

7-Day Calorie Deficit Diet Plan for Women Over 40 PDF

Transform your health with a calorie deficit approach tailored for women over 40.

This 7-Day Calorie Deficit Diet Plan offers 21 delicious recipes designed specifically for women over 40. By focusing on calorie control, this diet helps you shed pounds while enjoying nutritious meals. Perfect for those looking to kickstart their weight loss journey with a sustainable approach.

DAILY NUTRITION OVERVIEW

DAY	CALORIES	PROTEIN	CARBS	FATS
Day 1	1,351	73g	104g	76g
Day 2	1,499	72g	120g	89g
Day 3	1,499	72g	153g	71g
Day 4	1,499	76g	128g	78g
Day 5	1,463	37g	167g	81g
Day 6	1,312	62g	131g	56g
Day 7	1,270	88g	139g	50g
Avg	1,413	69g	135g	72g

CALORIE DISTRIBUTION



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WHAT'S INSIDE

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Zucchini and Leek Soup

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Dark Chocolate & Walnut Overnight Oats

Roasted Cauliflower & Cheddar Soup

Cucumber Avocado Salad with Lemon Dressing

Almond Butter Banana Chia Pudding

Savory Chicken & Lentil Stir-Fry

+ 9 more recipes inside

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21 Recipes

7-day meal plan



69g Protein

Daily average



1,413 cal/day

Daily average



Macro Balanced

135g C / 72g F avg

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Day 1

3 meals · 1,351 calories

BREAKFAST	Pumpkin & Almond Butter Smoothie	350 kcal
LUNCH	Beet & Broccoli Detox Salad with Lemon Dressing	341 kcal
DINNER	Stuffed Bell Peppers with Cauliflower Rice and Meat	660 kcal

Protein: 73g Carbs: 104g Fats: 76g

1. Pumpkin & Almond Butter Smoothie

This smoothie combines pumpkin puree and almond butter to deliver healthy fats and zinc, supporting thyroid health. It's a delicious way to start your day or recharge in the afternoon.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	8 min
Calories	350 kcal
Protein	11g
Carbs	42g
Fats	17g



Ingredients

Pumpkin puree	0.7 cup / 168 ml
Almond butter	1.4 tbsp / 21 ml
Almond milk (unsweetened)	1.4 cup / 336 ml
Cinnamon	0.7 tsp / 3.5 ml

Ice cubes

0.7 cup / 168 ml

Instructions

1. In a blender, combine pumpkin puree, almond butter, almond milk, cinnamon, and ice cubes.
2. Blend until smooth and creamy.
3. Serve immediately.

2. Beet & Broccoli Detox Salad with Lemon Dressing

This vibrant salad features beets and broccoli, which help to enhance liver function and promote detoxification. The lemon dressing provides a refreshing zing and additional vitamin C.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	12 min
Calories	341 kcal
Protein	9g
Carbs	47g
Fats	16g



Ingredients

Cooked beets, diced	1.6 cup / 232.5 g
Broccoli florets, steamed	1.6 cup / 232.5 g
Chopped parsley	0.4 cup / 15.5 g
Olive oil	3.1 tbsp / 46.5 ml
Lemon juice	1.6 tbsp / 23.3 ml
Salt and pepper	To taste / To taste

Instructions

1. In a large bowl, combine diced beets, steamed broccoli, and chopped parsley.
2. In a small bowl, whisk together olive oil, lemon juice, salt, and pepper.
3. Drizzle the dressing over the salad and toss to combine. Serve immediately.

3. Stuffed Bell Peppers with Cauliflower Rice and Meat

These bell peppers are filled with a flavorful mixture of ground meat and cauliflower rice, offering a satisfying low-carb meal. High in protein and fiber, this dish helps women over 40 feel full longer while also providing essential nutrients for overall health.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	25 min
Calories	660 kcal
Protein	53g
Carbs	15g
Fats	43g



Ingredients

Bell pepper, halved	1.5 large / 1.5 large
Ground turkey or beef	9.9 oz / 280.5 g
Cauliflower, riced	1.7 cup / 165 g
Olive oil	1.7 tbsp / 24.8 ml
Dried herbs (Italian mix)	1.7 tsp / 8.3 g
Salt and pepper	to taste / to taste

Instructions

1. Preheat oven to 375°F (190°C).
2. In a skillet, heat 1.7 tbsp (24.8 ml) of olive oil and cook 9.9 oz (280.5 g) of ground turkey or beef until browned, about 5 minutes.
3. Stir in 1.7 cup (165 g) of riced cauliflower and mix in dried herbs, salt, and pepper.
4. Fill the halved bell pepper with the meat mixture and place in a baking dish. Bake for 25 minutes.

Day 2

3 meals · 1,499 calories

BREAKFAST Dark Chocolate & Walnut Overnight Oats **560 kcal**

LUNCH Zesty Lemon Garlic Cabbage Soup **279 kcal**

DINNER Roasted Cauliflower & Cheddar Soup **660 kcal**

Protein: 72g Carbs: 120g Fats: 89g

4. Dark Chocolate & Walnut Overnight Oats

These overnight oats combine dark chocolate and walnuts, both rich in magnesium, to support relaxation and improve sleep quality. The oats provide fiber, helping sustain energy levels throughout the day.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	8 min
Calories	560 kcal
Protein	17g
Carbs	70g
Fats	28g



Ingredients

Rolled oats	0.7 cup / 168 ml
Milk of choice	1.4 cup / 336 ml
Dark chocolate chips	2.8 tbsp / 42 ml
Chopped walnuts	0.4 cup / 84 ml
Maple syrup	1.4 tbsp / 21 ml
Vanilla extract	1.4 tsp / 7 ml

Instructions

1. In a bowl, combine rolled oats, milk, dark chocolate chips, maple syrup, and vanilla extract. Stir well.
2. Cover and refrigerate overnight (at least 4 hours).
3. In the morning, top with chopped walnuts and enjoy cold.

5. Zesty Lemon Garlic Cabbage Soup

Zesty lemon and garlic add flavor to this nutritious cabbage soup, which is high in vitamin K for bone health and low in calories, making it ideal for weight management. Cabbage is also a natural detoxifier, helping to cleanse the body.

Nutrition Information

Servings	1
Prep Time	8 min
Cook Time	12 min
Calories	279 kcal
Protein	12g
Carbs	37g
Fats	11g



Ingredients

cabbage, shredded

4.7 cups / 1116 ml

Instructions

1. In a large pot, heat 1 tbsp (15ml) olive oil over medium heat.
2. Add 1 cup (240ml) diced onion and sauté for 3 minutes until translucent.
3. Stir in 4.7 cups (1116 ml) shredded cabbage, 4 cups (960ml) vegetable broth, 1 clove garlic (minced), and juice of 1 lemon. Simmer for 10 minutes, then season with salt and pepper.

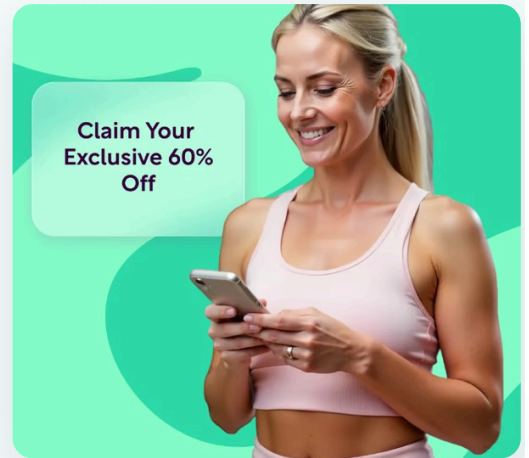
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6. Roasted Cauliflower & Cheddar Soup

A creamy soup blended with roasted cauliflower and sharp cheddar cheese, this dish is rich in flavor and nutrients. Contains high protein and calcium to support bone health in women aged 40+.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	18 min
Calories	660 kcal
Protein	43g
Carbs	13g
Fats	50g



Ingredients

Cauliflower florets	3.3 cups / 396 g
Vegetable broth	1.7 cup / 396 ml
Cheddar cheese, shredded	½ cup / 99 g
Cream	¼ cup / 99 ml
Olive oil	1.7 tbsp / 24.8 ml
Garlic powder	½ tsp / 3.3 g
Salt	to taste /
Black pepper	to taste /

Instructions

1. Preheat oven to 400°F (200°C). Toss cauliflower florets with olive oil, salt, and garlic powder. Roast for 15-20 minutes until golden.
2. In a blender, combine roasted cauliflower, vegetable broth, cream, and cheddar cheese. Blend until smooth and heated through.
3. Season to taste with salt and pepper before serving.

Day 3

3 meals · 1,499 calories

BREAKFAST Cinnamon-Spiced Apple & Walnut Overnight Oats **560 kcal**

LUNCH Cucumber Avocado Salad with Lemon Dressing **279 kcal**

DINNER Lentil & Chicken Thigh Chili **660 kcal**

Protein: 72g Carbs: 153g Fats: 71g

7. Cinnamon-Spiced Apple & Walnut Overnight Oats

These overnight oats provide a perfect balance of fiber, protein, and healthy fats, making them an ideal breakfast to stabilize blood sugar levels. The addition of cinnamon helps improve insulin sensitivity.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	8 min
Calories	560 kcal
Protein	17g
Carbs	63g
Fats	28g



Ingredients

Rolled oats	0.7 cup / 56 g
Unsweetened almond milk	1.4 cup / 336 ml
Apple, chopped	0.7 medium / 105 g
Chopped walnuts	2.8 tbsp / 42 g
Cinnamon	1.4 tsp / 5.6 g

Instructions

1. In a jar, combine 0.7 cup (56 g) rolled oats with 1.4 cup (336 ml) unsweetened almond milk.
2. Mix in 0.7 chopped apple, 2.8 tbsp (42 g) chopped walnuts, and 1.4 tsp (5.6 g) cinnamon.
3. Seal the jar and refrigerate overnight. Enjoy cold or warm up in the morning.

8. Cucumber Avocado Salad with Lemon Dressing

Refresh your palate with this light salad rich in hydration and healthy fats from avocado. The fiber from cucumber helps with digestion and promotes a healthy weight.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	279 kcal
Protein	5g
Carbs	16g
Fats	23g



Ingredients

Cucumber, sliced	1.5 large / 1.5 large
Avocado, diced	0.8 medium / 124 g
Olive oil	1.6 tbsp / 23.3 ml
Lemon juice	3.1 tbsp / 46.5 ml
Salt and pepper	to taste / to taste

Instructions

1. In a bowl, combine sliced cucumber and diced avocado.
2. In a small bowl, whisk together olive oil, lemon juice, salt, and pepper.
3. Drizzle dressing over salad and toss gently before serving.

9. Lentil & Chicken Thigh Chili

This flavorful chili combines protein-rich chicken thighs and lentils for a satisfying dish. Rich in fiber and low in fat, it supports digestive health while being budget-friendly.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	30 min
Calories	660 kcal
Protein	50g
Carbs	74g
Fats	20g



Ingredients

Chicken thighs	1.7 lb / 742.5 g
Green lentils	1.7 cup / 396 ml
Canned diced tomatoes	1.5 can (15 oz) / 701.3 g
Frozen bell peppers	3.3 cups / 792 ml
Olive oil	3.3 tbsp / 49.5 ml
Chili powder	3.3 tbsp / 49.5 g
Garlic powder	1.7 tsp / 8.3 g

Instructions

1. Heat 3.3 tbsp (49.5 ml) olive oil in a large pot over medium heat.
2. Add 1.7 lb (742.5 g) diced chicken thighs and cook until browned, about 5 minutes.
3. Stir in 1.7 cup (396 ml) rinsed lentils, 1 can (701.3 g) diced tomatoes, 3.3 cups (792 ml) frozen bell peppers, 3.3 tbsp (49.5 g) chili powder, and 1.7 tsp (8.3 g) garlic powder. Add 4 cups (960ml) water and bring to a boil. Reduce heat and simmer for 30 minutes until lentils are tender and chicken is cooked through.

Day 4

3 meals · 1,499 calories

BREAKFAST Almond Butter Banana Chia Pudding **560 kcal**

LUNCH Zucchini and Leek Soup **279 kcal**

DINNER Savory Chicken & Lentil Stir-Fry **660 kcal**

Protein: 76g Carbs: 128g Fats: 78g

10. Almond Butter Banana Chia Pudding

This chia pudding combines healthy fats from almond butter with fiber and protein from chia seeds, providing lasting energy and helping to maintain balanced blood sugar.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	30 min
Calories	560 kcal
Protein	17g
Carbs	56g
Fats	34g



Ingredients

Chia seeds	0.4 cup / 84 g
Almond milk	1.4 cup / 336 ml
Almond butter	2.8 tbsp / 42 g
Banana	1.5 medium / 1.5 medium
Honey	1.4 tsp / 7 ml

Instructions

1. In a bowl, combine 0.4 cup (84 g) chia seeds with 1.4 cup (336 ml) almond milk and stir well.
2. Let sit for 30 minutes or refrigerate overnight until thickened.
3. Once set, fold in 2.8 tbsp (42 g) almond butter and top with sliced banana and drizzle with honey, if desired.

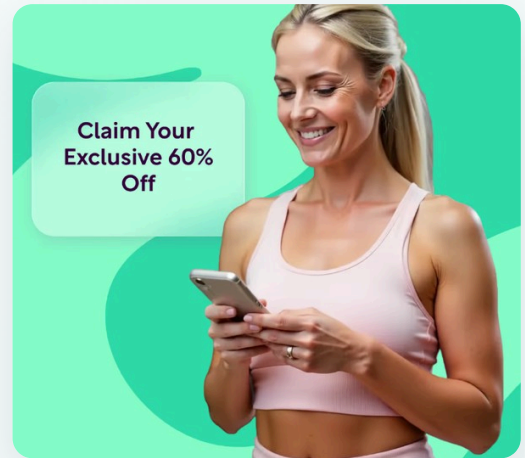
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11. Zucchini and Leek Soup

This light soup is full of vitamins from zucchini and leeks, promoting healthy skin and digestion for women over 40. The fiber content supports gut health, while the low calories make it an excellent meal for a liquid diet.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	20 min
Calories	279 kcal
Protein	6g
Carbs	22g
Fats	19g



Ingredients

Zucchini	1.5 medium / 310 g
Leek	1.6 / 155 g
Vegetable broth	3.1 cups / 744 ml
Olive oil	1.6 tbsp / 23.3 ml
Fresh herbs (parsley or dill)	1.6 tbsp / 23.3 g

Instructions

1. In a pot, heat 1.6 tbsp (23.3 ml) olive oil over medium heat and sauté 1.5 medium chopped zucchini and 1.6 sliced leek until softened, about 5 minutes.
2. Add 3.1 cups (744 ml) vegetable broth and bring to a boil, then simmer for 15 minutes.
3. Blend until smooth, and serve garnished with 1.6 tbsp (23.3 g) fresh herbs.

12. Savory Chicken & Lentil Stir-Fry

This chicken and lentil stir-fry is a quick, protein-dense meal packed with nutrients that support bone health. Including lentils provides fiber and complex carbohydrates for sustained energy.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	18 min
Calories	660 kcal
Protein	53g
Carbs	50g
Fats	25g



Ingredients

Chicken thighs	1.7 lb / 742.5 g
Green lentils	1.7 cup / 396 ml
Frozen broccoli	3.3 cups / 792 ml
Soy sauce	4.9 tbsp / 74.3 ml
Olive oil	3.3 tbsp / 49.5 ml
Garlic powder	1.7 tsp / 8.3 g
Onion powder	1.7 tsp / 8.3 g

Instructions

1. Heat 3.3 tbsp (49.5 ml) olive oil in a large skillet over medium-high heat.
2. Add 1.7 lb (742.5 g) chicken thighs and cook until browned, about 5 minutes.
3. Stir in 1.7 cup (396 ml) rinsed green lentils, 3.3 cups (792 ml) frozen broccoli, 4.9 tbsp (74.3 ml) soy sauce, 1.7 tsp (8.3 g) garlic powder, and 1.7 tsp (8.3 g) onion powder. Cook for an additional 10 minutes until chicken is cooked through and lentils are tender.

Day 5

3 meals · 1,463 calories

BREAKFAST Coconut Berry Smoothie Bowl **560 kcal**

LUNCH Berry & Walnut Spinach Salad **589 kcal**

DINNER Lemon Garlic Beet Soup with Broccoli Puree **314 kcal**

Protein: 37g Carbs: 167g Fats: 81g

13. Coconut Berry Smoothie Bowl

This smoothie bowl blends coconut and mixed berries for a tropical twist. Rich in antioxidants and healthy fats, it supports skin health and provides sustained energy for an active lifestyle.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	8 min
Calories	560 kcal
Protein	11g
Carbs	70g
Fats	28g



Ingredients

Frozen mixed berries	1.4 cup / 210 g
Coconut milk	1.4 cup / 336 ml
Chia seeds	1.4 tbsp / 21 g
Granola (optional)	¼ cup / 42 g
Sliced banana (optional)	½ medium / 84 g

Instructions

1. In a blender, combine 1.4 cup (210 g) frozen mixed berries, 1.4 cup (336 ml) coconut milk, and 1.4 tbsp (21 g) chia seeds.
2. Blend until smooth and creamy, then pour into a bowl.
3. Top with ¼ cup (42 g) granola and ½ sliced banana if desired.

14. Berry & Walnut Spinach Salad

This vibrant salad is loaded with spinach, a powerhouse of antioxidants, and fresh berries, enhancing brain function and memory. Walnuts provide essential omega-3s, making it a perfect brain-boosting meal.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	12 min
Calories	589 kcal
Protein	16g
Carbs	47g
Fats	43g



Ingredients

Fresh spinach	3.1 cups / 93 g
Mixed berries (strawberries, blueberries, raspberries)	1.6 cup / 232.5 g
Chopped walnuts	0.4 cup / 46.5 g
Feta cheese (optional)	1.6 oz / 43.4 g
Olive oil	1.6 tbsp / 23.3 ml
Balsamic vinegar	1.6 tbsp / 23.3 ml

Instructions

1. In a large bowl, combine 3.1 cups (93 g) fresh spinach, 1.6 cup (232.5 g) mixed berries, and 0.4 cup (46.5 g) chopped walnuts.
2. If desired, crumble 1.6 oz (43.4 g) feta cheese on top.
3. Drizzle with 1.6 tbsp (23.3 ml) olive oil and 1.6 tbsp (23.3 ml) balsamic vinegar, then toss well to combine.

15. Lemon Garlic Beet Soup with Broccoli Puree

This creamy soup blends the detoxifying power of beets with the goodness of broccoli, infused with garlic and lemon for enhanced flavor and liver support.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	16 min
Calories	314 kcal
Protein	10g
Carbs	50g
Fats	10g



Ingredients

Beets, peeled and diced	1.7 cup / 247.5 g
Broccoli florets	1.7 cup / 247.5 g
Garlic cloves, minced	3.3 clove(s) / 3.3g
Vegetable broth	4.9 cups / 1188 ml
Olive oil	1.7 tbsp / 24.8 ml
Lemon juice	3.3 tbsp / 49.5 ml

Instructions

1. In a pot, heat olive oil over medium heat. Add garlic and sauté for 1 minute until fragrant.
2. Add diced beets and vegetable broth. Bring to a boil and then simmer for 15 minutes until beets are tender.
3. Blend the soup until smooth, then stir in cooked broccoli. Blend again until creamy, and finish with lemon juice before serving.

Day 6

3 meals · 1,312 calories

BREAKFAST Avocado Toast **294 kcal**

LUNCH Beet & Broccoli Salad with Citrus Dressing **341 kcal**

DINNER Beef & Sweet Potato Stew with Thyme **677 kcal**

Protein: 62g Carbs: 131g Fats: 56g

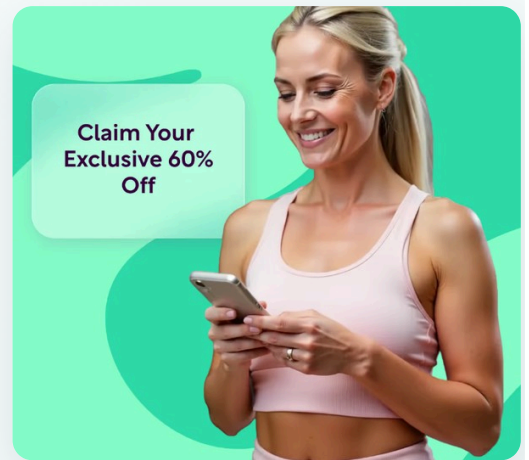
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16. Avocado Toast

A simple and nutritious breakfast that combines creamy avocado on whole grain toast.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	2 min
Calories	294 kcal
Protein	6g
Carbs	28g
Fats	17g



Ingredients

Whole grain bread	1.5 slice / 1.5 slice
Avocado	0.4 medium / 0.4 avocado
Salt	a pinch / a pinch

Instructions

1. Toast the slice of whole grain bread.
2. Mash the avocado in a bowl and add a pinch of salt.
3. Spread the mashed avocado evenly on the toasted bread.

17. Beet & Broccoli Salad with Citrus Dressing

Packed with antioxidants, beets and broccoli help in detoxing the liver. The citrus dressing provides vitamin C, promoting digestion and enhancing detoxification.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	12 min
Calories	341 kcal
Protein	6g
Carbs	47g
Fats	16g



Ingredients

Cooked beets	1.6 cup / 372 ml
Broccoli florets	1.6 cup / 372 ml
Olive oil	3.1 tbsp / 46.5 ml
Lemon juice	1.6 tbsp / 23.3 ml
Honey	1.6 tsp / 7.8 g
Salt	0.8 tsp / 3.9 g

Instructions

1. In a bowl, combine cooked beets and steamed broccoli.
2. In a separate small bowl, whisk together olive oil, lemon juice, honey (if using), and salt.
3. Drizzle dressing over the salad and toss gently to combine.

18. Beef & Sweet Potato Stew with Thyme

A comforting stew featuring lean beef and nutrient-dense sweet potatoes, packed with vitamins A and C. The addition of thyme provides anti-inflammatory benefits, while bone broth offers collagen to support joint health and skin elasticity.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	30 min
Calories	677 kcal
Protein	50g
Carbs	56g
Fats	23g



Ingredients

Lean beef stew meat	1.7 lb / 742.5 g
Bone broth	6.6 cups / 1584 ml
Sweet potatoes, cubed	3.3 cups / 495 g
Onion, chopped	1.5 large / 247.5 g
Garlic, minced	5 cloves / 24.8 g
Fresh thyme	3.3 tsp / 16.5 g
Salt	1.7 tsp / 8.3 g
Black pepper	0.8 tsp / 3.3 g

Instructions

1. In a large pot, heat 1 tbsp (15ml) of olive oil over medium-high heat. Sear the beef until browned, about 5 minutes.
2. Add the onion and garlic, cooking for another 3 minutes until fragrant. Mix in the sweet potatoes and thyme.
3. Pour in the bone broth, season with salt and pepper, and bring to a boil. Reduce heat to simmer, cover, and cook for 30 minutes.

Day 7

3 meals · 1,270 calories

BREAKFAST Oatmeal Banana Walnut Muffins **252 kcal**

LUNCH Herbed Chickpea & Cucumber Salad **341 kcal**

DINNER Grilled Lemon Herb Chicken with Quinoa Tabbouleh **677 kcal**

Protein: 88g Carbs: 139g Fats: 50g

19. Oatmeal Banana Walnut Muffins

These wholesome muffins are made with oats and bananas, providing fiber and potassium, essential for heart health. Walnuts add omega-3 fatty acids, contributing to lower triglyceride levels, making them ideal for women over 40.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	20 min
Calories	252 kcal
Protein	6g
Carbs	42g
Fats	10g



Ingredients

Rolled oats	2.8 cups / 224 g
Ripe bananas, mashed	2.8 medium / 2.8g
Honey or maple syrup	0.4 cup / 84 ml
Baking powder	1.4 tsp / 5.6 g
Chopped walnuts	0.7 cup / 84 g
Almond milk	0.7 cup / 168 ml

Instructions

1. Preheat the oven to 350°F (175°C) and line a muffin tin with liners.
2. In a large bowl, mix together oats, mashed bananas, honey, almond milk, and baking powder.
3. Fold in chopped walnuts, then divide the mixture into the muffin tin.
4. Bake for 18-20 minutes until a toothpick comes out clean.

20. Herbed Chickpea & Cucumber Salad

This refreshing salad combines chickpeas and cucumbers, providing protein and hydration, while fresh herbs support digestion and overall wellness, perfect for women dealing with menopause symptoms.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	12 min
Calories	341 kcal
Protein	19g
Carbs	47g
Fats	12g



Ingredients

canned chickpeas, rinsed and drained	1.5 can (15 oz) / 658.8 g
cucumber, diced	1.6 cup / 372 ml
fresh parsley, chopped	¼ cup / 93 ml
lemon juice	3.1 tbsp / 46.5 ml
olive oil	1.6 tbsp / 23.3 ml
salt and pepper to taste	to taste / to taste

Instructions

1. In a mixing bowl, combine chickpeas, diced cucumber, and chopped parsley.
2. Drizzle with lemon juice and olive oil, then season with salt and pepper to taste.
3. Toss to combine and serve immediately or refrigerate for later.

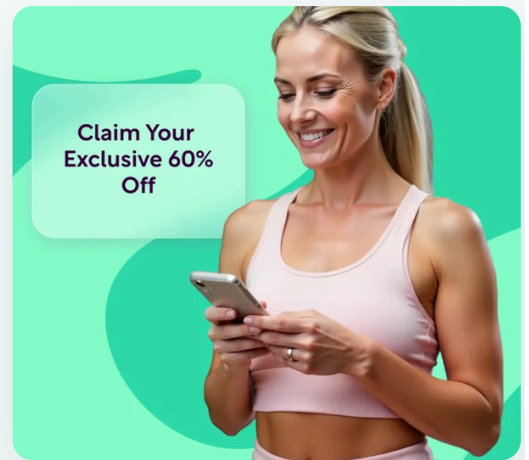
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21. Grilled Lemon Herb Chicken with Quinoa Tabbouleh

This vibrant chicken dish is marinated in lemon juice and herbs, delivering high levels of vitamin C and antioxidants to support skin health while helping to balance hormones. Paired with fiber-rich quinoa tabbouleh for sustained energy.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	18 min
Calories	677 kcal
Protein	63g
Carbs	50g
Fats	28g



Ingredients

Chicken breast, boneless	9.9 oz / 280.5 g
Lemon juice	3.3 tbsp / 49.5 ml
Olive oil	1.7 tbsp / 24.8 ml
Fresh parsley, chopped	0.4 cup / 24.8 g
Tomato, diced	0.8 cup / 123.8 g
Cucumber, diced	0.8 cup / 123.8 g
Quinoa, cooked	0.8 cup / 148.5 g

Instructions

1. In a bowl, mix lemon juice (49.5 ml), olive oil (24.8 ml), and parsley (24.8 g). Add chicken and marinate for 30 minutes in the refrigerator.
2. Preheat the grill to medium-high heat. Grill chicken for 6-7 minutes per side or until fully cooked.
3. Combine cooked quinoa (148.5 g), diced tomato (123.8 g), and cucumber (123.8 g) in a bowl. Serve alongside grilled chicken.

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