

7-Day Cognitive Diet Plan for Women PDF

Enhance your brain health with this innovative cognitive diet plan.

The 7-Day Cognitive Diet Plan features 21 unique recipes designed to support brain health and cognitive function in women. This plan focuses on nutrient-dense foods that promote mental clarity and vitality. Discover how the right diet can enhance your cognitive well-being and daily life.

DAILY NUTRITION OVERVIEW

DAY	CALORIES	PROTEIN	CARBS	FATS
Day 1	1,400	90g	89g	85g
Day 2	1,399	70g	105g	88g
Day 3	1,399	129g	64g	72g
Day 4	1,399	56g	160g	68g
Day 5	1,399	65g	170g	57g
Day 6	1,399	53g	167g	68g
Day 7	1,399	44g	139g	74g
Avg	1,399	72g	128g	73g

CALORIE DISTRIBUTION



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WHAT'S INSIDE

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Balsamic Glazed Chicken with Spinach and Mushrooms

Garlic Lemon Shrimp and Broccoli Salad

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Avocado and Spinach Smoothie

Creamy Avocado and Spinach Soup

Savory Sweet Potato & Spinach Hash

Walnut and Mushroom Stir-Fry

Turmeric and Ginger Vegetable Stir-Fry

Berry Quinoa Breakfast Bowl

Turmeric Chickpea & Spinach Curry

+ 9 more recipes inside

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



21 Recipes

7-day meal plan



1,399 cal/day

Daily average



72g Protein

Daily average



Macro Balanced

128g C / 73g F avg

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Day 1

3 meals · 1,400 calories

BREAKFAST	Sardine and Whole Grain Wrap	420 kcal
LUNCH	Creamy Avocado and Spinach Soup	419 kcal
DINNER	Balsamic Glazed Chicken with Spinach and Mushrooms	561 kcal

Protein: 90g Carbs: 89g Fats: 85g

1. Sardine and Whole Grain Wrap

Enjoy a savory wrap filled with sardines, fresh vegetables, and whole grains to fuel your morning. It's easy to make and packed with flavor and nutrition.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	10 min
Calories	420 kcal
Protein	28g
Carbs	42g
Fats	21g



Ingredients

Whole grain tortilla	1.4 slice(s) / 1.4g
Canned sardines	1.5 can / 1.5 can
Lettuce leaves	2.8 / 2.8g
Sliced tomatoes	0.7 medium / 0.7g

Olive oil

1.4 tsp / 7 ml

Salt and pepper

to taste / to taste

Instructions

1. Spread the sardines across the tortilla.
2. Layer lettuce and sliced tomatoes on top.
3. Drizzle with olive oil and season with salt and pepper.
4. Wrap tightly and slice in half to serve.

2. Creamy Avocado and Spinach Soup

This silky soup is rich in heart-healthy fats from avocado and provides vitamin K from spinach for optimal bone health. It's also a cooling dish that can help relieve menopause-related symptoms.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	419 kcal
Protein	9g
Carbs	34g
Fats	31g



Ingredients

Avocado	1.6 medium / 232.5 g
Fresh spinach	3.1 cups / 93 g
Vegetable broth	1.6 cup / 372 ml
Lemon juice	1.6 tbsp / 23.3 ml
Salt and pepper	to taste / to taste

Instructions

1. In a pot, combine 1.6 cup (372 ml) vegetable broth and 3.1 cups (93 g) spinach; cook over medium heat until wilted, about 3 minutes.
2. Add 1.6 avocado and 1.6 tbsp (23.3 ml) lemon juice; blend until creamy.
3. Season with salt and pepper to taste, then serve warm.

3. Balsamic Glazed Chicken with Spinach and Mushrooms

This savory chicken dish is complemented by earthy mushrooms and nutrient-dense spinach, providing a well-rounded meal rich in flavor and anti-inflammatory benefits.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	19 min
Calories	561 kcal
Protein	53g
Carbs	13g
Fats	33g



Ingredients

Chicken breast, sliced	8.3 oz / 231 g
Spinach, chopped	1.7 cup / 396 ml
Mushrooms, sliced	0.8 cup / 198 ml
Balsamic vinegar	3.3 tbsp / 49.5 ml
Olive oil	1.7 tbsp / 24.8 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 sliced chicken breast and cook until browned, about 5-7 minutes.
3. Add sliced mushrooms and cook until softened, about 3 minutes.
4. Stir in balsamic vinegar, spinach, salt, and pepper, cooking until spinach wilts.

Day 2

3 meals · 1,399 calories

BREAKFAST Savory Sweet Potato & Spinach Hash **420 kcal**

LUNCH Garlic Lemon Shrimp and Broccoli Salad **434 kcal**

DINNER Walnut and Mushroom Stir-Fry **545 kcal**

Protein: 70g Carbs: 105g Fats: 88g

4. Savory Sweet Potato & Spinach Hash

This colorful hash combines sweet potatoes and spinach, offering essential vitamins and minerals for bone health and hormone balance. The fiber-rich sweet potatoes support digestion and provide steady energy throughout the morning.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	420 kcal
Protein	6g
Carbs	56g
Fats	21g



Ingredients

Sweet potato, diced	1.5 medium / 1.5 medium
Fresh spinach, chopped	1.4 cup / 336 ml
Olive oil	1.4 tbsp / 21 ml
Garlic, minced	1.5 clove / 1.5 clove
Salt	0.4 tsp / 1.4 g
Pepper	0.4 tsp / 1.4 g

Instructions

1. Heat 1.4 tbsp (21 ml) of olive oil in a skillet over medium heat.
2. Add 1.5 medium diced sweet potato and cook for 10 minutes until tender, stirring occasionally.
3. Add 1.4 cup (336 ml) of chopped spinach, 1 minced garlic clove, 0.4 tsp (1.4 g) of salt, and 0.4 tsp (1.4 g) of pepper, and sauté until spinach is wilted, about 2-3 minutes.

5. Garlic Lemon Shrimp and Broccoli Salad

This refreshing salad features shrimp and broccoli, both rich in protein and antioxidants, essential for maintaining energy and muscle mass. The garlic and lemon dressing adds flavor while providing anti-inflammatory benefits.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	10 min
Calories	434 kcal
Protein	47g
Carbs	16g
Fats	22g



Ingredients

shrimp, peeled and deveined	6.2 oz / 178.3 g
broccoli florets	1.6 cup / 372 ml
olive oil	1.6 tbsp / 23.3 ml
garlic, minced	1.5 clove / 7.8 g
lemon juice	1.6 tbsp / 23.3 ml
mixed greens	3.1 cups / 744 ml

Instructions

1. Heat 1.6 tbsp (23.3 ml) olive oil in a skillet over medium heat, add minced garlic and sauté for 30 seconds.
2. Add shrimp and cook until pink, about 2-3 minutes, then stir in broccoli and cook for an additional 3 minutes until tender.
3. In a bowl, combine the mixed greens, shrimp, and broccoli, then drizzle with lemon juice before serving.

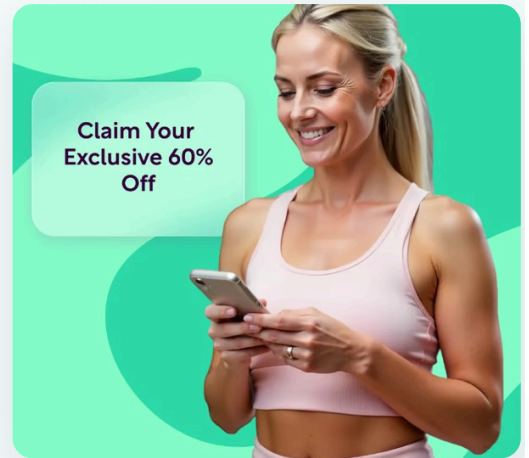
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6. Walnut and Mushroom Stir-Fry

This flavorful stir-fry pairs walnuts with mushrooms, both of which are high in nutrients that support cardiovascular health. The mix of vegetables provides fiber, which is important for digestion and metabolic health in women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	545 kcal
Protein	17g
Carbs	33g
Fats	45g



Ingredients

Sliced mushrooms	3.3 cups / 396 ml
Chopped bell pepper	1.7 cup / 396 ml
Chopped walnuts	0.8 cup / 99 g
Olive oil	1.7 tbsp / 24.8 ml
Soy sauce (low sodium)	3.3 tbsp / 49.5 ml
Garlic, minced	3 cloves / 3 cloves

Instructions

1. Heat a skillet over medium heat and add olive oil.
2. Add minced garlic and cook for 30 seconds until fragrant.
3. Add sliced mushrooms and chopped bell pepper, stir-frying for 5-7 minutes until tender.
4. Add chopped walnuts and soy sauce, cooking for an additional 2 minutes.

Day 3

3 meals · 1,399 calories

BREAKFAST Egg & Spinach Breakfast Wrap **420 kcal**

LUNCH Turmeric and Ginger Vegetable Stir-Fry **434 kcal**

DINNER Ginger Garlic Chicken Stir-Fry with Kale **545 kcal**

Protein: 129g Carbs: 64g Fats: 72g

7. Egg & Spinach Breakfast Wrap

This breakfast wrap features high-protein eggs and fiber-rich spinach in a low-carb tortilla, ideal for sustained energy and muscle maintenance.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	8 min
Calories	420 kcal
Protein	34g
Carbs	13g
Fats	28g



Ingredients

Large eggs	2.8 large / 3 large
Spinach	1.4 cup / 336 ml
Low-carb tortilla	1.4 slice(s) / 1.5 large
Olive oil	1.4 tsp / 7 ml
Black pepper	to taste / to taste

Instructions

1. Heat 1.4 tsp (7 ml) olive oil in a skillet over medium heat. Add 1.4 cup (336 ml) fresh spinach and sauté until wilted.
2. Add 2.8 beaten eggs and cook until fully scrambled, seasoning with black pepper to taste if desired.
3. Place the egg mixture in 1.4 low-carb tortilla, wrap it up, and enjoy!

8. Turmeric and Ginger Vegetable Stir-Fry

Packed with colorful veggies and infused with turmeric and ginger, this stir-fry provides a great source of antioxidants and anti-inflammatory properties. This dish supports metabolism and energy levels, vital for women over 40.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	12 min
Calories	434 kcal
Protein	39g
Carbs	31g
Fats	19g



Ingredients

Mixed vegetables (broccoli, bell peppers, carrots)	4.7 cups / 558 g
Tofu, cubed	1.6 cup / 387.5 g
Soy sauce or tamari	3.1 tbsp / 46.5 ml
Ground turmeric	1.6 tsp / 7.8 g
Ground black pepper	0.4 tsp / 1.6 g
Fresh ginger, grated	1.6 tsp / 7.8 g
Olive oil	1.6 tbsp / 23.3 ml

Instructions

1. Heat 1.6 tbsp (23.3 ml) olive oil in a pan over medium heat. Add 1.6 cup (387.5 g) cubed tofu and cook until golden, about 5 minutes.
2. Add 4.7 cups (558 g) mixed vegetables, 1.6 tsp (7.8 g) ground turmeric, 0.4 tsp (1.6 g) ground black pepper, and 1.6 tsp (7.8 g) grated ginger. Stir-fry for 8-10 minutes.
3. Pour in 3.1 tbsp (46.5 ml) soy sauce or tamari, stir to combine, and cook for another 2 minutes.

9. Ginger Garlic Chicken Stir-Fry with Kale

This stir-fry combines lean chicken, garlic, and kale, creating a nutrient-dense meal packed with anti-inflammatory properties. Ginger provides a refreshing kick while supporting digestion.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	20 min
Calories	545 kcal
Protein	56g
Carbs	20g
Fats	25g



Ingredients

Chicken breast, sliced	8.3 oz / 231 g
Kale, chopped	1.7 cup / 396 ml
Fresh ginger, grated	1.7 tsp / 8.3 g
Garlic, minced	3 cloves / 3 cloves
Olive oil	1.7 tbsp / 24.8 ml
Low-sodium soy sauce	1.7 tbsp / 24.8 ml
Sesame seeds	1.7 tsp / 4.9 g

Instructions

1. Heat 1.7 tbsp (24.8 ml) of olive oil in a large skillet over medium-high heat.
2. Add sliced chicken breast and cook until browned, about 5-7 minutes.
3. Stir in garlic and ginger, cooking for another minute until fragrant.
4. Add chopped kale and soy sauce, cooking until kale is wilted, about 3 minutes.
5. Sprinkle with sesame seeds before serving.

Day 4

3 meals · 1,399 calories

BREAKFAST Berry Quinoa Breakfast Bowl **406 kcal**

LUNCH Avocado and Spinach Smoothie **465 kcal**

DINNER Turmeric Chickpea & Spinach Curry **528 kcal**

Protein: 56g Carbs: 160g Fats: 68g

10. Berry Quinoa Breakfast Bowl

Packed with antioxidants from mixed berries and protein-rich quinoa, this breakfast bowl supports heart health and balances hormones. The fiber content helps to stabilize blood sugar levels, providing sustained energy throughout the morning.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	15 min
Calories	406 kcal
Protein	14g
Carbs	63g
Fats	11g



Ingredients

Cooked quinoa	1.4 cup / 336 ml
Mixed berries (blueberries, raspberries, strawberries)	0.7 cup / 168 ml
Almond milk	0.7 cup / 168 ml
Flaxseed meal	1.4 tbsp / 21 g
Honey or maple syrup	1.4 tsp / 7 ml

Instructions

1. In a saucepan, combine 1.4 cup (336 ml) of cooked quinoa and 0.7 cup (168 ml) of almond milk over medium heat. Stir until warmed through, about 3-5 minutes.
2. Remove from heat and mix in 1.4 tbsp (21 g) of flaxseed meal and honey or maple syrup if using.
3. Top with 0.7 cup (168 ml) of mixed berries before serving.

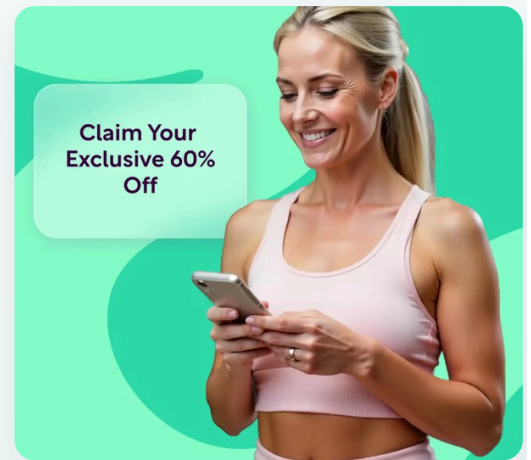
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11. Avocado and Spinach Smoothie

This creamy smoothie provides healthy fats from avocado, essential for hormone production. Spinach adds fiber and vitamins, making this a nutrient-dense option for lunch.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	5 min
Calories	465 kcal
Protein	9g
Carbs	31g
Fats	37g



Ingredients

Avocado, pitted and peeled	1 medium / 116.3 g
Fresh spinach	1.6 cup / 46.5 g
Almond milk	1.6 cup / 372 ml
Honey (optional)	1.6 tsp / 7.8 g

Instructions

1. In a blender, combine avocado, spinach, almond milk, and honey if using.
2. Blend until smooth and creamy.
3. Serve immediately for a filling lunch.

12. Turmeric Chickpea & Spinach Curry

This vibrant curry is rich in fiber and protein, using chickpeas and spinach to support metabolism and boost energy levels. Turmeric's anti-inflammatory properties help alleviate joint pain, making it ideal for women over 40.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	17 min
Calories	528 kcal
Protein	33g
Carbs	66g
Fats	20g



Ingredients

Canned chickpeas, drained and rinsed	1.7 cup / 396 g
Fresh spinach	3.3 cups / 99 g
Coconut oil	1.7 tbsp / 24.8 ml
Canned coconut milk	0.8 cup / 198 ml
Ground turmeric	1.7 tsp / 8.3 g
Ground black pepper	0.4 tsp / 1.7 g
Garlic, minced	3 cloves / 3 cloves
Salt	to taste / to taste

Instructions

1. Heat 1.7 tbsp (24.8 ml) coconut oil in a pan over medium heat. Add 2 minced garlic cloves and sauté for 2 minutes until fragrant.
2. Stir in 1.7 tsp (8.3 g) ground turmeric, 0.4 tsp (1.7 g) black pepper, and sauté for another minute.
3. Add 1.7 cup (396 g) chickpeas and 3.3 cups (99 g) spinach, stirring well.
4. Pour in 0.8 cup (198 ml) coconut milk, simmer for about 15 minutes, and season with salt to taste.

Day 5

3 meals · 1,399 calories

BREAKFAST Spinach and Avocado Smoothie Bowl **406 kcal**

LUNCH Chickpea and Bone Broth Salad **465 kcal**

DINNER Spicy Turmeric Lentil Soup with Greens **528 kcal**

Protein: 65g Carbs: 170g Fats: 57g

13. Spinach and Avocado Smoothie Bowl

This smoothie bowl is rich in iron and magnesium from spinach, which supports energy levels and muscle function. The addition of avocado provides healthy fats that can help regulate hormone levels.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	5 min
Calories	406 kcal
Protein	10g
Carbs	28g
Fats	28g



Ingredients

Spinach, fresh	1.4 cup / 336 ml
Avocado, ripe	0.7 medium / 112 g
Unsweetened almond milk	1.4 cup / 336 ml
Chia seeds	1.4 tbsp / 21 g
Toppings (sliced almonds, berries)	to taste / to taste

Instructions

1. In a blender, combine spinach, avocado, almond milk, and chia seeds; blend until smooth.
2. Pour into a bowl and top with sliced almonds and berries as desired.
3. Enjoy immediately as a refreshing breakfast.

14. Chickpea and Bone Broth Salad

This refreshing salad combines chickpeas with bone broth-infused dressing and a variety of greens, providing a protein-rich meal perfect for lunch. Chickpeas are high in fiber and protein, supporting hormone balance and digestive health.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	465 kcal
Protein	25g
Carbs	59g
Fats	16g



Ingredients

Bone broth	0.4 cup / 93 ml
Chickpeas, canned, drained	1.6 cup / 372 ml
Mixed greens (spinach, arugula)	3.1 cups / 744 ml
Cherry tomatoes, halved	0.8 cup / 186 ml
Cucumber, diced	0.8 cup / 186 ml
Olive oil	1.6 tbsp / 23.3 ml
Lemon juice	1.6 tbsp / 23.3 ml

Instructions

1. In a small bowl, whisk together 0.4 cup (93 ml) of bone broth, 1.6 tbsp (23.3 ml) olive oil, and 1.6 tbsp (23.3 ml) of lemon juice.
2. In a large bowl, combine 1.6 cup (372 ml) of drained chickpeas, 3.1 cups (744 ml) of mixed greens, 0.8 cup (186 ml) of halved cherry tomatoes, and 0.8 cup (186 ml) of diced cucumber.
3. Pour the dressing over the salad and toss to combine.

15. Spicy Turmeric Lentil Soup with Greens

A hearty soup that combines lentils, rich in protein and fiber, with turmeric and leafy greens. This recipe is perfect for reducing inflammation and supporting digestive health.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	20 min
Calories	528 kcal
Protein	30g
Carbs	83g
Fats	13g



Ingredients

Red lentils	0.8 cup / 148.5 g
Carrot, diced	1.5 medium / 1.5 medium
Celery, diced	1.5 stalk / 1.5 stalk
Fresh spinach or kale	1.7 cup / 49.5 g
Turmeric powder	1.7 tsp / 8.3 g
Vegetable broth	6.6 cups / 1584 ml
Olive oil	1.7 tbsp / 24.8 ml

Instructions

1. In a pot, heat olive oil over medium heat. Add carrot and celery, cooking until softened (about 5 minutes).
2. Add lentils, vegetable broth, and turmeric. Bring to a boil, then simmer for 20 minutes until lentils are tender.
3. Stir in spinach or kale and cook until wilted (about 3 minutes).
4. Season with salt and pepper to taste before serving.

Day 6

3 meals · 1,399 calories

BREAKFAST	Green Smoothie Bowl with Almonds	406 kcal
LUNCH	Avocado & Kale Salad with Sesame Dressing	465 kcal
DINNER	Turmeric Lentil Soup with Spinach	528 kcal

Protein: 53g Carbs: 167g Fats: 68g

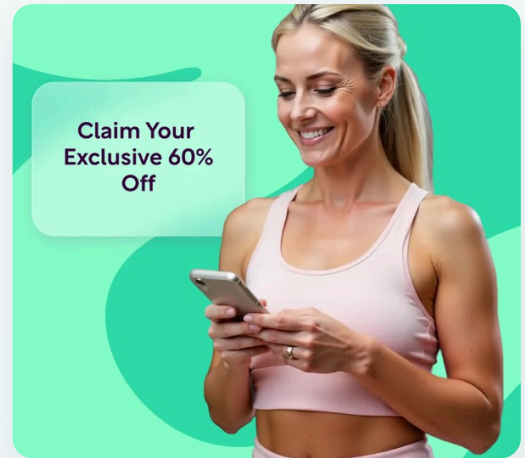
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16. Green Smoothie Bowl with Almonds

This smoothie bowl is rich in micronutrients from leafy greens, supporting bone health and hormone balance. Topped with almonds and seeds, it provides protein and healthy fats for sustained energy and fullness.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	406 kcal
Protein	11g
Carbs	53g
Fats	18g



Ingredients

Fresh spinach or kale	2.8 cups / 84 g
Banana, frozen	1.4 medium / 168 g
Almond milk (or dairy alternative)	0.7 cup / 168 ml
Chopped almonds	2.8 tbsp / 42 g
Chia seeds	1.4 tbsp / 21 g
Honey or maple syrup	1.4 tsp / 7 ml

Instructions

1. In a blender, combine 2.8 cups (84 g) spinach or kale, 1.4 frozen banana (168 g), and 0.7 cup (168 ml) almond milk.
2. Blend until smooth, adding more almond milk if needed for desired consistency.
3. Pour into a bowl and top with 2.8 tbsp (42 g) chopped almonds, 1.4 tbsp (21 g) chia seeds, and drizzle with 1.4 tsp (7 ml) honey or maple syrup if desired.

17. Avocado & Kale Salad with Sesame Dressing

Rich in magnesium from kale and sesame seeds, this salad helps relax muscles and reduce stress. The healthy fats from avocado promote hormone balance, essential for women over 40.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	12 min
Calories	465 kcal
Protein	12g
Carbs	25g
Fats	37g



Ingredients

Kale leaves	3.1 cups / 744 ml
Avocado	0.8 medium /
Sesame seeds	3.1 tbsp / 46.5 ml
Olive oil	3.1 tbsp / 46.5 ml
Soy sauce (low sodium)	1.6 tbsp / 23.3 ml
Lemon juice	1.6 tbsp / 23.3 ml
Salt and pepper	to taste /

Instructions

1. In a large bowl, combine kale, sliced avocado, and toasted sesame seeds.
2. In a small bowl, whisk together olive oil, soy sauce, lemon juice, salt, and pepper.
3. Drizzle the dressing over the salad and toss gently to combine.

18. Turmeric Lentil Soup with Spinach

This hearty soup combines lentils, a great source of protein and fiber, with spinach and turmeric for a comforting meal that helps reduce inflammation.

Nutrition Information

Servings	1
Prep Time	17 min
Cook Time	20 min
Calories	528 kcal
Protein	30g
Carbs	89g
Fats	13g



Ingredients

Red lentils, rinsed	1.7 cup / 396 ml
Spinach, chopped	1.7 cup / 396 ml
Turmeric powder	1.7 tsp / 8.3 g
Olive oil	1.7 tbsp / 24.8 ml
Carrot, diced	0.8 cup / 198 ml
Onion, diced	0.8 cup / 198 ml
Garlic, minced	3 cloves / 3 cloves
Vegetable broth	6.6 cups / 1584 ml
Salt and pepper	to taste / to taste

Instructions

1. Heat 1.7 tbsp (24.8 ml) of olive oil in a pot over medium heat.
2. Add diced onions and carrots, cooking until softened, about 5 minutes.
3. Stir in minced garlic and turmeric; cook for another minute.
4. Add lentils and vegetable broth, bringing to a boil. Reduce heat and simmer for 20 minutes until lentils are tender.
5. Stir in chopped spinach and season with salt and pepper before serving.

Day 7

3 meals · 1,399 calories

BREAKFAST Savory Flaxseed and Spinach Pancakes **406 kcal**

LUNCH Chilled Avocado & Spinach Soup **465 kcal**

DINNER Sweet Potato and Spinach Stuffed Portobello Mushrooms **528 kcal**

Protein: 44g Carbs: 139g Fats: 74g

19. Savory Flaxseed and Spinach Pancakes

These pancakes are packed with flaxseed, providing phytoestrogens to support hormone balance, and spinach, which is high in calcium and vitamin K for bone health. With a solid protein content, they help sustain energy and curb hunger throughout the morning.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	406 kcal
Protein	22g
Carbs	50g
Fats	14g



Ingredients

Whole wheat flour	0.7 cup / 84 g
Ground flaxseed	2.8 tbsp / 42 g
Fresh spinach, chopped	1.4 cup / 42 g
Egg	1.5 large / 70 g
Milk (or dairy alternative)	0.7 cup / 168 ml
Olive oil	1.4 tbsp / 21 ml

Instructions

1. In a bowl, mix 0.7 cup (84 g) whole wheat flour, 2.8 tbsp (42 g) ground flaxseed, and a pinch of salt.
2. In another bowl, whisk together 1 egg (70 g) and 0.7 cup (168 ml) milk.
3. Combine the wet and dry ingredients and fold in 1.4 cup (42 g) chopped spinach.
4. Heat 1.4 tbsp (21 ml) olive oil in a skillet over medium heat and pour in batter to form pancakes.
5. Cook for 3-4 minutes on each side until golden brown. Serve warm.

20. Chilled Avocado & Spinach Soup

This refreshing soup blends avocado and spinach for a calcium-rich, creamy meal without dairy. It's anti-inflammatory and hydrating, perfect for maintaining energy during menopause.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	12 min
Calories	465 kcal
Protein	9g
Carbs	23g
Fats	37g



Ingredients

Avocado, pitted	1.6 medium / 1.6g
Fresh spinach, packed	3.1 cups / 744 ml
Vegetable broth	1.6 cup / 372 ml
Lemon juice	1.6 tbsp / 23.3 ml
Olive oil	1.6 tbsp / 23.3 ml

Instructions

1. In a blender, combine 1.6 pitted avocado, 3.1 cups (744 ml) of fresh spinach, 1.6 cup (372 ml) of vegetable broth, 1.6 tbsp (23.3 ml) of lemon juice, and 1.6 tbsp (23.3 ml) of olive oil.
2. Blend until smooth and creamy. Chill in the fridge for 30 minutes or serve immediately.

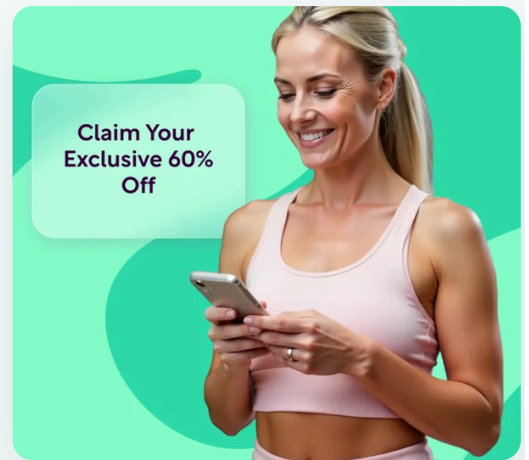
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21. Sweet Potato and Spinach Stuffed Portobello Mushrooms

These stuffed mushrooms provide a filling and nutrient-dense option packed with vitamins A and C, crucial for maintaining skin health and immune function. The combination of sweet potatoes and spinach provides fiber and antioxidants to support overall well-being.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	20 min
Calories	528 kcal
Protein	13g
Carbs	66g
Fats	23g



Ingredients

Portobello mushrooms, stems removed	3 large / 330 g
Sweet potato, cooked and mashed	0.8 cup / 198 g
Spinach, chopped	1.7 cup / 49.5 g
Olive oil	1.7 tbsp / 24.8 ml
Salt and pepper to taste	/

Instructions

1. Preheat oven to 375°F (190°C).
2. In a bowl, mix together 0.8 cup (198 g) cooked and mashed sweet potato with 1.7 cup (49.5 g) chopped spinach, along with salt and pepper.
3. Fill each Portobello cap with the mixture, drizzle with 1.7 tbsp (24.8 ml) olive oil, and bake for 20 minutes until heated through.

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