

7-Day Diet Plan for High Blood Pressure in Women PDF

Manage your blood pressure with a targeted meal plan for women.

This 7-Day Diet Plan provides 21 tasty recipes specifically designed to help women manage high blood pressure. By prioritizing heart-healthy ingredients, this plan empowers you to take control of your health while enjoying delicious meals. Ideal for women seeking to enhance their wellness.

DAILY NUTRITION OVERVIEW

DAY	CALORIES	PROTEIN	CARBS	FATS
Day 1	1,397	83g	169g	46g
Day 2	1,403	52g	151g	63g
Day 3	1,404	67g	153g	52g
Day 4	1,387	102g	112g	72g
Day 5	1,387	70g	155g	59g
Day 6	1,396	71g	129g	69g
Day 7	1,471	107g	129g	51g
Avg	1,406	79g	143g	59g

CALORIE DISTRIBUTION



Nourish Your Body, Transform Your Health

WHAT'S INSIDE

Peanut Butter Banana Smoothie

Creamy Cauliflower and Lentil Soup

Quinoa Salad with Roasted Beets and Goat Cheese

Garlic and Herb Vegetable Wrap

Lemon Infused Garlic Cauliflower Soup

Omega-3 Rich Quinoa Salad with Grilled Salmon

Herbed Quinoa Bowl with Lemon-Herb Grilled Chicken

Bone Broth Smoothie

Spicy Beet & Cauliflower Curry

Savory Quinoa and Spinach Bowl with Lemon Tahini Dressing

Cacao & Banana Smoothie with Spinach

Zucchini Noodles with Tomato & Sardine Sauce

+ 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



79g Protein

Daily average



1,406 cal/day

Daily average



Macro Balanced

143g C / 59g F avg

Contents

A quick overview of what's inside

01 Day 1

1. Peanut Butter Banana Smoothie

2. Herbed Quinoa Bowl with Lemon-Herb Grilled Chicken

3. Creamy Cauliflower and Lentil Soup

02 Day 2

4. Bone Broth Smoothie

5. Quinoa Salad with Roasted Beets and Goat Cheese

6. Spicy Beet & Cauliflower Curry

03 Day 3

7. Garlic and Herb Vegetable Wrap

8. Savory Quinoa and Spinach Bowl with Lemon Tahini Dressing

9. Lemon Infused Garlic Cauliflower Soup

04 Day 4

10. Cacao & Banana Smoothie with Spinach

11. Omega-3 Rich Quinoa Salad with Grilled Salmon

12. Zucchini Noodles with Tomato & Sardine Sauce

05 Day 5

13. Fortified Almond Milk Smoothie with Spinach & Banana

14. Spiced Quinoa Salad with Grilled Salmon and Avocado

15. Oven-Baked Spiced Chickpea and Cauliflower Bowl

06 Day 6

16. Peanut Butter Banana Rice Cake

17. Zucchini Noodles with Turkey Meatballs

18. Creamy Turmeric and Cauliflower Soup

07 Day 7

19. Berry Turmeric Smoothie

20. Savory Quinoa and Spinach Bowl with Grilled Chicken

21. Spicy Szechuan Chicken & Broccoli

Day 1

3 meals · 1,397 calories

BREAKFAST	Peanut Butter Banana Smoothie	392 kcal
LUNCH	Herbed Quinoa Bowl with Lemon-Herb Grilled Chicken	543 kcal
DINNER	Creamy Cauliflower and Lentil Soup	462 kcal

Protein: 83g Carbs: 169g Fats: 46g

1. Peanut Butter Banana Smoothie

This delicious peanut butter banana smoothie is a quick way to get protein and healthy fats into your breakfast. It's perfect for busy mornings.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	10 min
Calories	392 kcal
Protein	11g
Carbs	56g
Fats	14g



Ingredients

Banana	1.5 medium / 1.5 medium
Peanut butter (natural)	1.4 tbsp / 22.4 g
Almond milk	1.4 cup / 336 ml
Chia seeds	1.4 tsp / 7 g

Instructions

1. In a blender, combine the banana, peanut butter, almond milk, and chia seeds.
2. Blend until smooth and pour into a glass.

2. Herbed Quinoa Bowl with Lemon-Herb Grilled Chicken

This protein-packed quinoa bowl is designed to support hormone balance and bone health, making it ideal for women over 40. Rich in omega-3s, fiber, and essential vitamins, it provides sustained energy and aids in recovery after workouts.

Nutrition Information

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



Ingredients

Quinoa, uncooked	0.8 cup / 139.5 g
Water	1.6 cup / 372 ml
Chicken breast, boneless and skinless	9.3 oz / 263.5 g
Olive oil	1.6 tablespoon / 23.3 ml
Lemon juice	1.6 tablespoon / 23.3 ml
Dried oregano	1.6 teaspoon / 7.8 g
Garlic powder	0.8 teaspoon / 3.1 g
Salt	0.4 teaspoon / 1.6 g
Black pepper	0.4 teaspoon / 1.6 g
Spinach, fresh	1.6 cup / 46.5 g
Chickpeas, canned and drained	0.8 cup / 186 g

Instructions

1. Step 1: Rinse the quinoa under cold water, then combine it with 1.6 cup of water in a small pot. Bring to a boil, then reduce the heat to low, cover, and simmer for 15 minutes until the water is absorbed.
2. Step 2: While the quinoa cooks, preheat a grill pan over medium-high heat. In a bowl, mix olive oil, lemon juice, oregano, garlic powder, salt, and pepper. Coat the chicken breast in the marinade.
3. Step 3: Grill the chicken for 6-7 minutes on each side or until fully cooked and no longer pink inside. Remove from heat and let it rest for a few minutes before slicing.
4. Step 4: In a large bowl, combine cooked quinoa, fresh spinach, and chickpeas. Top with sliced grilled chicken and sprinkle with feta cheese before serving.

3. Creamy Cauliflower and Lentil Soup

This hearty soup combines creamy cauliflower and protein-rich lentils for a filling, nutritious meal. Great for women over 40, it's loaded with fiber to support digestive health and maintain energy levels.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	30 min
Calories	462 kcal
Protein	25g
Carbs	66g
Fats	13g



Ingredients

Cauliflower florets	3.3 cups / 495 g
Canned lentils, rinsed	1.7 cup / 396 g
Vegetable broth	3.3 cups / 792 ml
Olive oil	1.7 tbsp / 24.8 ml
Garlic, minced	3 cloves / 3 cloves
Salt and pepper	to taste / to taste

Instructions

1. In a pot, heat 1.7 tbsp (24.8 ml) of olive oil over medium heat. Add minced garlic and sauté for 1-2 minutes.
2. Add cauliflower florets, lentils, and vegetable broth. Bring to a simmer and cook for 25 minutes.
3. Using an immersion blender, blend until smooth. Season with salt and pepper to taste before serving.

Day 2

3 meals · 1,403 calories

BREAKFAST Bone Broth Smoothie **350 kcal**

LUNCH Quinoa Salad with Roasted Beets and Goat Cheese **558 kcal**

DINNER Spicy Beet & Cauliflower Curry **495 kcal**

Protein: 52g Carbs: 151g Fats: 63g

4. Bone Broth Smoothie

A nutrient-dense smoothie combining bone broth with fruits and greens for a quick breakfast. Perfect for those on-the-go seeking collagen benefits.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	10 min
Calories	350 kcal
Protein	21g
Carbs	42g
Fats	10g



Ingredients

Bone broth	1.4 cup / 336 ml
Spinach	1.4 cup / 42 g
Banana	1.5 small / 1.5 small
Almond milk	0.7 cup / 168 ml
Chia seeds	1.4 tbsp / 21 g

Instructions

1. Combine all ingredients in a blender.
2. Blend until smooth.
3. Pour into a glass and enjoy immediately.

5. Quinoa Salad with Roasted Beets and Goat Cheese

This hearty salad merges protein-rich quinoa with roasted beets, which support blood pressure management, and goat cheese for added flavor and calcium. The combination makes it an ideal lunch for women over 40 seeking heart health.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	20 min
Calories	558 kcal
Protein	23g
Carbs	59g
Fats	23g



Ingredients

Cooked quinoa	0.8 cup / 139.5 g
Cooked beets (diced)	0.8 cup / 116.3 g
Goat cheese (crumbled)	0.4 cup / 62 g
Arugula	1.6 cup / 46.5 g
Olive oil	1.6 tbsp / 23.3 ml
Balsamic vinegar	1.6 tbsp / 23.3 ml

Instructions

1. Preheat the oven to 400°F (200°C). Roast 0.8 cup (116.3 g) of diced beets for 20 minutes until tender.
2. In a bowl, combine 0.8 cup (139.5 g) of cooked quinoa, the roasted beets, 0.4 cup (62 g) of crumbled goat cheese, and 1.6 cup (46.5 g) of arugula.
3. Drizzle with 1.6 tbsp (23.3 ml) of olive oil and 1.6 tbsp (23.3 ml) of balsamic vinegar before serving.

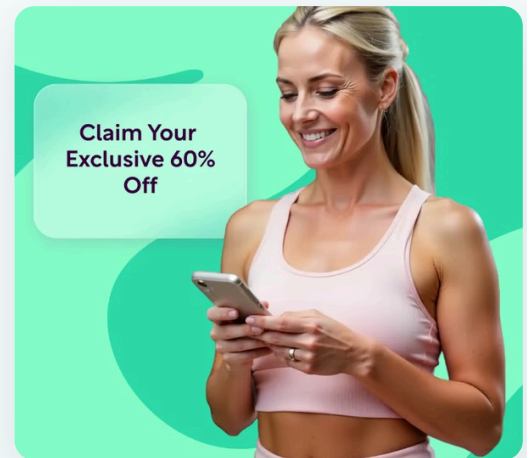
EXCLUSIVE OFFER

Start Your Personalized Plan

Get personalized meal plans, macro tracking, and expert guidance — all tailored to your unique body and goals. Join thousands of women already transforming their health with Reverse Health.

[Get Started Now](#)

**Join +1,100,000 women transforming their health*



6. Spicy Beet & Cauliflower Curry

This flavorful curry combines beets and cauliflower in a spicy sauce, providing antioxidants for liver health while supporting digestion with anti-inflammatory ingredients.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	20 min
Calories	495 kcal
Protein	8g
Carbs	50g
Fats	30g



Ingredients

Cooked beets	1.7 cup / 396 ml
Cauliflower florets	3.3 cups / 792 ml
Coconut milk	1.7 cup / 396 ml
Curry powder	1.7 tbsp / 24.8 g
Garlic cloves	3.3 clove(s) / 3.3g
Olive oil	1.7 tbsp / 24.8 ml

Instructions

1. Heat olive oil in a large skillet over medium heat and sauté minced garlic until fragrant.
2. Add cauliflower and sauté for about 5 minutes, then stir in curry powder.
3. Add cooked beets and coconut milk. Simmer for 15 minutes, stirring occasionally, until cauliflower is tender.

Day 3

3 meals · 1,404 calories

BREAKFAST	Garlic and Herb Vegetable Wrap	448 kcal
LUNCH	Savory Quinoa and Spinach Bowl with Lemon Tahini Dressing	543 kcal
DINNER	Lemon Infused Garlic Cauliflower Soup	413 kcal

Protein: 67g Carbs: 153g Fats: 52g

7. Garlic and Herb Vegetable Wrap

A flavorful wrap filled with sautéed vegetables and a hint of garlic.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	8 min
Calories	448 kcal
Protein	11g
Carbs	76g
Fats	10g



Ingredients

whole wheat wrap	1.4 slice(s) / 1.4g
bell peppers, sliced	0.7 cup / 105g
zucchini, sliced	0.7 cup / 105g
garlic, minced	1.5 clove / 7g
fresh thyme, chopped	1.4 tablespoon / 21g

Instructions

1. In a skillet, sauté bell peppers, zucchini, garlic, and thyme until tender.
2. Place sautéed vegetables on the whole wheat wrap and roll tightly.
3. Slice in half and enjoy.

8. Savory Quinoa and Spinach Bowl with Lemon Tahini Dressing

This nutrient-dense bowl is packed with protein and fiber, making it ideal for women over 40. Loaded with phytoestrogens from spinach and healthy fats from tahini, it supports hormone balance, heart health, and bone density.

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 / 93 g
chickpeas, canned, rinsed	0.8 cup / 186 g
tahini	3.1 tablespoons / 46.5 g
lemon juice	3.1 tablespoons / 46.5 ml
olive oil	1.6 tablespoon / 23.3 ml
garlic, minced	1.5 clove / 1.5 clove
black pepper	to taste / to taste
salt	to taste / to taste

Instructions

1. In a bowl, combine the cooked quinoa, fresh spinach, and chickpeas.
2. In a small bowl, whisk together tahini, lemon juice, olive oil, minced garlic, salt, and black pepper until smooth.
3. Drizzle the tahini dressing over the quinoa mixture and toss to combine.
4. Serve immediately, or chill for a refreshing meal prep option.

9. Lemon Infused Garlic Cauliflower Soup

A soothing soup that combines cauliflower and garlic, both known for their liver-supporting properties. Lemon adds a refreshing touch while aiding digestion.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	15 min
Calories	413 kcal
Protein	13g
Carbs	30g
Fats	23g



Ingredients

Cauliflower florets	4.9 cups / 1188 ml
Garlic cloves	6.6 clove(s) / 6.6g
Vegetable broth	6.6 cups / 1584 ml
Lemon zest	1.7 tsp / 8.3 g
Lemon juice	3.3 tbsp / 49.5 ml
Olive oil	1.7 tbsp / 24.8 ml

Instructions

1. In a pot, heat olive oil over medium heat and sauté garlic until fragrant.
2. Add cauliflower and vegetable broth. Bring to a boil, then reduce heat and simmer for 15 minutes.
3. Blend until smooth, stir in lemon juice and zest, and serve.

Day 4

3 meals · 1,387 calories

BREAKFAST Cacao & Banana Smoothie with Spinach **350 kcal**

LUNCH Omega-3 Rich Quinoa Salad with Grilled Salmon **558 kcal**

DINNER Zucchini Noodles with Tomato & Sardine Sauce **479 kcal**

Protein: 102g Carbs: 112g Fats: 72g

10. Cacao & Banana Smoothie with Spinach

This energizing smoothie combines cacao, banana, and spinach, all high in magnesium, promoting relaxation and improved sleep quality. The smoothie is perfect for a quick breakfast or snack.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	8 min
Calories	350 kcal
Protein	11g
Carbs	48g
Fats	11g



Ingredients

Spinach	1.4 cup / 336 ml
Banana	1.4 medium /
Cacao powder	2.8 tbsp / 42 ml
Milk of choice	1.4 cup / 336 ml
Maple syrup	1.4 tbsp / 21 ml

Instructions

1. In a blender, combine spinach, banana, cacao powder, milk, and maple syrup. Blend until smooth.
2. Serve immediately for a refreshing and nutrient-packed drink.

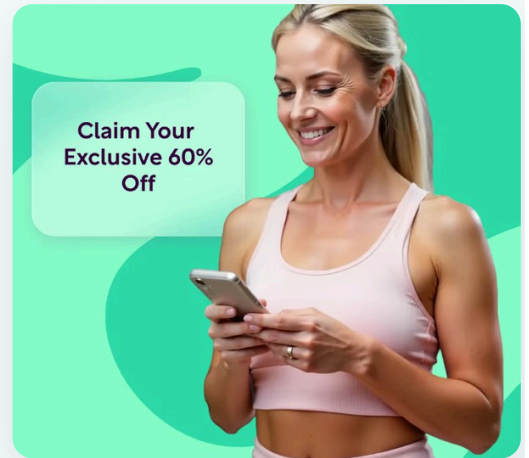
EXCLUSIVE OFFER

Start Your Personalized Plan

Get personalized meal plans, macro tracking, and expert guidance — all tailored to your unique body and goals. Join thousands of women already transforming their health with Reverse Health.

[Get Started Now](#)

**Join +1,100,000 women transforming their health*



11. Omega-3 Rich Quinoa Salad with Grilled Salmon

This vibrant salad is packed with omega-3 fatty acids, protein, and phytoestrogens, making it an ideal meal for women over 40. It supports hormone balance, heart health, and provides essential nutrients for bone health while being quick and easy to prepare.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	558 kcal
Protein	50g
Carbs	47g
Fats	28g



Ingredients

Quinoa, cooked	1.6 cup / 372 ml
Grilled salmon fillet	6.2 oz / 175.2 g
Spinach, fresh	3.1 cups / 744 ml
Cherry tomatoes, halved	1.6 cup / 372 ml
Cucumber, diced	0.8 cup / 186 ml
Avocado, diced	0.8 medium / 116.3 g
Olive oil	3.1 tbsp / 46.5 ml
Lemon juice	1.6 tbsp / 23.3 ml
Chia seeds	1.6 tbsp / 23.3 g
Salt and pepper, to taste	to taste / to taste

Instructions

1. In a large bowl, combine the cooked quinoa, spinach, cherry tomatoes, cucumber, and avocado.
2. Drizzle olive oil and lemon juice over the salad, and toss gently to combine.
3. Top the salad with the grilled salmon fillet and sprinkle with chia seeds, salt, and pepper.

12. Zucchini Noodles with Tomato & Sardine Sauce

This light and nutrient-dense dish features zucchini noodles as a low-carb alternative, topped with a savory sauce made from tomatoes and sardines. Packed with omega-3s and vitamins, it promotes heart health and supports hormonal balance.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	479 kcal
Protein	41g
Carbs	17g
Fats	33g



Ingredients

Zucchini	1.5 large / 1.5 large
Canned sardines	4.9 oz / 140.3 g
Canned diced tomatoes	1.7 cup / 396 ml
Olive oil	1.7 tbsp / 24.8 ml
Garlic	3 cloves / 3 cloves
Salt and pepper	to taste / to taste

Instructions

1. In a skillet, heat 1.7 tbsp (24.8 ml) olive oil and sauté 2 minced garlic cloves until fragrant.
2. Add 1.7 cup (396 ml) canned diced tomatoes and 4.9 oz (140.3 g) drained sardines, cooking until heated through.
3. Serve the sauce over 1.5 large spiralized zucchini.

Day 5

3 meals · 1,387 calories

BREAKFAST Fortified Almond Milk Smoothie with Spinach & Banana **350 kcal**

LUNCH Spiced Quinoa Salad with Grilled Salmon and Avocado **558 kcal**

DINNER Oven-Baked Spiced Chickpea and Cauliflower Bowl **479 kcal**

Protein: 70g Carbs: 155g Fats: 59g

13. Fortified Almond Milk Smoothie with Spinach & Banana

This creamy smoothie combines fortified almond milk and spinach for a calcium boost while providing potassium from banana to support heart health. Perfect for a quick breakfast or snack for women over 40.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	8 min
Calories	350 kcal
Protein	7g
Carbs	49g
Fats	14g



Ingredients

Fortified almond milk	1.4 cup / 336 ml
Fresh spinach	1.4 cup / 336 ml
Banana, frozen	1.4 medium / 1.4g
Flaxseed meal	1.4 tbsp / 21 ml
Honey (optional)	1.4 tsp / 7 ml

Instructions

1. In a blender, combine 1.4 cup (336 ml) fortified almond milk, 1.4 cup (336 ml) fresh spinach, 1.4 frozen banana, and 1.4 tbsp (21 ml) flaxseed meal.
2. Blend until smooth, adding 1.4 tsp (7 ml) honey if desired for sweetness.

14. Spiced Quinoa Salad with Grilled Salmon and Avocado

This vibrant quinoa salad is packed with anti-inflammatory ingredients that support hormonal balance, metabolism, and heart health. Rich in omega-3s, phytoestrogens, and essential nutrients, it's perfect for women over 40 looking to nourish their bodies.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	558 kcal
Protein	43g
Carbs	47g
Fats	25g



Ingredients

Quinoa, uncooked	0.8 cup / 139.5 g
Water	1.6 cup / 372 ml
Salmon fillet	6.2 oz / 175.2 g
Olive oil	1.6 tbsp / 23.3 ml
Avocado, diced	0.8 medium / 116.3 g
Cherry tomatoes, halved	0.8 cup / 116.3 g
Cucumber, diced	0.8 cup / 116.3 g
Spinach, fresh	1.6 cup / 46.5 g
Lemon juice	1.6 tbsp / 23.3 ml
Cumin powder	0.8 tsp / 3.1 g

Salt

to taste / to taste

Black pepper

to taste / to taste

Instructions

1. Rinse the quinoa under cold water and combine it with 1.6 cup of water in a medium pot. Bring to a boil, then reduce heat, cover, and simmer for about 15 minutes until water is absorbed. Fluff with a fork.
2. While the quinoa cooks, heat 1.6 tbsp of olive oil in a grill pan over medium heat. Season the salmon fillet with salt, pepper, and cumin powder. Grill the salmon for about 4-5 minutes on each side until cooked through.
3. In a large bowl, combine the cooked quinoa, diced avocado, cherry tomatoes, cucumber, and fresh spinach. Drizzle with lemon juice and toss gently to combine.
4. Serve the quinoa salad topped with the grilled salmon. Enjoy immediately.

15. Oven-Baked Spiced Chickpea and Cauliflower Bowl

This hearty bowl combines protein-rich chickpeas with fiber-rich cauliflower for a filling meal. The spices enhance metabolism and add flavor without added sugars.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	19 min
Calories	479 kcal
Protein	20g
Carbs	59g
Fats	20g



Ingredients

Canned chickpeas	0.8 cup / 198 ml
Cauliflower florets	1.7 cup / 396 ml
Olive oil	1.7 tbsp / 24.8 ml
Cumin	1.7 tsp / 8.3 ml
Paprika	1.7 tsp / 8.3 ml
Garlic powder	0.8 tsp / 4.1 ml
Salt and pepper	to taste / to taste
Fresh parsley	3.3 tbsp / 49.5 ml

Instructions

1. Preheat the oven to 400°F (200°C).
2. In a bowl, toss together 0.8 cup (198 ml) chickpeas, 1.7 cup (396 ml) cauliflower florets, 1.7 tbsp (24.8 ml) olive oil, cumin, paprika, garlic powder, salt, and pepper.
3. Spread the mixture onto a baking sheet and roast for 20-25 minutes until golden brown.
4. Serve garnished with chopped parsley.

Day 6

3 meals · 1,396 calories

BREAKFAST Peanut Butter Banana Rice Cake **490 kcal**

LUNCH Zucchini Noodles with Turkey Meatballs **543 kcal**

DINNER Creamy Turmeric and Cauliflower Soup **363 kcal**

Protein: 71g Carbs: 129g Fats: 69g

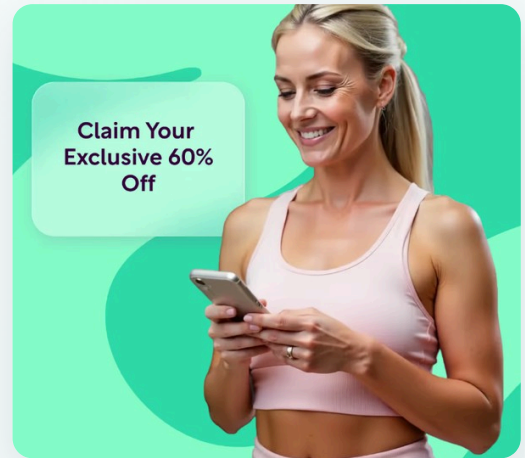
EXCLUSIVE OFFER

Start Your Personalized Plan

Get personalized meal plans, macro tracking, and expert guidance — all tailored to your unique body and goals. Join thousands of women already transforming their health with Reverse Health.

[Get Started Now](#)

**Join +1,100,000 women transforming their health*



16. Peanut Butter Banana Rice Cake

A quick and energizing breakfast with a satisfying crunch.

Nutrition Information

Servings	1
Prep Time	3 min
Cook Time	None
Calories	490 kcal
Protein	14g
Carbs	63g
Fats	21g



Ingredients

Rice cake	1.4 / 1.4g
Peanut butter	1.4 tbsp / 22.4 g
Banana	0.7 medium / 0.7 banana

Instructions

1. Spread the peanut butter evenly on the rice cake.
2. Slice the banana into thin rounds.
3. Place the banana slices on top of the peanut butter.

17. Zucchini Noodles with Turkey Meatballs

A low-carb, high-protein dish featuring zucchini noodles and turkey meatballs, which are lean and help to manage weight and blood sugar levels. The meal is rich in vitamins and minerals from zucchini, supporting overall health.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	20 min
Calories	543 kcal
Protein	47g
Carbs	16g
Fats	31g



Ingredients

Ground turkey	6.2 oz / 186 g
Zucchini, spiralized	1.5 medium / 310 g
Olive oil	1.6 tbsp / 23.3 ml
Garlic powder	1.6 tsp / 7.8 g
Italian seasoning	1.6 tsp / 7.8 g

Instructions

1. In a bowl, mix 6.2 oz (186 g) of ground turkey with 1.6 tsp (7.8 g) of garlic powder and 1.6 tsp (7.8 g) of Italian seasoning; shape into meatballs.
2. Heat 1.6 tbsp (23.3 ml) of olive oil in a skillet over medium heat and cook the meatballs until browned and cooked through, about 10 minutes.
3. Add spiralized zucchini to the skillet for the last 3-5 minutes, tossing until tender, then serve.

18. Creamy Turmeric and Cauliflower Soup

This creamy soup uses cauliflower for its high fiber and low-calorie content, while the turmeric adds a vibrant color and anti-inflammatory benefits. This dish is perfect for soothing joints and providing essential vitamins and minerals.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	15 min
Calories	363 kcal
Protein	10g
Carbs	50g
Fats	17g



Ingredients

Cauliflower florets	6.6 cups / 660 g
Vegetable broth	6.6 cups / 1584 ml
Coconut milk	1.7 cup / 396 ml
Ground turmeric	1.7 tbsp / 24.8 g
Ground black pepper	0.8 tsp / 3.3 g
Onion, chopped	1.5 medium / 1.5 medium
Garlic, minced	3 cloves / 3 cloves

Instructions

1. In a large pot, sauté 1 chopped onion and 2 minced garlic cloves in a little water over medium heat until softened, about 5 minutes.
2. Add 6.6 cups (660 g) cauliflower florets, 6.6 cups (1584 ml) vegetable broth, 1.7 tbsp (24.8 g) ground turmeric, and 0.8 tsp (3.3 g) ground black pepper. Bring to a boil, then simmer for 15 minutes.
3. Blend the soup until smooth, stir in 1.7 cup (396 ml) coconut milk, and heat gently before serving.

Day 7

3 meals · 1,471 calories

BREAKFAST Berry Turmeric Smoothie **350 kcal**

LUNCH Savory Quinoa and Spinach Bowl with Grilled Chicken **543 kcal**

DINNER Spicy Szechuan Chicken & Broccoli **578 kcal**

Protein: 107g Carbs: 129g Fats: 51g

19. Berry Turmeric Smoothie

This refreshing smoothie combines antioxidant-rich berries with anti-inflammatory turmeric for a powerful breakfast. It's quick to make and oh-so-delicious!

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	10 min
Calories	350 kcal
Protein	14g
Carbs	49g
Fats	7g



Ingredients

frozen mixed berries	1.4 cup / 210 g
Greek yogurt	0.7 cup / 175 g
turmeric powder	0.7 tsp / 2.8 g
almond milk	1.4 cup / 336 ml
honey	1.4 tsp / 7 g

Instructions

1. In a blender, combine frozen berries, Greek yogurt, turmeric powder, almond milk, and honey.
2. Blend until smooth and creamy.
3. Pour into a glass and enjoy immediately.

20. Savory Quinoa and Spinach Bowl with Grilled Chicken

This nutrient-rich bowl combines quinoa and spinach with grilled chicken to provide a balanced source of protein, fiber, and healthy fats. Packed with essential amino acids, phytoestrogens, and omega-3s, it's designed to support hormone balance and bone health for women over 40.

Nutrition Information

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



Ingredients

Quinoa (dry)	0.8 cup / 139.5 g
Water	1.6 cup / 372 ml
Spinach (fresh)	3.1 cups / 93 g
Grilled chicken breast (cooked, diced)	6.2 oz / 175.2 g
Olive oil	1.6 tbsp / 23.3 ml
Lemon juice	1.6 tbsp / 23.3 ml
Chia seeds	1.6 tbsp / 23.3 g
Feta cheese (crumbled)	1.6 oz / 43.4 g
Salt	to taste / to taste
Black pepper	to taste / to taste

Instructions

1. Rinse the quinoa under cold water, then combine it with water in a medium saucepan. Bring to a boil, reduce heat to low, cover, and simmer for about 15 minutes or until the water is absorbed.
2. In a large skillet, heat olive oil over medium heat. Add the spinach and sauté until wilted, about 2-3 minutes. Season with salt and pepper.
3. Once the quinoa is cooked, fluff it with a fork and add it to the skillet with the spinach. Stir in the grilled chicken, lemon juice, and chia seeds until well mixed.
4. Transfer the mixture to a bowl, top with crumbled feta cheese, and serve immediately.

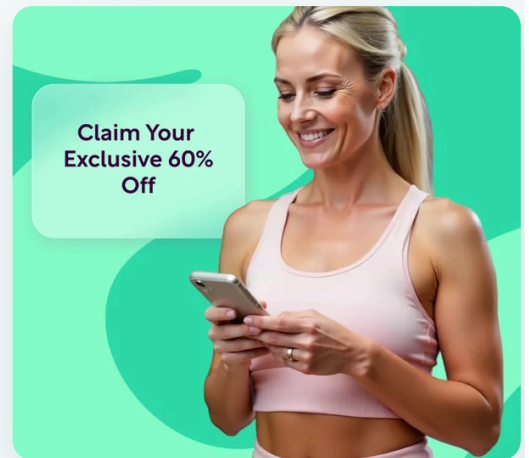
EXCLUSIVE OFFER

Start Your Personalized Plan

Get personalized meal plans, macro tracking, and expert guidance — all tailored to your unique body and goals. Join thousands of women already transforming their health with Reverse Health.

[Get Started Now](#)

**Join +1,100,000 women transforming their health*



21. Spicy Szechuan Chicken & Broccoli

This one-pan dish features chicken and broccoli in spicy Szechuan sauce, providing a flavorful way to boost protein intake while enjoying beneficial antioxidants from the broccoli, which support heart health.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	7 min
Calories	578 kcal
Protein	46g
Carbs	33g
Fats	25g



Ingredients

Boneless chicken breast, sliced	1.7 cup / 247.5 g
Broccoli florets	1.7 cup / 247.5 g
Szechuan sauce	3.3 tbsp / 49.5 ml
Garlic, minced	3 cloves / 16.5 g
Ginger, minced	1.7 tsp / 8.3 g
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 and add minced garlic and ginger.
2. Add sliced chicken and cook for 7 minutes until browned.
3. Stir in broccoli and Szechuan sauce; cook for another 5 minutes until vegetables are tender.

Start Your Health Journey Today

Join thousands of women transforming their health with personalized nutrition and fitness plans designed around your unique body, goals, and lifestyle.



Custom meal plans & macro tracking



Evidence-based programs



Expert guidance & support

EXPLORE MORE PLANS

Discover more expert-curated nutrition guides and diet plans at reverse.health/category/nutrition — meal plans, recipes, and wellness tips for women over 40.

Get Started Now

Explore a world tailored to women's health

This content is for informational purposes only and is not a substitute for professional medical advice. Consult your healthcare provider before starting any new diet or exercise program.

© 2026 Reverse Health. All rights reserved.