

7-Day Diet Plan to Lose 10 Pounds for Women PDF

Achieve your weight loss goals with a focused, actionable meal plan.

This 7-Day Diet Plan is designed specifically for women looking to lose 10 pounds, featuring 21 satisfying recipes. Each meal is crafted to boost your metabolism while keeping you full and energized. Ideal for anyone ready to jumpstart their weight loss journey.

DAILY NUTRITION OVERVIEW

DAY	CALORIES	PROTEIN	CARBS	FATS
Day 1	1,719	110g	141g	90g
Day 2	1,733	109g	181g	71g
Day 3	1,733	138g	119g	86g
Day 4	1,748	130g	98g	103g
Day 5	1,748	106g	162g	78g
Day 6	1,762	111g	177g	67g
Day 7	1,762	111g	234g	57g
Avg	1,744	116g	159g	79g

CALORIE DISTRIBUTION



Nourish Your Body, Transform Your Health

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Lentil and Vegetable Stir-Fry

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Spicy Chorizo & Cauliflower Bowl

+ 9 more recipes inside

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21 Recipes

7-day meal plan



1,744 cal/day

Daily average



116g Protein

Daily average



Macro Balanced

159g C / 79g F avg

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Day 1

3 meals · 1,719 calories

BREAKFAST	Cucumber Mint Protein-Packed Breakfast Bowl	518 kcal
LUNCH	Zucchini Noodle & Peanut Bowl	574 kcal
DINNER	Vegetable Stir-Fry with Tofu and Brown Rice	627 kcal

Protein: 110g Carbs: 141g Fats: 90g

1. Cucumber Mint Protein-Packed Breakfast Bowl

This refreshing breakfast bowl combines the benefits of boiled eggs with cucumber and mint, providing a light yet protein-rich start to your day. Rich in omega-3s, fiber, and essential vitamins, it's designed to support hormone balance and heart health for women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	518 kcal
Protein	42g
Carbs	28g
Fats	31g



Ingredients

large boiled eggs	2.8 large / 2.8g
sliced cucumber	0.7 cup / 168 ml
fresh mint leaves	0.4 cup / 84 ml

sea salt	pinch / pinch
sliced avocado	0.7 medium / 105 g
chia seeds	1.4 tablespoon / 21 g
olive oil	1.4 teaspoon / 7 ml

Instructions

1. Step 1: Boil the eggs in a pot of water for about 10-12 minutes, then cool them in cold water and peel.
2. Step 2.8: While the eggs are boiling, slice the cucumber, avocado, and chop the fresh mint leaves.
3. Step 3: In a bowl, combine the sliced cucumber, chopped mint, and sliced avocado.
4. Step 4: Slice the boiled eggs in half and place them on top of the cucumber mixture.
5. Step 5: Drizzle with olive oil, sprinkle with chia seeds, and season with a pinch of sea salt before serving.

2. Zucchini Noodle & Peanut Bowl

Using spiralized zucchini as a base, this bowl is light yet satisfying. Peanuts add protein and healthy fats, supporting hormone balance and reducing inflammation.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	12 min
Calories	574 kcal
Protein	28g
Carbs	47g
Fats	34g



Ingredients

Zucchini	1.5 large / 310 g
Canned chickpeas	0.8 cup / 186 g
Peanut butter	1.6 tbsp / 23.3 g
Soy sauce	1.6 tbsp / 23.3 ml
Lime juice	1.6 tbsp / 23.3 ml
Red chili flakes	0.4 tsp / 1.6 g
Fresh cilantro	3.1 tbsp / 15.5 g

Instructions

1. Heat a non-stick skillet over medium heat and add spiralized zucchini. Sauté for 3-5 minutes until slightly tender.
2. In a small bowl, whisk together 1.6 tbsp (23.3 g) peanut butter, 1.6 tbsp (23.3 ml) soy sauce, and 1.6 tbsp (23.3 ml) lime juice until smooth.
3. In a bowl, combine sautéed zucchini, 0.8 cup (186 g) chickpeas, and drizzle with peanut sauce. Top with 0.4 tsp (1.6 g) red chili flakes and 3.1 tbsp (15.5 g) chopped cilantro before serving.

3. Vegetable Stir-Fry with Tofu and Brown Rice

This vibrant stir-fry combines tofu and assorted vegetables, providing a rich source of protein and vitamins. The brown rice adds fiber for digestive health, making this dish perfect for women over 40 managing cholesterol levels.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	627 kcal
Protein	40g
Carbs	66g
Fats	25g



Ingredients

Firm tofu, cubed	6.6 oz / 186.5 g
Mixed vegetables (bell pepper, broccoli, carrots)	1.7 cup / 247.5 g
Soy sauce, low sodium	1.7 tbsp / 24.8 ml
Brown rice, cooked	0.8 cup / 148.5 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, then add 6.6 oz (186.5 g) cubed firm tofu and sauté until golden, about 5-7 minutes.
2. Add in 1.7 cup (247.5 g) mixed vegetables and stir-fry for another 5-7 minutes until tender.
3. Stir in 1.7 tbsp (24.8 ml) low-sodium soy sauce and serve over 0.8 cup (148.5 g) cooked brown rice.

Day 2

3 meals · 1,733 calories

BREAKFAST Mushroom & Egg Breakfast Burrito **532 kcal**

LUNCH Spicy Tuna & Black Bean Salad **574 kcal**

DINNER Lentil and Vegetable Stir-Fry **627 kcal**

Protein: 109g Carbs: 181g Fats: 71g

4. Mushroom & Egg Breakfast Burrito

This hearty breakfast burrito combines scrambled eggs and sautéed mushrooms for a delicious meal rich in vitamin D and protein, perfect for starting your day energized.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	10 min
Calories	532 kcal
Protein	36g
Carbs	42g
Fats	28g



Ingredients

Whole wheat tortilla	1.4 slice(s) / 1.4g
Eggs	2.8 large / 2.8g
Mushrooms, sliced	1.4 cup / 336 ml
Cheddar cheese, shredded	0.4 cup / 84 ml
Olive oil	1.4 tbsp / 21 ml
Salt and pepper	to taste / to taste

Instructions

1. Heat 1.4 tbsp (21 ml) olive oil in a skillet over medium heat.
2. Add 1.4 cup (336 ml) sliced mushrooms and sauté until golden brown, about 5-7 minutes.
3. In a bowl, whisk 2.8 eggs with salt and pepper, then pour into the skillet with mushrooms.
4. Scramble the eggs with mushrooms until cooked, then add 0.4 cup (84 ml) cheese if using.
5. Spoon the egg mixture onto the 1.4 whole wheat tortilla, roll it up, and enjoy!

5. Spicy Tuna & Black Bean Salad

A zesty and protein-rich salad combining tuna and black beans, providing essential omega-3 fatty acids for heart health and protein for muscle maintenance. The spicy kick helps boost metabolism and adds flavor without excess sodium.

Nutrition Information

Servings	1
Prep Time	17 min
Cook Time	12 min
Calories	574 kcal
Protein	43g
Carbs	56g
Fats	23g



Ingredients

Canned tuna in water, drained	6.2 oz / 175.2 g
Canned black beans, rinsed and drained	0.8 cup / 186 ml
Corn, frozen and thawed	0.8 cup / 186 ml
Red bell pepper, diced	0.8 medium / 116.3 g
Green onion, sliced	0.4 cup / 93 ml
Olive oil	1.6 tbsp / 23.3 ml
Lime juice	1.6 tbsp / 23.3 ml
Chili powder	1.6 tsp / 7.8 g
Salt and pepper	to taste / to taste

Instructions

1. In a bowl, combine drained tuna, black beans, corn, red bell pepper, and green onion.
2. In a small bowl, whisk together olive oil, lime juice, chili powder, salt, and pepper.
3. Pour dressing over the salad and mix well before serving.

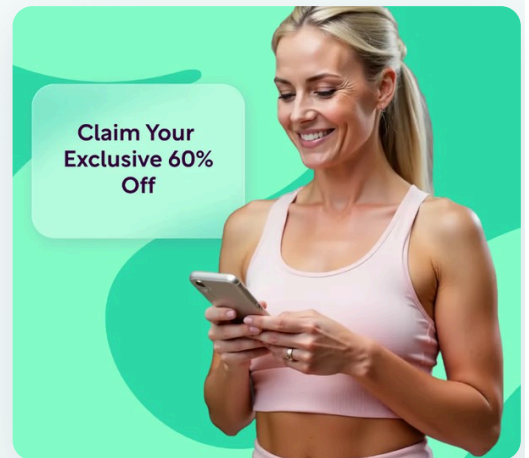
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6. Lentil and Vegetable Stir-Fry

This hearty stir-fry combines lentils and a medley of vegetables, offering a protein-rich dish that supports energy levels and overall vitality. The combination of spices adds flavor and helps reduce inflammation.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	627 kcal
Protein	30g
Carbs	83g
Fats	20g



Ingredients

Cooked lentils	0.8 cup / 198 ml
Mixed vegetables (bell peppers, broccoli, carrots)	1.7 cup / 396 ml
Olive oil	1.7 tbsp / 24.8 ml
Soy sauce	1.7 tbsp / 24.8 ml
Ginger, minced	1.7 tsp / 8.3 g

Instructions

1. Heat 1.7 tbsp (24.8 ml) of olive oil in a skillet over medium heat. Add 1.7 cup (396 ml) of mixed vegetables and stir-fry for about 5-7 minutes until tender.
2. Add 0.8 cup (198 ml) of cooked lentils, 1.7 tbsp (24.8 ml) of soy sauce, and 1.7 tsp (8.3 g) of minced ginger. Stir to combine and cook for an additional 5 minutes.
3. Serve immediately for a nutritious and filling dinner.

Day 3

3 meals · 1,733 calories

BREAKFAST Red Berry Beet Protein Bowl **532 kcal**

LUNCH Savory Spinach and Quinoa Bowl with Grilled Salmon **574 kcal**

DINNER Zesty Coconut Curry Shrimp with Cauliflower Rice **627 kcal**

Protein: 138g Carbs: 119g Fats: 86g

7. Red Berry Beet Protein Bowl

This unique smoothie bowl pairs beets with red berries for a stunning color and a boost of antioxidants. High in protein and fiber, it supports heart health and energy levels.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	8 min
Calories	532 kcal
Protein	41g
Carbs	63g
Fats	17g



Ingredients

Beetroot (cooked and diced)	0.7 cup / 168 ml
Greek yogurt	0.7 cup / 168 ml
Frozen strawberries	0.7 cup / 168 ml
Almond milk	0.7 cup / 168 ml
Sliced almonds	2.8 tbsp / 42 g
Chia seeds	1.4 tbsp / 21 g

Instructions

1. In a blender, combine 0.7 cup (168 ml) cooked and diced beetroot, 0.7 cup (168 ml) Greek yogurt, 0.7 cup (168 ml) frozen strawberries, and 0.7 cup (168 ml) almond milk. Blend until smooth.
2. Pour into a bowl and top with 2.8 tbsp (42 g) sliced almonds and 1.4 tbsp (21 g) chia seeds.

8. Savory Spinach and Quinoa Bowl with Grilled Salmon

This nutritious and quick meal is packed with protein, omega-3 fatty acids, and phytoestrogens, making it ideal for women over 40. The combination of quinoa, spinach, and salmon supports hormone balance, bone health, and heart health.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	574 kcal
Protein	47g
Carbs	43g
Fats	28g



Ingredients

quinoa, cooked	1.6 cup / 372 ml
fresh spinach, chopped	3.1 cups / 744 ml
grilled salmon fillet	6.2 oz / 175.2 g
cherry tomatoes, halved	0.8 cup / 186 ml
avocado, diced	1 medium / 108.5 g
olive oil	1.6 tablespoon / 23.3 ml
lemon juice	1.6 tablespoon / 23.3 ml
salt	to taste / to taste
black pepper	to taste / to taste

Instructions

1. Step 1: In a bowl, layer the cooked quinoa and fresh spinach.
2. Step 2: Top with grilled salmon fillet, cherry tomatoes, and diced avocado.
3. Step 3: Drizzle with olive oil and lemon juice, then season with salt and black pepper to taste.

9. Zesty Coconut Curry Shrimp with Cauliflower Rice

This dish offers a tropical flair with shrimp and coconut milk, creating a satisfying meal that supports hydration and metabolism. The use of cauliflower rice keeps carbs low while still providing volume, perfect for women over 40 looking for an enjoyable low-carb option.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	19 min
Calories	627 kcal
Protein	50g
Carbs	13g
Fats	41g



Ingredients

Shrimp, peeled and deveined	9.9 oz / 280.5 g
Cauliflower, riced	1.7 cup / 165 g
Coconut milk, full-fat	0.4 cup / 99 ml
Red curry paste	1.7 tbsp / 24.8 g
Olive oil	1.7 tbsp / 24.8 ml
Salt and pepper	to taste / to taste

Instructions

1. In a skillet, heat 1.7 tbsp (24.8 ml) of olive oil over medium heat.
2. Add 9.9 oz (280.5 g) of shrimp and sauté until pink, about 5 minutes.
3. Stir in 0.4 cup (99 ml) of coconut milk and 1.7 tbsp (24.8 g) of red curry paste, simmering for 5 minutes.
4. In a separate pot, heat riced cauliflower until warm and fluffy. Serve shrimp on top.

Day 4

3 meals · 1,748 calories

BREAKFAST Strawberry Banana Protein Bowl **532 kcal**

LUNCH Berry Spinach Salad with Grilled Chicken **589 kcal**

DINNER Spicy Chorizo & Cauliflower Bowl **627 kcal**

Protein: 130g Carbs: 98g Fats: 103g

10. Strawberry Banana Protein Bowl

This vibrant bowl combines strawberries and bananas for a delicious smoothie base, while protein powder and nuts boost the protein content. The combination helps maintain energy levels and hormonal health.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	8 min
Calories	532 kcal
Protein	42g
Carbs	53g
Fats	20g



Ingredients

Frozen strawberries	1.4 cup / 336 ml
Banana	1.5 medium / 168 g
Vanilla protein powder	3 scoops / 84 g
Almond milk (unsweetened)	0.7 cup / 168 ml
Walnuts	2.8 tbsp / 42 g
Chia seeds	1.4 tbsp / 21 g
Sliced banana	0.4 medium / 42 g

Instructions

1. Combine 1.4 cup (336 ml) frozen strawberries, 1.5 medium banana, 3 scoops (84 g) vanilla protein powder, and 0.7 cup (168 ml) almond milk in a blender. Blend until smooth.
2. Pour the smoothie into a bowl, then top with 2.8 tbsp (42 g) walnuts, 1.4 tbsp (21 g) chia seeds, and slices from 0.4 banana.
3. Serve chilled and enjoy!

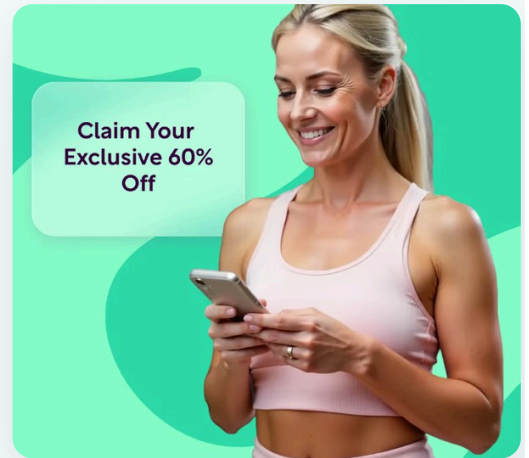
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11. Berry Spinach Salad with Grilled Chicken

This salad combines protein-rich grilled chicken with antioxidant-loaded berries and nutrient-dense spinach, promoting heart health and reducing inflammation. The healthy fats from olive oil protect against oxidative stress, supporting overall vitality.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	589 kcal
Protein	47g
Carbs	28g
Fats	37g



Ingredients

Grilled chicken breast (sliced)	6.2 oz / 175.2 g
Spinach	3.1 cups / 744 ml
Mixed berries (blueberries, strawberries)	0.8 cup / 186 ml
Feta cheese (crumbled)	0.4 cup / 93 ml
Olive oil	1.6 tbsp / 23.3 ml

Instructions

1. In a bowl, layer 3.1 cups (744 ml) of spinach, top with 6.2 oz (175.2 g) of grilled chicken slices and 0.8 cup (186 ml) of mixed berries.
2. Sprinkle 0.4 cup (93 ml) of crumbled feta cheese on top.
3. Drizzle with 1.6 tbsp (23.3 ml) of olive oil and serve.

12. Spicy Chorizo & Cauliflower Bowl

This spicy dish combines chorizo for protein and flavor with cauliflower for fiber, making it a perfect low-carb meal option rich in nutrients.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	5 min
Calories	627 kcal
Protein	41g
Carbs	17g
Fats	46g



Ingredients

Chorizo sausage	6.6 oz / 189.8 g
Cauliflower rice	1.7 cup / 396 ml
Cilantro	1.7 tbsp / 24.8 g
Olive oil	1.7 tbsp / 24.8 ml
Lime juice	1.7 tbsp / 24.8 ml

Instructions

1. In a skillet, heat 1.7 tbsp (24.8 ml) olive oil over medium heat. Add 1.7 cup (396 ml) cauliflower rice and sauté for about 5 minutes.
2. Stir in 6.6 oz (189.8 g) crumbled chorizo and cook for another 3-4 minutes.
3. Remove from heat, garnish with 1.7 tbsp (24.8 g) chopped cilantro, and drizzle 1.7 tbsp (24.8 ml) lime juice before serving.

Day 5

3 meals · 1,748 calories

BREAKFAST Savory Spinach and Avocado Scramble **532 kcal**

LUNCH Herbed Quinoa and Grilled Vegetable Bowl **589 kcal**

DINNER Tandoori Chicken & Sweet Potato Skillet **627 kcal**

Protein: 106g Carbs: 162g Fats: 78g

13. Savory Spinach and Avocado Scramble

This nutrient-dense breakfast is designed to support hormone balance and bone health for women over 40. Packed with protein, healthy fats, and fiber, it provides lasting energy while promoting heart health.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	10 min
Calories	532 kcal
Protein	39g
Carbs	42g
Fats	28g



Ingredients

whole eggs	4 large / 4 large
fresh spinach	2.4 cups / 210 g
avocado	half medium / 112 g
whole wheat toast	1.5 slice / 39.2 g
olive oil	1.4 teaspoon / 7 ml
salt	to taste / to taste
black pepper	to taste / to taste

Instructions

1. In a non-stick skillet, heat the olive oil over medium heat.
2. Add the spinach and sauté until wilted, about 2-3 minutes.
3. Meanwhile, whisk the eggs in a bowl and season with salt and black pepper.
4. Pour the eggs over the wilted spinach in the skillet and scramble until cooked through, about 3-4 minutes.
5. Slice the avocado and toast the whole wheat bread.
6. Serve the scrambled eggs with sliced avocado on the side and the toast.

14. Herbed Quinoa and Grilled Vegetable Bowl

This colorful bowl combines grilled vegetables and quinoa, offering essential vitamins and minerals while providing a complete protein source. The fresh herbs add flavor and boost overall nutrient absorption.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	589 kcal
Protein	22g
Carbs	62g
Fats	25g



Ingredients

Cooked quinoa	0.8 cup / 186 ml
Mixed grilled vegetables (zucchini, bell peppers, eggplant)	1.6 cup / 372 ml
Fresh parsley, chopped	3.1 tbsp / 46.5 g
Olive oil	1.6 tbsp / 23.3 ml
Balsamic vinegar	1.6 tbsp / 23.3 ml

Instructions

1. In a bowl, combine 0.8 cup (186 ml) of cooked quinoa and 1.6 cup (372 ml) of mixed grilled vegetables.
2. Add 3.1 tbsp (46.5 g) of chopped fresh parsley, 1.6 tbsp (23.3 ml) of olive oil, and 1.6 tbsp (23.3 ml) of balsamic vinegar.
3. Toss gently to combine and serve immediately.

15. Tandoori Chicken & Sweet Potato Skillet

Marinated in tandoori spices, this chicken dish provides lean protein to help maintain muscle mass, while sweet potatoes are rich in vitamin A and fiber for digestive health. Together, they create a satisfying meal that supports energy levels.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	7 min
Calories	627 kcal
Protein	45g
Carbs	58g
Fats	25g



Ingredients

Boneless chicken breast, cut into cubes	1.7 cup / 247.5 g
Sweet potato, diced	1.7 cup / 247.5 g
Tandoori spice mix	3.3 tbsp / 49.5 g
Olive oil	1.7 tbsp / 24.8 ml
Fresh cilantro, chopped	3.3 tbsp / 49.5 g

Instructions

1. Heat 1.7 tbsp (24.8 ml) olive oil in a skillet over medium heat, add diced sweet potatoes and cook for 7 minutes.
2. Stir in cubed chicken and tandoori spice mix; cook for an additional 8 minutes until chicken is cooked through.
3. Garnish with fresh cilantro before serving.

Day 6

3 meals · 1,762 calories

BREAKFAST Chocolate Berry Protein Bowl **546 kcal**

LUNCH Spiced Cauliflower & Chickpea Power Salad **589 kcal**

DINNER Mediterranean Chickpea & Quinoa Bake **627 kcal**

Protein: 111g Carbs: 177g Fats: 67g

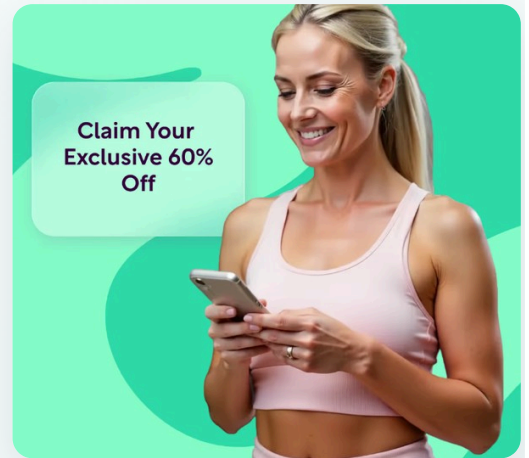
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16. Chocolate Berry Protein Bowl

This indulgent yet nutritious smoothie bowl blends rich cocoa with berries and protein-rich Greek yogurt, ideal for boosting energy and curbing cravings. Flaxseeds add fiber and phytoestrogens, which support hormone balance for women over 40.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	8 min
Calories	546 kcal
Protein	41g
Carbs	48g
Fats	21g



Ingredients

Greek yogurt	1.4 cup / 336 ml
frozen mixed berries	0.7 cup / 168 ml
unsweetened cocoa powder	1.4 tbsp / 9.8 g
flaxseeds	1.4 tbsp / 21 g
almond milk	0.7 cup / 168 ml
sliced banana	0.7 medium / 70 g
chopped walnuts	2.8 tbsp / 21 g
coconut flakes	1.4 tbsp / 14 g

Instructions

1. In a blender, combine 1.4 cup (336 ml) Greek yogurt, 0.7 cup (168 ml) frozen mixed berries, 1.4 tbsp (9.8 g) unsweetened cocoa powder, 1.4 tbsp (21 g) flaxseeds, and 0.7 cup (168 ml) almond milk. Blend until smooth.
2. Pour the smoothie into a bowl and top with 0.7 sliced banana, 2.8 tbsp (21 g) chopped walnuts, and 1.4 tbsp (14 g) coconut flakes.
3. Serve immediately and enjoy!

17. Spiced Cauliflower & Chickpea Power Salad

This salad is packed with fiber and protein from chickpeas and cauliflower, which helps keep the digestive system healthy. The spices used are anti-inflammatory, making it a great choice for women managing menopause symptoms.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	12 min
Calories	589 kcal
Protein	34g
Carbs	70g
Fats	16g



Ingredients

Cauliflower florets	1.6 cup / 186 g
Canned chickpeas, drained	0.8 cup / 186 ml
Red cabbage, shredded	0.8 cup / 116.3 g
Carrots, grated	0.8 cup / 116.3 g
Cumin powder	1.6 tsp / 7.8 g

Instructions

1. In a pan over medium heat, cook 1.6 cup (186 g) cauliflower florets in a bit of water for 5-7 minutes until tender.
2. In a bowl, mix cooked cauliflower with 0.8 cup (186 ml) canned chickpeas, 0.8 cup (116.3 g) shredded red cabbage, 0.8 cup (116.3 g) grated carrots, and 1.6 tsp (7.8 g) cumin powder.
3. Drizzle with olive oil and lemon juice, then toss to combine.

18. Mediterranean Chickpea & Quinoa Bake

Combining protein-rich chickpeas with quinoa, this dish offers a wholesome vegetarian option that supports muscle maintenance and digestion. The Mediterranean flavors promote heart health through healthy fats and antioxidants.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	15 min
Calories	627 kcal
Protein	36g
Carbs	59g
Fats	30g



Ingredients

Canned chickpeas, drained and rinsed	1.7 cup / 396 g
Cooked quinoa	0.8 cup / 198 g
Cherry tomatoes, halved	0.8 cup / 123.8 g
Kalamata olives, sliced	0.4 cup / 66 g
Feta cheese, crumbled	3.3 tbsp / 49.5 g
Olive oil	1.7 tbsp / 24.8 ml
Oregano	1.7 tsp / 8.3 g

Instructions

1. Preheat oven to 400°F (200°C) and combine chickpeas, quinoa, tomatoes, olives, and olive oil in a baking dish.
2. Sprinkle with oregano and mix well.
3. Bake for 15 minutes, then top with feta cheese before serving.

Day 7

3 meals · 1,762 calories

BREAKFAST	Coconut Berry Protein Bowl	546 kcal
LUNCH	Sweet Potato and Green Pea Buddha Bowl	589 kcal
DINNER	Spicy Lentil & Sweet Potato Tacos	627 kcal

Protein: 111g Carbs: 234g Fats: 57g

19. Coconut Berry Protein Bowl

This refreshing coconut smoothie bowl features mixed berries and coconut milk, providing hydration and healthy fats. Packed with protein and topped with seeds, it supports energy levels and overall health.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	8 min
Calories	546 kcal
Protein	42g
Carbs	56g
Fats	21g



Ingredients

Frozen mixed berries	1.4 cup / 336 ml
Greek yogurt	0.7 cup / 168 ml
Coconut milk	0.7 cup / 168 ml
Chia seeds	2.8 tbsp / 42 g
Sliced kiwi	1.5 medium / 1.5 medium

Instructions

1. In a blender, combine 1.4 cup (336 ml) frozen mixed berries, 0.7 cup (168 ml) Greek yogurt, and 0.7 cup (168 ml) coconut milk. Blend until smooth.
2. Pour into a bowl and top with 2.8 tbsp (42 g) chia seeds and 1 sliced kiwi.

20. Sweet Potato and Green Pea Buddha Bowl

A vibrant Buddha bowl featuring sweet potatoes, protein-rich peas, and fresh vegetables, offering fiber for digestion and vitamins for energy levels. This bowl is designed to nurture overall health and hormonal balance.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	20 min
Calories	589 kcal
Protein	33g
Carbs	95g
Fats	16g



Ingredients

Sweet potato, diced	1.6 cup / 372 ml
Green peas (fresh or frozen)	0.8 cup / 186 ml
Carrot, grated	0.8 cup / 186 ml
Feta cheese, crumbled	0.4 cup / 93 ml
Olive oil	1.6 tbsp / 23.3 ml
Salt and pepper to taste	to taste / to taste

Instructions

1. Preheat the oven to 400°F (200°C).
2. On a baking sheet, toss diced sweet potatoes with olive oil, salt, and pepper. Roast for 20 minutes until tender.
3. In a bowl, combine roasted sweet potatoes, green peas, grated carrot, and sprinkle with crumbled feta.

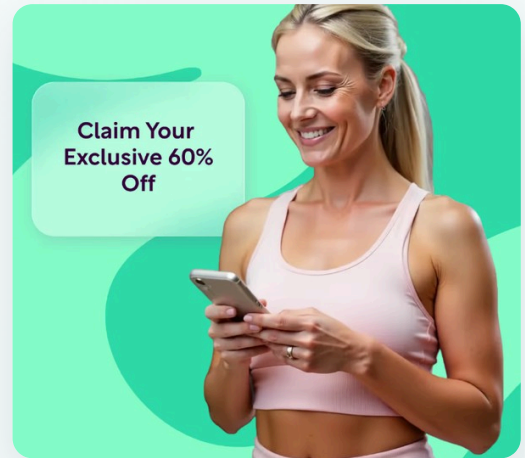
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21. Spicy Lentil & Sweet Potato Tacos

These tacos are loaded with protein-rich lentils and vitamin A-packed sweet potatoes, which can help mitigate menopausal symptoms while promoting bone health. The spices add a metabolism-boosting kick.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	18 min
Calories	627 kcal
Protein	36g
Carbs	83g
Fats	20g



Ingredients

Lentils, cooked	1.7 cup / 396 ml
Sweet potato, diced	1.7 cup / 247.5 g
Taco seasoning	1.7 tbsp / 16.5 g
Corn tortillas	3.3 slice(s) / 82.5 g
Avocado, sliced	0.8 medium / 123.8 g

Instructions

1. In a pan, sauté 1.7 cup (247.5 g) diced sweet potato in a little water over medium heat until tender, about 10 minutes.
2. Add 1.7 cup (396 ml) cooked lentils and 1.7 tbsp (16.5 g) taco seasoning. Stir and cook for an additional 5 minutes.
3. Serve the lentil mixture in 3.3 corn tortillas topped with sliced avocado.

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