

7-Day Diet to Lower Triglycerides for Women Over 40 PDF

Support your heart health with a diet designed to lower triglycerides.

This 7-Day Diet Plan focuses on lowering triglycerides with 21 heart-healthy recipes crafted for women over 40. Aimed at improving cardiovascular health, this meal plan encourages nutritious choices while keeping flavor in mind. Perfect for those committed to a healthier lifestyle.

DAILY NUTRITION OVERVIEW

DAY	CALORIES	PROTEIN	CARBS	FATS
Day 1	1,541	72g	180g	65g
Day 2	1,627	94g	119g	91g
Day 3	1,627	101g	134g	83g
Day 4	1,627	103g	120g	80g
Day 5	1,627	122g	155g	53g
Day 6	1,641	112g	180g	56g
Day 7	1,641	130g	142g	65g
Avg	1,619	105g	147g	70g

CALORIE DISTRIBUTION



Nourish Your Body, Transform Your Health

WHAT'S INSIDE

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Baked Sweet Potato with Tahini & Pumpkin Seeds

Savory Seaweed & Quinoa Bowls with Toasted Pumpkin Seeds

Savory Tuna and Spinach Omelette

Vegetable and Tofu Stir-Fry

Savory Sweet Potato and Kimchi Bowl

Savory Quinoa & Spinach Protein Bowl

Savory Spinach and Feta Omelette

Mushroom Bisque with Thyme and Walnut Crumble

Gingered Sweet Potato & Black Bean Bowl

Hormone-Balancing Omelet Power Bowl

Spicy Chicken & Cauliflower Stir-Fry

+ 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



105g Protein

Daily average



1,619 cal/day

Daily average



Macro Balanced

147g C / 70g F avg

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Day 1

3 meals · 1,541 calories

BREAKFAST	Spiced Apple & Chia Seed Pudding with Walnuts	420 kcal
LUNCH	Savory Quinoa & Spinach Protein Bowl	543 kcal
DINNER	Baked Sweet Potato with Tahini & Pumpkin Seeds	578 kcal

Protein: 72g Carbs: 180g Fats: 65g

1. Spiced Apple & Chia Seed Pudding with Walnuts

This chia seed pudding is rich in omega-3 fatty acids from walnuts and antioxidants from apples, both supporting thyroid health and hormone balance while offering a sweet treat.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	10 min
Calories	420 kcal
Protein	14g
Carbs	42g
Fats	21g



Ingredients

Chia seeds	0.4 cup / 84 g
Almond milk	1.4 cup / 336 ml
Diced apple	0.7 cup / 168 ml
Walnuts	2.8 tbsp / 42 g

Cinnamon

0.7 tsp / 2.8 g

Instructions

1. In a bowl, combine chia seeds and almond milk. Stir well and let sit for 10 minutes to thicken.
2. Fold in diced apples and chopped walnuts, adding cinnamon to taste.
3. Serve immediately or refrigerate for later.

2. Savory Quinoa & Spinach Protein Bowl

This nutrient-dense bowl is designed to support hormone balance and muscle health for women over 40. Packed with protein, omega-3s, and fiber, it promotes heart health and bone strength while being quick and easy to prepare.

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
Fresh spinach	3.1 cups / 744 ml
Chickpeas, rinsed and drained	0.8 cup / 186 ml
Feta cheese, crumbled	0.4 cup / 93 ml
Walnuts, chopped	0.4 cup / 46.5 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. In a large skillet, heat olive oil over medium heat. Add fresh spinach and cook until wilted, about 2-3 minutes.
2. Add cooked quinoa and chickpeas to the skillet, stirring to combine. Season with salt and black pepper to taste, and cook for an additional 2 minutes until heated through.
3. Remove from heat and stir in lemon juice, crumbled feta cheese, and chopped walnuts.
4. Serve warm as a nourishing protein bowl.

3. Baked Sweet Potato with Tahini & Pumpkin Seeds

This nourishing dish features sweet potatoes, tahini, and pumpkin seeds, all rich in magnesium. It's perfect for a comforting dinner while helping to reduce muscle tension and improve sleep quality.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	19 min
Calories	578 kcal
Protein	15g
Carbs	91g
Fats	25g



Ingredients

Sweet potato	1.5 medium / 1.5 medium
Tahini	3.3 tbsp / 49.5 g
Pumpkin seeds	3.3 tbsp / 49.5 g
Olive oil	1.7 tbsp / 24.8 ml
Cinnamon	1.7 tsp / 8.3 g

Instructions

1. Preheat the oven to 400°F (200°C).
2. Wash and pierce 1.5 medium sweet potato with a fork, then place it on a baking sheet.
3. Bake for 30-35 minutes until tender, then remove from the oven.
4. Slice open the sweet potato, drizzle with 3.3 tbsp (49.5 g) tahini and sprinkle with 3.3 tbsp (49.5 g) pumpkin seeds and 1.7 tsp (8.3 g) cinnamon before serving.

Day 2

3 meals · 1,627 calories

BREAKFAST Savory Spinach and Feta Omelette **490 kcal**

LUNCH Savory Seaweed & Quinoa Bowls with Toasted Pumpkin Seeds **543 kcal**

DINNER Mushroom Bisque with Thyme and Walnut Crumble **594 kcal**

Protein: 94g Carbs: 119g Fats: 91g

4. Savory Spinach and Feta Omelette

This nutrient-dense omelette combines eggs, spinach, and feta cheese to deliver a powerful dose of protein, calcium, and phytoestrogens, supporting hormone balance and bone health for women over 40. The healthy fats from eggs and feta, along with the fiber from spinach, help stabilize blood sugar levels while promoting heart health.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	490 kcal
Protein	39g
Carbs	7g
Fats	35g



Ingredients

large eggs	4.2 large / 4.2g
fresh spinach, chopped	1.4 cup / 42 g
feta cheese, crumbled	0.4 cup / 53.2 g
olive oil	1.4 tablespoon / 21 ml
black pepper, to taste	0.4 teaspoon / 1.4 g
sea salt, to taste	0.4 teaspoon / 1.4 g

Instructions

1. In a bowl, whisk together the eggs, black pepper, and sea salt until well combined.
2. Heat the olive oil in a non-stick skillet over medium heat. Add the chopped spinach and sauté for 2-4.2 minutes until wilted.
3. Pour the whisked eggs over the spinach in the skillet, tilting the pan to distribute evenly. Cook for about 2 minutes until the edges begin to set.
4. Sprinkle the crumbled feta cheese evenly over one half of the omelette. Cook for another 1-2 minutes until the eggs are fully set.
5. Fold the omelette in half and carefully slide it onto a plate. Serve warm.

5. Savory Seaweed & Quinoa Bowls with Toasted Pumpkin Seeds

Packed with iodine from seaweed and zinc from pumpkin seeds, this bowl supports thyroid function and metabolism. The quinoa provides a complete protein source, essential for hormone balance.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	12 min
Calories	543 kcal
Protein	19g
Carbs	62g
Fats	23g



Ingredients

Quinoa	0.8 cup / 186 ml
Dried seaweed (nori or wakame)	1.5 piece (about 5g) / 7.8 g
Pumpkin seeds	3.1 tbsp / 46.5 g
Olive oil	1.6 tbsp / 23.3 ml
Lemon juice	1.6 tbsp / 23.3 ml

Instructions

1. Cook 0.8 cup (186 ml) quinoa in 1 cup (240ml) of water for 15 minutes until fluffy.
2. Soak the dried seaweed in water for 5 minutes, then drain and chop.
3. In a bowl, combine cooked quinoa, chopped seaweed, and toasted pumpkin seeds. Drizzle with olive oil and lemon juice.

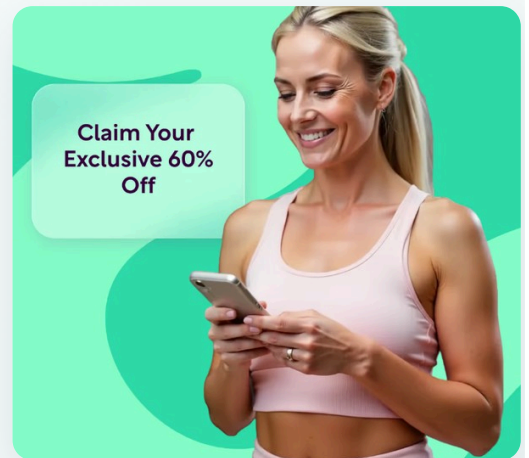
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6. Mushroom Bisque with Thyme and Walnut Crumble

This creamy mushroom bisque is rich in antioxidants and B vitamins, essential for energy and mental clarity in women over 40. The walnut crumble adds healthy fats and texture to elevate your comfort food experience.

Nutrition Information

Servings	1
Prep Time	17 min
Cook Time	20 min
Calories	594 kcal
Protein	36g
Carbs	50g
Fats	33g



Ingredients

Mushrooms, sliced	6.6 cups / 660 g
Onion, diced	1.7 onion / 1.7 onion
Garlic, minced	3 cloves / 3 cloves
Low-sodium vegetable broth	6.6 cups / 1584 ml
Coconut cream	1.7 cup / 396 ml
Thyme, fresh or dried	1.7 tsp / 3.3 g
Walnuts, chopped	0.4 cup / 49.5 g
Olive oil	1.7 tbsp / 24.8 ml
Black pepper, to taste	0.8 tsp / 3.3 g

Instructions

1. In a large pot, heat 1.7 tbsp (24.8 ml) olive oil over medium heat. Add 1.7 onion (1.7 onion) and 3 cloves (3 cloves) minced garlic, cooking until fragrant.
2. Add 6.6 cups (660 g) sliced mushrooms and sauté until soft. Pour in 6.6 cups (1584 ml) low-sodium vegetable broth and 1.7 tsp (3.3 g) thyme. Bring to simmer for 20 minutes.
3. Blend until smooth, then stir in 1.7 cup (396 ml) coconut cream. Serve with 0.4 cup (49.5 g) chopped walnuts sprinkled on top.

Day 3

3 meals · 1,627 calories

BREAKFAST Savory Tuna and Spinach Omelette **490 kcal**

LUNCH Gingered Sweet Potato & Black Bean Bowl **543 kcal**

DINNER Vegetable and Tofu Stir-Fry **594 kcal**

Protein: 101g Carbs: 134g Fats: 83g

7. Savory Tuna and Spinach Omelette

This nutritious omelette combines protein-rich tuna and eggs, providing essential amino acids for muscle maintenance and hormonal balance. Spinach adds calcium and phytoestrogens, supporting bone health and metabolism for women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	490 kcal
Protein	42g
Carbs	8g
Fats	34g



Ingredients

large eggs	4.2 large / 4 large
canned tuna in water, drained	0.5 can / 119 g
fresh spinach, chopped	1.4 cup / 42 g
olive oil	1.4 tablespoon / 21 ml
feta cheese, crumbled	0.4 cup / 56 g
black pepper	to taste / to taste

Instructions

1. In a bowl, whisk together the eggs and black pepper until well combined.
2. In a non-stick skillet, heat the olive oil over medium heat.
3. Add the chopped spinach to the skillet and sauté for 2 minutes until wilted.
4. Pour the egg mixture over the spinach and cook for 2-4.2 minutes until the edges begin to set.
5. Add the drained tuna and crumbled feta cheese evenly over the eggs.
6. Fold the omelette in half and cook for an additional 2-4.2 minutes until fully cooked through.
7. Slide the omelette onto a plate, cut in half if desired, and serve warm.

8. Gingered Sweet Potato & Black Bean Bowl

This nourishing bowl combines sweet potatoes for vitamin A and fiber, with black beans for protein. Ginger adds an anti-inflammatory boost, making it ideal for immune support in women over 40.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	20 min
Calories	543 kcal
Protein	19g
Carbs	93g
Fats	16g



Ingredients

Sweet potato, cubed	1.5 medium / 1.5 medium
Canned black beans, drained	0.8 cup / 186 ml
Olive oil	1.6 tbsp / 23.3 ml
Fresh ginger, minced	1.6 tbsp / 23.3 g
Lemon juice	1.6 tbsp / 23.3 ml

Instructions

1. Preheat oven to 425°F (220°C). Toss 1.5 medium cubed sweet potato with 1.6 tbsp (23.3 ml) olive oil and roast for 20 minutes until tender.
2. In a bowl, combine roasted sweet potato, 0.8 cup (186 ml) drained black beans, and 1.6 tbsp (23.3 g) minced ginger.
3. Drizzle with 1.6 tbsp (23.3 ml) lemon juice before serving.

9. Vegetable and Tofu Stir-Fry

This colorful stir-fry combines tofu and a variety of vegetables, providing a balanced meal rich in plant protein and essential vitamins. The tofu supports muscle maintenance while vegetables offer antioxidants for overall health.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	594 kcal
Protein	40g
Carbs	33g
Fats	33g



Ingredients

Firm tofu, cubed	4.9 oz / 140.3 g
Mixed vegetables (snap peas, bell peppers, carrots)	1.7 cup / 396 ml
Olive oil	1.7 tbsp / 24.8 ml
Soy sauce	1.7 tbsp / 24.8 ml
Garlic, minced	1.5 clove / 1.5 clove

Instructions

1. Heat 1.7 tbsp (24.8 ml) of olive oil in a skillet over medium heat. Add 4.9 oz (140.3 g) of cubed firm tofu and cook until golden brown, about 5-7 minutes.
2. Add 1.7 cup (396 ml) of mixed vegetables and 1.5 clove of minced garlic. Stir-fry for an additional 5-7 minutes until vegetables are tender.
3. Drizzle with 1.7 tbsp (24.8 ml) of soy sauce before serving.

Day 4

3 meals · 1,627 calories

BREAKFAST Hormone-Balancing Omelet Power Bowl **490 kcal**

LUNCH Savory Sweet Potato and Kimchi Bowl **543 kcal**

DINNER Spicy Chicken & Cauliflower Stir-Fry **594 kcal**

Protein: 103g Carbs: 120g Fats: 80g

10. Hormone-Balancing Omelet Power Bowl

Start your day with a nutrient-dense Omelet Power Bowl designed to support hormone balance and bone health for women over 40. This recipe combines protein-rich eggs, turkey sausage, and a variety of vegetables, providing essential vitamins and minerals for overall wellness.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	490 kcal
Protein	42g
Carbs	14g
Fats	31g



Ingredients

whole eggs	4 large / 4 large
egg whites	3 large / 3 large
shredded cheese	1.4 cup / 39.2 g
turkey sausage	2.8 oz / 84 g
spinach	1.4 cup / 42 g
bell pepper, diced	0.7 cup / 105 g
olive oil	1.4 tablespoon / 21 ml
salt	to taste / to taste
black pepper	to taste / to taste

Instructions

1. Step 1: In a skillet, heat olive oil over medium heat. Add diced turkey sausage and cook for about 3-4 minutes until browned.
2. Step 2: Add spinach and bell pepper to the skillet, sautéing until vegetables are tender, about 2-3 minutes.
3. Step 3: In a bowl, whisk together whole eggs and egg whites with salt and pepper. Pour the egg mixture over the sausage and vegetables in the skillet.
4. Step 4: Cook the omelet for 5-7 minutes until the eggs are set, then sprinkle shredded cheese on top and let it melt before serving.

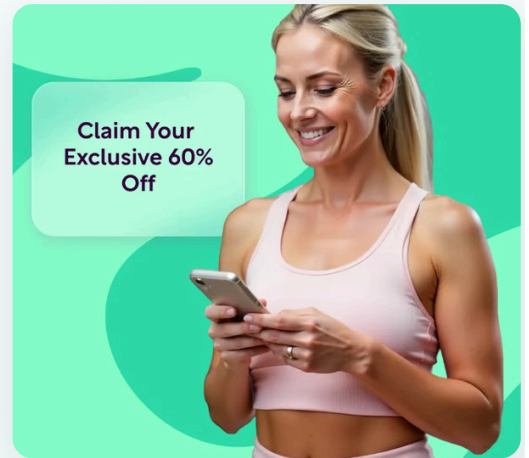
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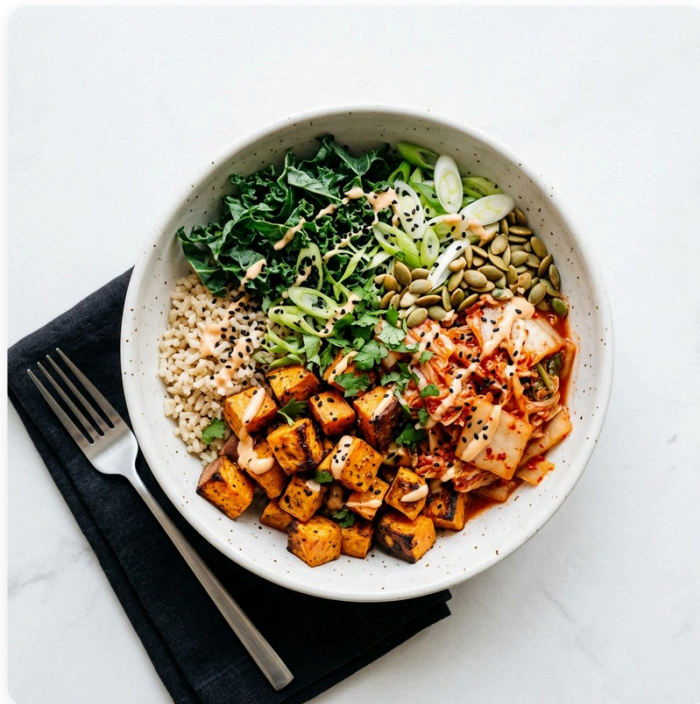


11. Savory Sweet Potato and Kimchi Bowl

This bowl combines fiber-rich sweet potatoes and gut-friendly fermented kimchi, promoting digestion and reducing bloating. The dish is packed with antioxidants and vitamins to support overall health.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	20 min
Calories	543 kcal
Protein	11g
Carbs	93g
Fats	19g



Ingredients

Sweet potato, diced	1.5 medium / 232.5 g
Kimchi	0.8 cup / 186 ml
Olive oil	1.6 tbsp / 23.3 ml
Green onions, chopped	3.1 medium / 3.1g
Sesame seeds	1.6 tsp / 7.8 g

Instructions

1. Preheat the oven to 400°F (200°C).
2. Toss diced sweet potato with 1.6 tbsp (23.3 ml) of olive oil and spread on a baking sheet.
3. Roast for 20 minutes or until tender, stirring halfway through.
4. In a bowl, combine the roasted sweet potatoes, 0.8 cup (186 ml) of kimchi, and top with chopped green onions and sesame seeds.

12. Spicy Chicken & Cauliflower Stir-Fry

This spicy stir-fry features tender chicken and crispy cauliflower, offering a flavorful low-carb dish. High in protein and low in carbs, it supports metabolism and muscle maintenance for women 40+.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	18 min
Calories	594 kcal
Protein	50g
Carbs	13g
Fats	30g



Ingredients

Chicken breast, diced	9.9 oz / 280.5 g
Cauliflower florets	1.7 cup / 198 g
Olive oil	1.7 tbsp / 24.8 ml
Sriracha sauce	1.7 tbsp / 24.8 ml
Garlic, minced	1.5 clove /
Salt	to taste /
Black pepper	to taste /

Instructions

1. Heat olive oil in a skillet over medium-high heat. Add chicken and cook for about 5-7 minutes until browned and cooked through.
2. Add cauliflower, garlic, salt, pepper, and Sriracha sauce. Stir-fry for an additional 3-5 minutes until cauliflower is tender.

Day 5

3 meals · 1,627 calories

BREAKFAST Savory Spinach and Feta Omelette with Omega-3 Boost **490 kcal**

LUNCH Protein-Packed Quinoa and Edamame Bowl **543 kcal**

DINNER Spicy Chickpea and Vegetable Stir-Fry **594 kcal**

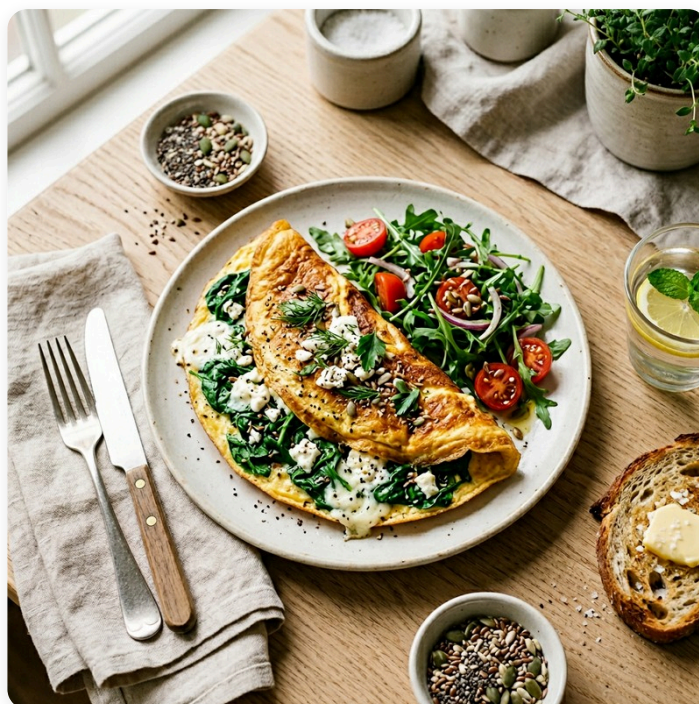
Protein: 122g Carbs: 155g Fats: 53g

13. Savory Spinach and Feta Omelette with Omega-3 Boost

This protein-packed omelette is perfect for women over 40, featuring nutrient-dense ingredients that support hormone balance and bone health. With spinach for fiber, feta for calcium, and chia seeds for omega-3s, this dish is both delicious and nourishing.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	490 kcal
Protein	39g
Carbs	42g
Fats	17g



Ingredients

large eggs	4.2 large / 4 large eggs
fresh spinach, chopped	1.4 cup / 42 g
feta cheese, crumbled	0.4 cup / 53.2 g
chia seeds	1.4 tablespoon / 21 g
olive oil	1.4 teaspoon / 7 ml
salt	to taste / to taste
black pepper	to taste / to taste

Instructions

1. In a bowl, whisk together the eggs, salt, and black pepper until well combined.
2. Heat olive oil in a non-stick skillet over medium heat. Add the chopped spinach and sauté for 1-2 minutes until wilted.
3. Pour the whisked eggs into the skillet over the spinach. Cook for 2-4.2 minutes until the edges start to set.
4. Sprinkle feta cheese and chia seeds over the eggs, fold the omelette in half, and cook for another 2-4.2 minutes until fully cooked through.
5. Slide the omelette onto a plate, cut in half if desired, and serve warm.

14. Protein-Packed Quinoa and Edamame Bowl

This vibrant quinoa and edamame bowl is packed with plant-based protein, making it ideal for women over 40 who need to support hormone balance and bone health. Loaded with fiber, healthy fats, and phytoestrogens, it's a quick and nutritious meal that can be enjoyed any time of the day.

Nutrition Information

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



Ingredients

Quinoa, uncooked	0.8 cup / 139.5 g
Edamame, shelled	1.6 cup / 232.5 g
Tofu, firm, cubed	0.8 cup / 186 g
Spinach, fresh	1.6 cup / 46.5 g
Olive oil	1.6 tablespoon / 23.3 ml
Lemon juice	1.6 tablespoon / 23.3 ml
Chia seeds	1.6 tablespoon / 15.5 g
Salt	0.8 teaspoon / 3.9 g
Black pepper	0.4 teaspoon / 1.6 g

Instructions

1. Step 1: Rinse the quinoa under cold water and cook it according to package instructions, usually about 15 minutes in boiling water or vegetable broth.
2. Step 2: While the quinoa cooks, heat olive oil in a non-stick skillet over medium heat, add cubed tofu, and sauté until golden brown, about 5-7 minutes.
3. Step 3: Add shelled edamame and fresh spinach to the skillet with the tofu, cooking until the spinach wilts, about 2-3 minutes.
4. Step 4: Once the quinoa is cooked, fluff it with a fork and add it to the skillet mixture, along with lemon juice, salt, pepper, and chia seeds. Stir to combine.
5. Step 5: Serve warm and enjoy your protein-packed bowl!

15. Spicy Chickpea and Vegetable Stir-Fry

This quick stir-fry features chickpeas, bell peppers, snow peas, and carrots, providing a colorful array of vitamins and minerals. The dish is high in protein and fiber, aiding in metabolism support and energy levels.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	18 min
Calories	594 kcal
Protein	40g
Carbs	66g
Fats	17g



Ingredients

Chickpeas (canned, drained)	1.7 cup / 396 g
Bell pepper (sliced)	1.7 cup / 247.5 g
Snow peas	0.8 cup / 123.8 g
Carrots (sliced)	0.8 cup / 123.8 g
Olive oil	1.7 tbsp / 24.8 ml
Soy sauce	1.7 tbsp / 24.8 ml
Red pepper flakes	0.8 tsp / 3.3 g

Instructions

1. Heat olive oil in a large skillet over medium-high heat.
2. Add bell pepper, snow peas, and carrots, stir-frying for 5 minutes.
3. Add chickpeas, soy sauce, and red pepper flakes, cooking for an additional 2-3 minutes until heated through.

Day 6

3 meals · 1,641 calories

BREAKFAST Nutty Oatmeal with Apples and Flaxseed **504 kcal**

LUNCH Savory Tuna & Lentil Bowl with Avocado **543 kcal**

DINNER Spicy Grilled Shrimp with Cilantro-Lime Brown Rice **594 kcal**

Protein: 112g Carbs: 180g Fats: 56g

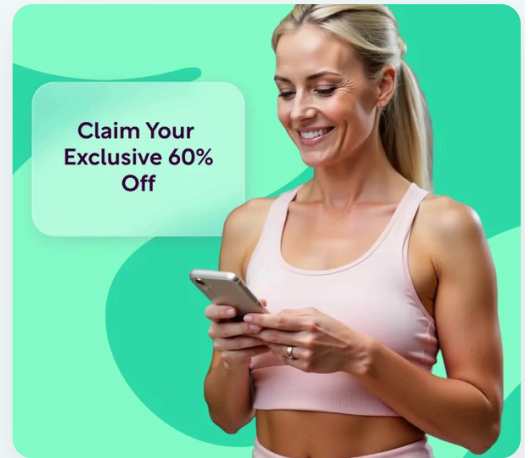
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16. Nutty Oatmeal with Apples and Flaxseed

This oatmeal is enriched with flaxseed and walnuts, providing essential omega-3 fatty acids and fiber that support heart health and hormone balance in women over 40. The addition of apples adds natural sweetness and beneficial fiber, making it a satisfying breakfast option.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	10 min
Calories	504 kcal
Protein	17g
Carbs	70g
Fats	20g



Ingredients

Rolled oats	0.7 cup / 56 g
Water or almond milk	1.4 cup / 336 ml
Chopped apple	0.7 cup / 105 g
Ground flaxseed	1.4 tbsp / 21 g
Chopped walnuts	2.8 tbsp / 42 g
Cinnamon	0.7 tsp / 2.8 g
Honey or maple syrup (optional)	1.4 tsp / 7 ml

Instructions

1. In a pot, bring 1.4 cup (336 ml) of water or almond milk to a boil.
2. Stir in rolled oats and chopped apple, reduce heat to low, and cook for 5-7 minutes, stirring occasionally.
3. Remove from heat, stir in ground flaxseed, walnuts, and cinnamon, and add honey or syrup if desired.

17. Savory Tuna & Lentil Bowl with Avocado

This nutritious bowl combines protein-rich canned tuna and fiber-packed lentils, providing essential nutrients for hormone balance and heart health. Topped with avocado, it offers healthy fats and phytoestrogens, making it a perfect meal 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

canned tuna (drained)	1.5 can (5 oz) / 220.1 g
dried lentils	0.8 cup / 155 g
water	2.3 cups / 558 ml
avocado	1 medium / 116.3 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
fresh parsley (chopped)	1.6 tablespoon / 7.8 g

Instructions

1. Step 1: Rinse the lentils under cold water and combine them with 2.3 cups of water in a saucepan. Bring to a boil, then reduce heat and simmer for 15-20 minutes or until tender.
2. Step 2: While the lentils are cooking, prepare the avocado by slicing it in half, removing the pit, and scooping out the flesh. Mash it lightly with lemon juice, salt, and pepper.
3. Step 3: Once the lentils are cooked, drain any excess water and mix them with the drained canned tuna, olive oil, and chopped parsley. Season with salt and pepper to taste.
4. Step 4: Serve the tuna and lentil mixture in a bowl, topped with the mashed avocado.

18. Spicy Grilled Shrimp with Cilantro-Lime Brown Rice

These juicy shrimp are marinated in a spicy blend to enhance metabolism, while the cilantro-lime brown rice adds fiber and antioxidants, which help fight inflammation and support gut health.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	18 min
Calories	594 kcal
Protein	48g
Carbs	63g
Fats	17g



Ingredients

Shrimp, peeled and deveined	9.9 oz / 280.5 g
Olive oil	1.7 tbsp / 24.8 ml
Chili powder	1.7 tsp / 8.3 g
Garlic powder	1.7 tsp / 8.3 g
Brown rice, cooked	0.8 cup / 148.5 g
Fresh cilantro, chopped	3.3 tbsp / 16.5 g
Lime juice	1.7 tbsp / 24.8 ml

Instructions

1. In a bowl, toss shrimp with olive oil (24.8 ml), chili powder (8.3 g), and garlic powder (8.3 g). Let marinate for at least 10 minutes.
2. Preheat the grill to medium heat. Grill shrimp for 2-3 minutes per side until opaque.
3. Mix cooked brown rice (148.5 g) with cilantro (16.5 g) and lime juice (24.8 ml). Serve with grilled shrimp.

Day 7

3 meals · 1,641 calories

BREAKFAST Balanced Overnight Oats with Chia and Raspberries **504 kcal**

LUNCH Protein-Packed Mediterranean Quinoa Salad **543 kcal**

DINNER Mexican Black Bean & Chicken Skillet **594 kcal**

Protein: 130g Carbs: 142g Fats: 65g

19. Balanced Overnight Oats with Chia and Raspberries

This nutrient-dense breakfast is designed to support hormone balance and bone health for women over 40. Packed with fiber, healthy fats, and protein, it's a delicious way to kickstart your day and promote overall wellness.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	504 kcal
Protein	42g
Carbs	45g
Fats	21g



Ingredients

rolled oats	0.7 cup / 56 g
chia seeds	2.8 tablespoons / 42 g
unsweetened almond milk	1.4 cup / 336 ml
raspberries	0.7 cup / 84 g
sliced almonds	2.8 tablespoons / 21 g
shrimp, peeled and deveined	5.6 oz / 158.2 g
cauliflower rice	1.4 cup / 140 g
zucchini, diced	0.7 cup / 84 g
yellow squash, diced	0.7 cup / 84 g
garlic, minced	1.5 clove / 4.2 g
olive oil	1.4 tablespoon / 21 ml

carrot sticks	1.4 cup / 168 g
guacamole	0.4 cup / 84 g
ground turkey	5.6 oz / 158.2 g
Italian seasoning	1.4 teaspoon / 7 g
parmesan cheese, grated	1.4 tablespoon / 14 g

Instructions

1. In a bowl, combine rolled oats, chia seeds, and almond milk. Stir well, cover, and refrigerate overnight.
2. In the morning, top the overnight oats with raspberries and sliced almonds.
3. For lunch, heat olive oil in a skillet over medium heat. Add garlic, zucchini, and yellow squash, sauté for 5 minutes.
4. Add shrimp and cauliflower rice to the skillet, cook until shrimp are pink and cooked through, about 5-7 more minutes.
5. For a snack, serve carrot sticks with guacamole on the side.
6. For dinner, mix ground turkey with Italian seasoning. Form into meatballs and bake at 400°F (200°C) for 15 minutes or until cooked through. Optionally, sprinkle with parmesan cheese before serving.

20. Protein-Packed Mediterranean Quinoa Salad

This vibrant quinoa salad is loaded with protein and healthy fats, making it an ideal lunch option for women over 40. With ingredients rich in phytoestrogens and omega-3s, it supports hormone balance and heart health while being quick to prepare.

Nutrition Information

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



Ingredients

quinoa (uncooked)	0.8 cup / 139.5 g
chickpeas (canned, rinsed)	0.8 cup / 186 g
cherry tomatoes (halved)	1.6 cup / 232.5 g
cucumber (diced)	0.8 cup / 116.3 g
feta cheese (crumbled)	0.4 cup / 54.3 g
olive oil	3.1 tablespoons / 46.5 ml
lemon juice	3.1 tablespoons / 46.5 ml
fresh parsley (chopped)	0.4 cup / 23.3 g
salt	0.4 teaspoon / 2.3 g
black pepper	0.4 teaspoon / 2.3 g

Instructions

1. Rinse and cook quinoa according to package instructions; typically, combine in a pot with 1.6 cup (240ml) water and simmer for 15 minutes until fluffy.
2. In a large bowl, combine cooked quinoa, chickpeas, cherry tomatoes, cucumber, and parsley.
3. In a small bowl, whisk together olive oil, lemon juice, salt, and pepper to make the dressing.
4. Pour the dressing over the salad and toss gently to combine.
5. Sprinkle crumbled feta cheese on top, serve immediately or pack for lunch.

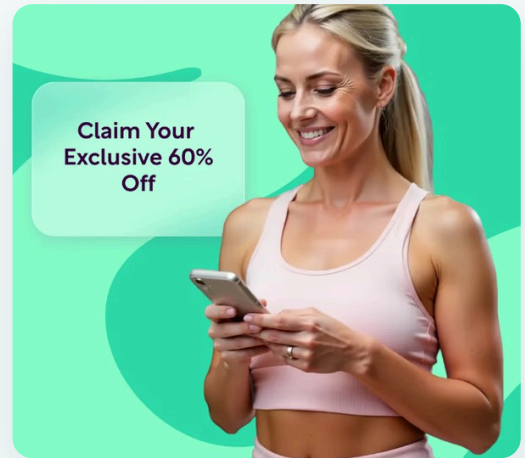
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21. Mexican Black Bean & Chicken Skillet

This flavorful skillet meal provides a balance of protein from chicken and black beans, crucial for muscle maintenance. The beans also add fiber, which aids digestion and helps balance blood sugar levels during menopause.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	7 min
Calories	594 kcal
Protein	45g
Carbs	50g
Fats	25g



Ingredients

Boneless chicken thighs, diced	1.7 cup / 247.5 g
Canned black beans, drained and rinsed	0.8 cup / 198 g
Corn kernels, frozen or fresh	0.8 cup / 123.8 g
Red onion, chopped	0.4 cup / 66 g
Chili powder	1.7 tsp / 8.3 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 large skillet over medium heat.
2. Add diced chicken and cook for 7 minutes until browned.
3. Stir in black beans, corn, onion, and chili powder; cook for an additional 5 minutes until heated through. Garnish with cilantro.

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