste

Instructions

1. Grate the zucchini and squeeze out excess water.
2. In a bowl, mix zucchini, corn, egg, almond flour, and chopped cilantro.
3. Heat olive oil in a skillet over medium heat.
4. Spoon the mixture into the skillet to form fritters and cook until golden brown on both sides.
5. Serve warm with yogurt or a squeeze of lemon.

14. Chilled Avocado and Cucumber Soup

This refreshing chilled soup combines avocado and cucumber, providing healthy fats and hydration, perfect for women over 40 needing cooling foods during menopause. Rich in vitamins and minerals, it supports skin health and energy levels.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	388 kcal
Protein	8g
Carbs	23g
Fats	31g



Ingredients

ripe avocado 1.5 medium / 1.5 medium

Instructions

1. In a blender, combine 1.5 medium ripe avocado, 1 cup (240ml) peeled and chopped cucumber, 1 cup (240ml) vegetable broth, and juice of 1 lime.
2. Blend until smooth and season with salt and pepper. Chill for 30 minutes before serving.

15. Spiced Turkey and Root Vegetable Soup

This hearty soup features lean ground turkey and colorful root vegetables, providing high protein and essential vitamins. Anti-inflammatory spices like turmeric and ginger help alleviate menopause symptoms, while bone broth enhances gut health and immunity.

Nutrition Information

Servings	1
Prep Time	17 min
Cook Time	20 min
Calories	594 kcal
Protein	46g
Carbs	36g
Fats	23g



Ingredients

Ground turkey	1.7 lb / 742.5 g
Bone broth	6.6 cups / 1584 ml
Carrots, diced	3.3 cups / 495 g
Parsnips, diced	1.7 cup / 247.5 g
Celery, chopped	1.7 cup / 247.5 g
Turmeric powder	1.7 tsp / 8.3 g
Fresh ginger, minced	1.7 tsp / 8.3 g
Salt	0.8 tsp / 3.3 g
Black pepper	0.4 tsp / 1.7 g

Instructions

1. In a large pot, heat 1 tbsp (15ml) of olive oil over medium heat. Add the ground turkey and cook until browned, about 5 minutes.
2. Add the carrots, parsnips, and celery, cooking for an additional 5 minutes until they begin to soften.
3. Stir in the turmeric, ginger, salt, and pepper, then pour in the bone broth. Bring to a boil and reduce heat to simmer for 20 minutes.

Day 6

3 meals · 1,374 calories

BREAKFAST Carrot and Flaxseed Porridge **392 kcal**

LUNCH Cucumber Avocado Salad with Citrus Vinaigrette **388 kcal**

DINNER Creamy Broccoli Cheddar Soup **594 kcal**

Protein: 52g Carbs: 132g Fats: 80g

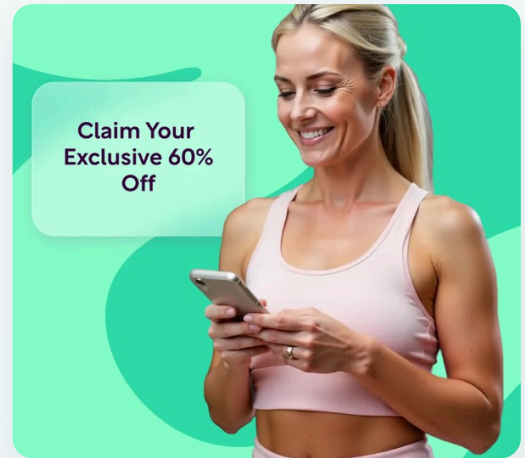
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16. Carrot and Flaxseed Porridge

This warm porridge is rich in fiber and omega-3s from flaxseeds, supporting digestive health and hormone balance. Carrots add natural sweetness and are loaded with beta-carotene for skin health.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	10 min
Calories	392 kcal
Protein	14g
Carbs	63g
Fats	11g



Ingredients

Rolled oats	0.7 cup / 168 ml
Carrot, grated	0.7 cup / 168 ml
Almond milk	1.4 cup / 336 ml
Ground flaxseed	1.4 tbsp / 21 ml
Honey or maple syrup	1.4 tsp / 7 ml

Instructions

1. In a saucepan, combine 0.7 cup (168 ml) rolled oats, 0.7 cup (168 ml) grated carrot, and 1.4 cup (336 ml) almond milk over medium heat.
2. Cook for 5-7 minutes, stirring occasionally, until the oats are tender.
3. Stir in 1.4 tbsp (21 ml) ground flaxseed and sweeten with 1.4 tsp (7 ml) honey or maple syrup if desired.

17. Cucumber Avocado Salad with Citrus Vinaigrette

This bright and refreshing salad combines hydrating cucumbers with healthy fats from avocado, perfect for heart health. The citrus vinaigrette adds flavor and vitamin C, beneficial in boosting immunity.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	388 kcal
Protein	8g
Carbs	19g
Fats	34g



Ingredients

Cucumber, diced	1.6 cup / 232.5 g
Avocado, diced	0.8 medium / 0.8g
Fresh lime juice	3.1 tbsp / 46.5 ml
Olive oil	1.6 tbsp / 23.3 ml
Salt	to taste / to taste
Fresh cilantro, chopped	1.6 tbsp / 23.3 ml

Instructions

1. In a bowl, combine diced cucumber and avocado.
2. In a separate small bowl, whisk together lime juice, olive oil, salt, and cilantro.
3. Pour the dressing over the salad and toss gently to combine.

18. Creamy Broccoli Cheddar Soup

This comforting soup combines broccoli, packed with vitamin K for bone health, and cheddar for a dose of calcium. The creamy consistency is satisfying and provides a rich source of nutrients beneficial for women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	20 min
Calories	594 kcal
Protein	30g
Carbs	50g
Fats	35g



Ingredients

Fresh broccoli florets	3.3 cups / 247.5 g
Vegetable broth	3.3 cups / 792 ml
Cheddar cheese	0.8 cup / 99 g
Onion	1 medium / 132 g
Olive oil	1.7 tbsp / 24.8 ml

Instructions

1. In a pot, heat 1.7 tbsp (24.8 ml) olive oil over medium heat; sauté 1/2 chopped onion until softened, about 5 minutes.
2. Add 3.3 cups (247.5 g) broccoli florets and 3.3 cups (792 ml) vegetable broth; bring to a boil.
3. Reduce heat and simmer for 15 minutes; blend until smooth and stir in 0.8 cup (99 g) shredded cheddar cheese.

Day 7

3 meals · 1,429 calories

BREAKFAST Zesty Cucumber and Yogurt Parfait **308 kcal**

LUNCH Zucchini Noodles with Pesto and Grilled Chicken **543 kcal**

DINNER Pesto Zoodles with Chickpeas **578 kcal**

Protein: 100g Carbs: 111g Fats: 74g

19. Zesty Cucumber and Yogurt Parfait

This refreshing parfait combines cucumbers and Greek yogurt, providing a protein boost and hydration. The probiotics in yogurt support gut health, which is crucial for women over 40 to enhance digestion and nutrient absorption.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	308 kcal
Protein	28g
Carbs	42g
Fats	7g



Ingredients

Greek yogurt	1.4 cup / 336 ml
Cucumber, diced	0.7 cup / 168 ml
Honey	1.4 tbsp / 21 ml
Chopped mint leaves	1.4 tbsp / 21 ml
Lemon juice	1.4 tbsp / 21 ml

Instructions

1. In a bowl, mix 1.4 cup (336 ml) of Greek yogurt, 1.4 tbsp (21 ml) of honey, and 1.4 tbsp (21 ml) of lemon juice until smooth.
2. Layer the yogurt mixture with 0.7 cup (168 ml) of diced cucumber in a glass.
3. Top with 1.4 tbsp (21 ml) of chopped mint leaves and serve immediately.

20. Zucchini Noodles with Pesto and Grilled Chicken

This light dish features zucchini noodles and grilled chicken, offering a low-carb meal packed with protein. The pesto provides healthy fats and flavor, while the zucchini adds hydration and fiber.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	10 min
Calories	543 kcal
Protein	47g
Carbs	19g
Fats	34g



Ingredients

Zucchini, spiralized	1.5 medium / 1.5 medium
Grilled chicken breast, sliced	4.7 oz / 131.8 g
Pesto sauce	3.1 tbsp / 46.5 g
Cherry tomatoes, halved	0.8 cup / 186 ml

Instructions

1. In a skillet, sauté spiralized 1.5 medium zucchini over medium heat for 2-3 minutes until just tender.
2. Add 4.7 oz (131.8 g) of sliced grilled chicken and 3.1 tbsp (46.5 g) of pesto to the skillet. Stir until heated through, about 2 minutes.
3. Serve topped with 0.8 cup (186 ml) of halved cherry tomatoes.

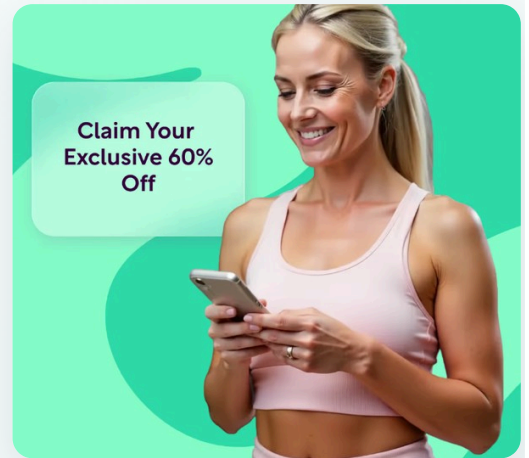
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21. Pesto Zoodles with Chickpeas

Zucchini noodles tossed in a homemade pesto and complemented by protein-rich chickpeas make for a delicious and low-carb meal. This dish promotes stable blood sugar levels and provides essential nutrients.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	18 min
Calories	578 kcal
Protein	25g
Carbs	50g
Fats	33g



Ingredients

Zucchini, spiralized	1.5 large / 330 g
Canned chickpeas, rinsed	0.8 cup / 198 ml
Fresh basil leaves	1.7 cup / 74.3 g
Olive oil	3.3 tbsp / 49.5 ml
Cinnamon	0.4 tsp / 1.7 g

Instructions

1. In a blender, combine 1.7 cup (74.3 g) fresh basil leaves, 3.3 tbsp (49.5 ml) olive oil, and 0.4 tsp (1.7 g) cinnamon to create the pesto.
2. In a skillet, sauté 1.5 large spiralized zucchini for 2-3 minutes until tender.
3. Mix in 0.8 cup (198 ml) rinsed chickpeas and the pesto, sautéing for an additional 5 minutes.

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