

# 7-Day Cucumber Diet Plan for Women PDF

Refresh your diet with a hydrating and nutritious cucumber-based meal plan.

The 7-Day Cucumber Diet Plan features 21 refreshing recipes that incorporate the hydrating benefits of cucumbers. Ideal for women looking to detox and lose weight, this plan provides a light yet satisfying approach to healthy eating. Discover how cucumbers can transform your meal routine!

## DAILY NUTRITION OVERVIEW

DAY	CALORIES	PROTEIN	CARBS	FATS
Day 1	1,400	95g	115g	72g
Day 2	1,401	72g	184g	43g
Day 3	1,396	102g	136g	65g
Day 4	1,424	81g	139g	76g
Day 5	1,355	101g	149g	45g
Day 6	1,471	84g	122g	80g
Day 7	1,471	121g	106g	63g
<b>Avg</b>	<b>1,417</b>	<b>94g</b>	<b>136g</b>	<b>63g</b>

## CALORIE DISTRIBUTION



*Nourish Your Body, Transform Your Health*

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+ 9 more recipes inside

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**21 Recipes**

7-day meal plan



**1,417 cal/day**

Daily average



**94g Protein**

Daily average



**Macro Balanced**

136g C / 63g F avg

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# Day 1

3 meals · 1,400 calories

<b>BREAKFAST</b>	Apple Cinnamon Protein Bowl	<b>504 kcal</b>
<b>LUNCH</b>	Zinc-Infused Broccoli & Cauliflower Salad with Tahini Dressing	<b>434 kcal</b>
<b>DINNER</b>	Lemon Herb Shrimp Stir-Fry	<b>462 kcal</b>

**Protein: 95g   Carbs: 115g   Fats: 72g**

## 1. Apple Cinnamon Protein Bowl

This cozy bowl combines the sweetness of apples with protein-rich yogurt and cinnamon for a metabolism boost. Topped with nuts and seeds, it provides a satisfying crunch and extra nutrients.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	12 min
<b>Cook Time</b>	8 min
<b>Calories</b>	504 kcal
<b>Protein</b>	36g
<b>Carbs</b>	56g
<b>Fats</b>	21g



### Ingredients

Chopped apple	1.5 medium / 1.5 medium
Greek yogurt	0.7 cup / 168 ml
Cinnamon	0.7 tsp / 2.8 g
Almond milk	0.7 cup / 168 ml

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Chopped pecans	2.8 tbsp / 42 g
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Chia seeds	1.4 tbsp / 21 g
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## Instructions

1. Blend together 1.5 medium chopped apple, 0.7 cup (168 ml) Greek yogurt, 0.7 tsp (2.8 g) cinnamon, and 0.7 cup (168 ml) almond milk until smooth.
2. Pour into a bowl and top with 2.8 tbsp (42 g) chopped pecans and 1.4 tbsp (21 g) chia seeds.

## 2. Zinc-Infused Broccoli & Cauliflower Salad with Tahini Dressing

This crunchy salad is rich in vitamin C from broccoli and cauliflower, along with zinc from tahini. The healthy fats support hormone production and immune resilience for women over 40.

### Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	12 min
Calories	434 kcal
Protein	16g
Carbs	34g
Fats	28g



### Ingredients

Broccoli florets	1.6 cup / 372 ml
Cauliflower florets	1.6 cup / 372 ml
Tahini	3.1 tbsp / 46.5 g
Lemon juice	1.6 tbsp / 23.3 ml
Olive oil	1.6 tbsp / 23.3 ml
Salt & pepper	to taste / to taste

### Instructions

1. In a bowl, combine 1.6 cup (372 ml) broccoli florets and 1.6 cup (372 ml) cauliflower florets.
2. In a separate bowl, whisk together 3.1 tbsp (46.5 g) tahini, 1.6 tbsp (23.3 ml) lemon juice, and 1.6 tbsp (23.3 ml) olive oil. Season with salt and pepper.
3. Drizzle the dressing over the salad and toss to combine before serving.

### 3. Lemon Herb Shrimp Stir-Fry

This quick shrimp stir-fry is loaded with vegetables and seasoned with lemon for a refreshing meal that supports metabolism and heart health. The fiber-rich veggies aid digestion.

#### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	14 min
<b>Cook Time</b>	3 min
<b>Calories</b>	462 kcal
<b>Protein</b>	43g
<b>Carbs</b>	25g
<b>Fats</b>	23g



#### Ingredients

Raw shrimp, peeled and deveined	9.9 oz / 280.5 g
Bell pepper, sliced	0.8 medium / 0.8g
Zucchini, sliced	0.8 medium / 0.8g
Olive oil	1.7 tbsp / 24.8 ml
Lemon juice	1.7 tbsp / 24.8 ml
Dried oregano	1.7 tsp / 8.3 g
Salt and pepper to taste	to taste / to taste

#### Instructions

1. Heat 1.7 tbsp (24.8 ml) olive oil in a frying pan over medium-high heat.
2. Add bell pepper and zucchini, stir-fry for 3 minutes.
3. Add shrimp, lemon juice, oregano, salt, and pepper; cook for an additional 5-7 minutes until shrimp are cooked through.

# Day 2

3 meals · 1,401 calories

**BREAKFAST** Apple Cinnamon Chia Seed Pudding **420 kcal**

**LUNCH** Zesty Vegetable and Edamame Salad **403 kcal**

**DINNER** Roasted Sweet Potato & Chickpea Mash **578 kcal**

**Protein: 72g   Carbs: 184g   Fats: 43g**

## 4. Apple Cinnamon Chia Seed Pudding

This delicious pudding is packed with fiber from chia seeds and apples, making it a gut-friendly breakfast. The probiotics from yogurt or kefir enhance digestion and the cinnamon adds anti-inflammatory benefits.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	11 min
<b>Cook Time</b>	8 min
<b>Calories</b>	420 kcal
<b>Protein</b>	21g
<b>Carbs</b>	42g
<b>Fats</b>	14g



### Ingredients

Chia seeds	¼ cup / 84 ml
Unsweetened almond milk	1.4 cup / 336 ml
Diced apple	½ medium / ½g
Ground cinnamon	½ tsp / 2.8 g
Plain Greek yogurt or kefir	½ cup / 168 ml

### Instructions

1. In a bowl, combine ¼ cup (84 ml) chia seeds and 1.4 cup (336 ml) almond milk. Stir well and let sit for at least 10 minutes until thickened.
2. Fold in ½ diced apple and ½ tsp (2.8 g) ground cinnamon.
3. Serve topped with ½ cup (168 ml) plain Greek yogurt or kefir.

## 5. Zesty Vegetable and Edamame Salad

This refreshing salad features a mix of chopped cucumbers, bell peppers, carrots, and edamame. Rich in protein and fiber, it helps with satiety while providing healthy fats for hormone balance.

### Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	12 min
Calories	403 kcal
Protein	31g
Carbs	43g
Fats	19g



### Ingredients

Cucumbers (chopped)	1.6 cup / 232.5 g
Bell peppers (diced)	0.8 cup / 116.3 g
Carrots (grated)	0.8 cup / 116.3 g
Edamame (shelled)	0.8 cup / 116.3 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 bowl, combine cucumbers, bell peppers, carrots, and edamame.
2. Drizzle olive oil and lemon juice over the salad, and season with salt and pepper to taste. Toss well.

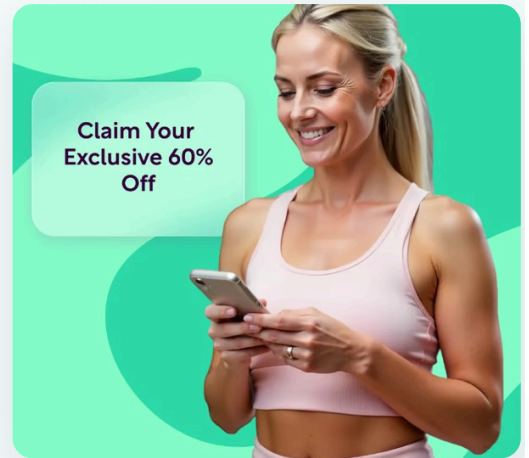
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## 6. Roasted Sweet Potato & Chickpea Mash

This mash combines sweet potatoes and chickpeas, creating a fiber-rich side dish that supports digestive regularity. Sweet potatoes are a great source of antioxidants and vitamins, beneficial for skin health in women over 40.

### Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	18 min
Calories	578 kcal
Protein	20g
Carbs	99g
Fats	10g



### Ingredients

Sweet potatoes, cubed	3.3 cups / 495 g
Canned chickpeas, drained and rinsed	1.7 cup / 396 ml
Olive oil	1.7 tbsp / 24.8 ml
Cumin	1.7 tsp / 8.3 g
Salt	½ tsp / 4.9 g
Black pepper	¼ tsp / 2.5 g
Lemon juice	1.7 tbsp / 24.8 ml

### Instructions

1. Preheat the oven to 400°F (200°C).
2. Toss sweet potatoes with olive oil, cumin, salt, and pepper on a baking sheet.
3. Roast for 20-25 minutes until tender, then mash with chickpeas and add lemon juice before serving.

# Day 3

3 meals · 1,396 calories

**BREAKFAST** Sardine Quinoa Breakfast Bowl **490 kcal**

**LUNCH** Balanced Quinoa & Chickpea Bowl with Avocado Dressing **543 kcal**

**DINNER** Cucumber and Yogurt Curry **363 kcal**

**Protein: 102g   Carbs: 136g   Fats: 65g**

## 7. Sardine Quinoa Breakfast Bowl

Start your day with this protein-packed quinoa bowl topped with sardines and fresh vegetables. It's a nutritious option that will keep you full and satisfied until lunchtime.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	5 min
<b>Cook Time</b>	10 min
<b>Calories</b>	490 kcal
<b>Protein</b>	35g
<b>Carbs</b>	49g
<b>Fats</b>	21g



### Ingredients

Cooked quinoa	0.7 cup / 126 g
Canned sardines	1.5 can / 1.5 can
Cherry tomatoes	0.7 cup / 105 g
Cucumber	0.7 medium / 0.7g
Olive oil	1.4 tsp / 7 ml
Lemon wedge	1.4 medium / 1.4g

### Instructions

1. In a bowl, place the cooked quinoa as the base.
2. Top with sardines, halved cherry tomatoes, and sliced cucumber.
3. Drizzle with olive oil and serve with a lemon wedge on the side for squeezing.

## 8. Balanced Quinoa & Chickpea Bowl with Avocado Dressing

This nutrient-dense quinoa and chickpea bowl is designed to support hormone balance, metabolism, and heart health, making it ideal for women over 40. Rich in protein, fiber, and healthy fats, it's a flexible meal you can adjust to your daily needs and goals.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	15 min
<b>Calories</b>	543 kcal
<b>Protein</b>	47g
<b>Carbs</b>	62g
<b>Fats</b>	19g



### Ingredients

Quinoa (cooked)	1.6 cup / 372 ml
Canned chickpeas (drained and rinsed)	0.8 cup / 186 g
Spinach (fresh)	3.1 cups / 93 g
Cherry tomatoes (halved)	1.6 cup / 232.5 g
Cucumber (diced)	0.8 cup / 116.3 g
Avocado (ripe)	1 medium / 116.3 g
Lemon juice	1.6 tablespoon / 23.3 ml
Olive oil	1.6 tablespoon / 23.3 ml
Salt	to taste / to taste
Black pepper	to taste / to taste

## Instructions

1. In a bowl, combine the cooked quinoa, chickpeas, spinach, cherry tomatoes, and cucumber.
2. In a small bowl, mash the avocado and mix in the lemon juice, olive oil, salt, and black pepper to create the dressing.
3. Drizzle the avocado dressing over the quinoa mixture and toss gently to combine.
4. Serve immediately, or refrigerate for up to 2 hours for a chilled option.

## 9. Cucumber and Yogurt Curry

This unique curry blends cucumbers with yogurt for a light and aromatic dish, perfect for a soothing dinner. The probiotics from yogurt promote gut health, while cucumbers provide hydration.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	10 min
<b>Calories</b>	363 kcal
<b>Protein</b>	20g
<b>Carbs</b>	25g
<b>Fats</b>	25g



### Ingredients

Cucumber, diced	1.7 cup / 396 ml
Greek yogurt	0.8 cup / 198 ml
Curry powder	1.7 tsp / 8.3 ml
Olive oil	1.7 tbsp / 24.8 ml
Salt and pepper to taste	to taste / to taste

### Instructions

1. Heat 1.7 tbsp (24.8 ml) of olive oil in a pan over medium heat.
2. Add 1.7 cup (396 ml) of diced cucumber and sauté for 3-4 minutes.
3. Stir in 1.7 tsp (8.3 ml) of curry powder and cook for another minute.
4. Remove from heat and fold in 0.8 cup (198 ml) of Greek yogurt. Season with salt and pepper to taste.

# Day 4

3 meals · 1,424 calories

**BREAKFAST** Cucumber and Avocado Toast **350 kcal**

**LUNCH** Mediterranean Chickpea and Cucumber Salad with Feta **496 kcal**

**DINNER** Zesty Grilled Octopus with Lemon and Herbs **578 kcal**

**Protein: 81g   Carbs: 139g   Fats: 76g**

## 10. Cucumber and Avocado Toast

This open-faced toast is a perfect blend of healthy fats and hydration, making it ideal for women over 40 needing energy and skin nourishment. The avocado provides fiber and healthy monounsaturated fats that support heart health.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	5 min
<b>Cook Time</b>	5 min
<b>Calories</b>	350 kcal
<b>Protein</b>	8g
<b>Carbs</b>	42g
<b>Fats</b>	18g



### Ingredients

Whole-grain bread	1.5 slice / 1.5 slice
Avocado, mashed	0.7 medium / 0.7g
Cucumber, sliced	0.4 cup / 84 ml
Lemon juice	1.4 tsp / 7 ml
Salt and pepper to taste	to taste / to taste

### Instructions

1. Toast the slice of whole-grain bread until golden brown.
2. In a bowl, mix the mashed avocado with 1.4 tsp (7 ml) of lemon juice and season with salt and pepper.
3. Spread the avocado mixture on the toast and top with 0.4 cup (84 ml) of sliced cucumber.

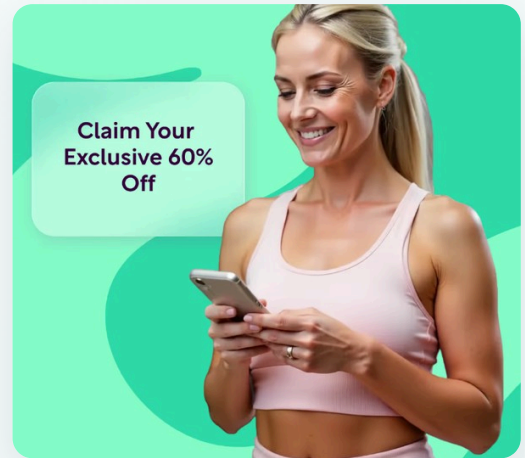
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## 11. Mediterranean Chickpea and Cucumber Salad with Feta

Chickpeas provide fiber for digestive health, while the cucumbers hydrate and the feta adds probiotic benefits, making this salad gut-friendly and nourishing.

### Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	12 min
Calories	496 kcal
Protein	23g
Carbs	47g
Fats	25g



### Ingredients

Canned chickpeas, drained	1.6 cup / 372 ml
Diced cucumber	0.8 medium / 0.8g
Crumbled feta cheese	0.4 cup / 93 g
Olive oil	3.1 tbsp / 46.5 ml
Fresh parsley, chopped	3.1 tbsp / 46.5 g

### Instructions

1. In a large bowl, combine 1.6 cup (372 ml) of drained chickpeas and 0.8 of a diced cucumber.
2. Add 0.4 cup (93 g) of crumbled feta cheese and 3.1 tbsp (46.5 ml) of olive oil.
3. Toss in 3.1 tbsp (46.5 g) of fresh chopped parsley and mix until well combined.

## 12. Zesty Grilled Octopus with Lemon and Herbs

Grilled octopus is not only a delicacy but is also rich in protein and low in fat. This dish is beneficial for heart health and provides essential nutrients, making it a perfect choice for women over 40.

### Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	18 min
Calories	578 kcal
Protein	50g
Carbs	50g
Fats	33g



### Ingredients

octopus tentacles	13.2 oz / 379.5 g
olive oil	3.3 tbsp / 49.5 ml
fresh lemon juice	1.7 tbsp / 24.8 ml
fresh parsley	3.3 tbsp / 49.5 ml
sea salt	to taste /
black pepper	to taste /

### Instructions

1. Preheat grill to medium-high heat. In a bowl, combine olive oil, lemon juice, parsley, salt, and pepper.
2. Brush octopus with the mixture. Grill for about 4-5 minutes on each side until lightly charred and heated through.
3. Serve warm, drizzled with any remaining marinade.

# Day 5

3 meals · 1,355 calories

**BREAKFAST** Herbed Tomato Toast **350 kcal**

**LUNCH** Holy Basil & Quinoa Salad with Citrus Dressing **543 kcal**

**DINNER** Fennel and Citrus Grilled Octopus **462 kcal**

**Protein: 101g   Carbs: 149g   Fats: 45g**

## 13. Herbed Tomato Toast

A fresh and vibrant toast topped with herbed tomatoes and lemon zest.

### Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	3 min
Calories	350 kcal
Protein	13g
Carbs	67g
Fats	6g



### Ingredients

whole grain bread	1.5 slice / 39.2g
cherry tomatoes, halved	1.4 cup / 210g
fresh basil, chopped	2.8 tablespoons / 42g
lemon zest	1.4 teaspoon / 7g
black pepper	to taste / to taste

### Instructions

1. Toast the slice of whole-grain bread.
2. In a bowl, combine cherry tomatoes, basil, lemon zest, and black pepper.
3. Top the toast with the tomato mixture and serve.

## 14. Holy Basil & Quinoa Salad with Citrus Dressing

This refreshing salad combines holy basil for hormonal balance with protein-packed quinoa, providing essential nutrients for women over 40.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	12 min
<b>Cook Time</b>	12 min
<b>Calories</b>	543 kcal
<b>Protein</b>	19g
<b>Carbs</b>	70g
<b>Fats</b>	22g



### Ingredients

cooked quinoa	1.6 cup / 372 ml
cherry tomatoes, halved	0.8 cup / 186 ml
cucumber, diced	1 medium / 1 medium
fresh holy basil leaves	0.4 cup / 93 ml
olive oil	1.6 tbsp / 23.3 ml
lemon juice	3.1 tbsp / 46.5 ml

### Instructions

1. In a bowl, combine 1.6 cup (372 ml) cooked quinoa, 0.8 cup (186 ml) halved cherry tomatoes, and 1 medium diced cucumber.
2. Add 0.4 cup (93 ml) fresh holy basil leaves, 1.6 tbsp (23.3 ml) olive oil, and 3.1 tbsp (46.5 ml) lemon juice.
3. Toss gently to combine and serve chilled or at room temperature.

## 15. Fennel and Citrus Grilled Octopus

Grilled octopus is not only a delicacy but is also rich in protein and low in fat, making it perfect for heart health. The combination of fennel and citrus provides antioxidants crucial for reducing inflammation.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	12 min
<b>Cook Time</b>	18 min
<b>Calories</b>	462 kcal
<b>Protein</b>	69g
<b>Carbs</b>	12g
<b>Fats</b>	17g



### Ingredients

Cooked octopus, sliced	1.7 lb / 742.5 g
Olive oil	4.9 tbsp / 74.3 ml
Fennel bulb, thinly sliced	1.7 / 1.7g
Orange, juiced	1.7 medium / 1.7g
Lemon juice	3.3 tbsp / 49.5 ml
Salt and pepper	to taste / to taste

### Instructions

1. Preheat grill to medium-high heat.
2. In a bowl, combine olive oil, fennel, orange juice, lemon juice, salt, and pepper.
3. Toss octopus in the marinade and grill for 5-7 minutes until charred.

# Day 6

3 meals · 1,471 calories

**BREAKFAST** Greek Yogurt Parfait with Chia Seeds **350 kcal**

**LUNCH** Creamy Yogurt & Beetroot Salad **543 kcal**

**DINNER** Pesto Zucchini Noodles with Walnuts **578 kcal**

**Protein: 84g   Carbs: 122g   Fats: 80g**

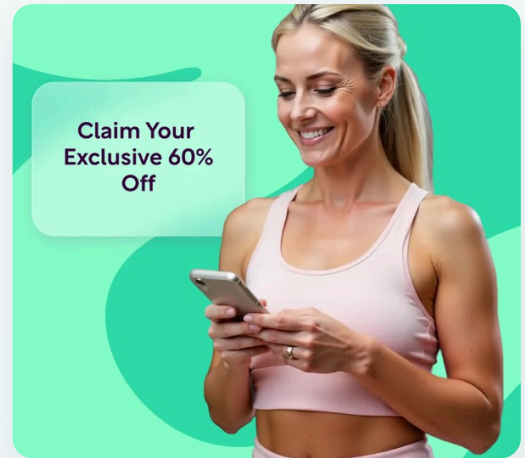
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## 16. Greek Yogurt Parfait with Chia Seeds

This parfait is rich in calcium and probiotics, promoting bone health and gut health, essential for women over 40. The addition of chia seeds boosts omega-3 fatty acids, which support hormone balance.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	5 min
<b>Cook Time</b>	5 min
<b>Calories</b>	350 kcal
<b>Protein</b>	28g
<b>Carbs</b>	42g
<b>Fats</b>	7g



### Ingredients

Greek yogurt, plain, low-fat	1.4 cup / 336 ml
Chia seeds	2.8 tbsp / 42 ml
Mixed berries (blueberries, strawberries)	0.7 cup / 168 ml
Honey	1.4 tsp / 7 ml

### Instructions

1. In a bowl, layer Greek yogurt, mixed berries, and chia seeds.
2. Drizzle with honey and let it sit for 5 minutes for chia seeds to swell before serving.

## 17. Creamy Yogurt & Beetroot Salad

This refreshing salad combines gut-friendly yogurt and fiber-rich beetroot, making it a perfect dish for promoting digestive health. The earthy flavors of beets pair beautifully with yogurt for a probiotic boost.

### Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	12 min
Calories	543 kcal
Protein	39g
Carbs	47g
Fats	23g



### Ingredients

Plain Greek yogurt	1.6 cup / 372 ml
Cooked beetroot, diced	½ cup / 186 ml
Chopped fresh dill	1.6 tbsp / 23.3 ml
Lemon juice	1.6 tbsp / 23.3 ml
Pumpkin seeds	3.1 tbsp / 46.5 ml

### Instructions

1. In a bowl, mix 1.6 cup (372 ml) plain Greek yogurt with ½ cup (186 ml) diced cooked beetroot.
2. Stir in 1.6 tbsp (23.3 ml) chopped fresh dill and 1.6 tbsp (23.3 ml) lemon juice.
3. Top with 3.1 tbsp (46.5 ml) pumpkin seeds before serving.

## 18. Pesto Zucchini Noodles with Walnuts

This vibrant dish features zucchini noodles tossed with a walnut pesto, providing a nutrient-dense, low-carb option rich in omega-3s and antioxidants. A great meal for cognitive clarity and sustained energy.

### Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	18 min
Calories	578 kcal
Protein	17g
Carbs	33g
Fats	50g



### Ingredients

Zucchini, spiralized	3 medium / 412.5 g
Chopped walnuts	0.4 cup / 49.5 g
Fresh basil	1.7 cup / 49.5 g
Garlic, minced	1.5 clove / 1.5 clove
Olive oil	3.3 tbsp / 49.5 ml
Lemon juice	1.7 tbsp / 24.8 ml

### Instructions

1. In a food processor, combine 0.4 cup (49.5 g) chopped walnuts, 1.7 cup (49.5 g) fresh basil, 1.5 clove minced garlic, 3.3 tbsp (49.5 ml) olive oil, and 1.7 tbsp (24.8 ml) lemon juice. Blend until smooth.
2. In a pan, lightly sauté 3 medium (412.5 g) spiralized zucchinis over medium heat for 3-5 minutes.
3. Toss the zucchini noodles with the walnut pesto until well coated.

# Day 7

3 meals · 1,471 calories

**BREAKFAST** Chickpea Flour Pancakes with Spinach **350 kcal**

**LUNCH** Mediterranean Quinoa Salad with Anti-Inflammatory Dressing **543 kcal**

**DINNER** Baked Lemon Dill Cod with Asparagus **578 kcal**

**Protein: 121g   Carbs: 106g   Fats: 63g**

## 19. Chickpea Flour Pancakes with Spinach

These savory pancakes are made from chickpea flour, providing a great source of plant protein and fiber to help regulate blood sugar levels. Spinach adds iron and magnesium, essential for energy and bone health as women age.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	10 min
<b>Calories</b>	350 kcal
<b>Protein</b>	28g
<b>Carbs</b>	42g
<b>Fats</b>	11g



### Ingredients

Chickpea flour	0.7 cup / 84 g
Water	0.7 cup / 168 ml
Spinach	0.7 cup / 168 ml
Olive oil	1.4 tbsp / 21 ml
Salt and pepper	To taste / To taste

### Instructions

1. In a bowl, mix chickpea flour with water to create a batter; stir in chopped spinach and season with salt and pepper.
2. Heat 1.4 tbsp (21 ml) olive oil in a skillet over medium heat.
3. Pour batter into the skillet to form pancakes, cooking for 3-4 minutes on each side until golden brown.

## 20. Mediterranean Quinoa Salad with Anti-Inflammatory Dressing

This vibrant Mediterranean quinoa salad is packed with anti-inflammatory fats and proteins, perfect for women over 40. Rich in omega-3s, phytoestrogens, and essential nutrients, it supports hormone balance, bone health, and heart health while providing a satisfying meal option.

### Nutrition Information

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



### Ingredients

Quinoa, cooked	1.6 cup / 372 g
Chickpeas, canned and rinsed	0.8 cup / 186 g
Cherry tomatoes, halved	1.6 cup / 232.5 g
Cucumber, diced	0.8 cup / 116.3 g
Red onion, finely chopped	0.4 cup / 62 g
Feta cheese, crumbled	0.4 cup / 62 g
Extra-virgin olive oil	6.2 tablespoons / 93 ml
Lemon juice	3.1 tablespoons / 46.5 ml
Fresh parsley, chopped	3.1 tablespoons / 12.4 g
Salt	0.4 teaspoon / 1.6 g

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Black pepper

0.4 teaspoon / 1.6 g

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## Instructions

1. Step 1: In a large bowl, combine cooked quinoa, chickpeas, cherry tomatoes, cucumber, red onion, and feta cheese.
2. Step 2: In a small bowl, whisk together extra-virgin olive oil, lemon juice, salt, and black pepper to create the dressing.
3. Step 3: Pour the dressing over the salad and toss gently to combine. Garnish with fresh parsley before serving.

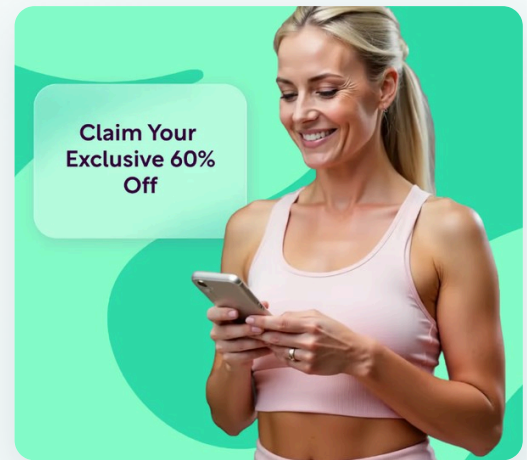
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## 21. Baked Lemon Dill Cod with Asparagus

This delicate cod dish is infused with lemon and dill, offering a light yet protein-packed meal. Served with asparagus, it's low-calorie and high in essential nutrients, supporting bone health.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	12 min
<b>Cook Time</b>	15 min
<b>Calories</b>	578 kcal
<b>Protein</b>	50g
<b>Carbs</b>	17g
<b>Fats</b>	33g



### Ingredients

Cod fillet	9.9 oz / 280.5 g
Lemon zest	1.7 tsp / 8.3 g
Dill, fresh or dried	1.7 tsp / 8.3 g
Asparagus, trimmed	1.7 cup / 247.5 g
Olive oil	1.7 tbsp / 24.8 ml
Salt and pepper	to taste /

### Instructions

1. Preheat oven to 400°F (200°C).
2. Place cod on a baking sheet and drizzle with olive oil, lemon zest, dill, salt, and pepper.
3. Arrange asparagus around the cod and roast for 15 minutes until the cod is flaky and asparagus is tender.
4. Serve immediately.

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