

# 7-Day Fat Burning Soup Diet Plan for Women Over 40 PDF

Revitalize your weight loss with a nourishing soup-based diet.

This 7-Day Fat Burning Soup Diet Plan features 21 hearty and nutritious soup recipes designed for women over 40. This unique approach leverages the power of soups to promote fat loss while keeping you satisfied. Ideal for those seeking a warm, comforting way to lose weight.

## DAILY NUTRITION OVERVIEW

DAY	CALORIES	PROTEIN	CARBS	FATS
Day 1	1,493	91g	196g	37g
Day 2	1,611	78g	167g	82g
Day 3	1,437	114g	93g	74g
Day 4	1,437	96g	118g	69g
Day 5	1,453	78g	211g	43g
Day 6	1,425	68g	179g	55g
Day 7	1,411	85g	147g	71g
<b>Avg</b>	<b>1,467</b>	<b>87g</b>	<b>159g</b>	<b>62g</b>

## CALORIE DISTRIBUTION



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## WHAT'S INSIDE

Bone Broth Chia Pudding

Lentil and Sweet Potato Stew

Chickpea and Avocado Salad with Cilantro Lime Dressing

Bone Broth and Veggie Soup

Zesty Fish & Vegetable Stew

Kale and Quinoa Power Salad

Thai Shrimp & Mango Salad

Savory Cherry Tomato Basil Eggs with Spinach

Ginger and Turmeric Quinoa Stir-Fry with Vegetables

Sardine & White Bean Salad

Savory Bone Broth Vegetable Soup

Creamy Cauliflower and Chicken Soup

+ 9 more recipes inside

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**21 Recipes**

7-day meal plan



**1,467 cal/day**

Daily average



**87g Protein**

Daily average



**Macro Balanced**

159g C / 62g F avg

## Contents

A quick overview of what's inside

01 Day 1

1. Bone Broth Chia Pudding

2. Thai Shrimp & Mango Salad

---

3. Lentil and Sweet Potato Stew

---

**02** Day 2

---

4. Savory Cherry Tomato Basil Eggs with Spinach

---

5. Chickpea and Avocado Salad with Cilantro Lime Dressing

---

6. Ginger and Turmeric Quinoa Stir-Fry with Vegetables

---

**03** Day 3

---

7. Bone Broth and Veggie Soup

---

8. Sardine & White Bean Salad

---

9. Zesty Fish & Vegetable Stew

---

**04** Day 4

---

10. Savory Bone Broth Vegetable Soup

---

11. Kale and Quinoa Power Salad

---

12. Creamy Cauliflower and Chicken Soup

---

**05** Day 5

---

13. Zucchini Fritters with Garlic and Lemon

---

14. Nutty Quinoa & Vegetable Soup

---

15. Ribollita with Quinoa and Spinach

---

**06** Day 6

---

16. Tropical Bliss Juice

---

17. Spicy Chickpea & Kale Salad with Tahini Dressing

---

18. Chickpea & Cauliflower Stew with Turmeric

---

**07** Day 7

---

19. Vegetable Cabbage Soup

---

20. Mediterranean Chickpea Bowl with Lemon Tahini Dressing

---

21. Spiced Tempeh and Vegetable Skewers

---

# Day 1

3 meals · 1,493 calories

<b>BREAKFAST</b>	Bone Broth Chia Pudding	<b>308 kcal</b>
<b>LUNCH</b>	Thai Shrimp & Mango Salad	<b>558 kcal</b>
<b>DINNER</b>	Lentil and Sweet Potato Stew	<b>627 kcal</b>

**Protein: 91g   Carbs: 196g   Fats: 37g**

## 1. Bone Broth Chia Pudding

This innovative pudding incorporates bone broth for a unique, protein-rich breakfast option that supports skin health and longevity. Chia seeds provide omega-3 fatty acids, enhancing hormone balance and reducing inflammation.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	5 min
<b>Calories</b>	308 kcal
<b>Protein</b>	14g
<b>Carbs</b>	36g
<b>Fats</b>	13g



### Ingredients

Bone broth	1.4 cup / 336 ml
Chia seeds	0.4 cup / 84 ml
Vanilla extract	1.4 tsp / 7 ml
Honey or maple syrup (optional)	1.4 tsp / 7 ml

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Fresh berries (for topping)

0.4 cup / 84 ml

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## Instructions

1. In a bowl, mix together 1.4 cup (336 ml) of bone broth, 0.4 cup (84 ml) of chia seeds, 1.4 tsp (7 ml) of vanilla extract, and 1.4 tsp (7 ml) of honey or maple syrup if desired.
2. Stir well and let sit for at least 30 minutes or overnight in the refrigerator until thickened.
3. Serve topped with fresh berries.

## 2. Thai Shrimp & Mango Salad

This refreshing salad combines shrimp and mango with a zesty dressing that helps cool the body, providing relief from menopause symptoms. Shrimp offers a great source of lean protein while mango adds vitamins that support skin health.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	17 min
<b>Cook Time</b>	13 min
<b>Calories</b>	558 kcal
<b>Protein</b>	47g
<b>Carbs</b>	53g
<b>Fats</b>	16g



### Ingredients

Shrimp, peeled and deveined	6.2 oz / 175.2 g
Mixed salad greens	3.1 cups / 744 ml
Mango, diced	0.8 / 155 g
Red cabbage, shredded	0.8 cup / 186 ml
Carrot, shredded	0.8 cup / 186 ml
Cilantro, chopped	0.4 cup / 93 ml
Lime juice	3.1 tbsp / 46.5 ml
Fish sauce	1.6 tsp / 7.8 ml
Olive oil	1.6 tbsp / 23.3 ml

## Instructions

1. In a pan, sauté shrimp in olive oil for about 3-5 minutes until cooked through.
2. In a bowl, combine mixed greens, diced mango, red cabbage, and carrot.
3. Top with the cooked shrimp and cilantro.
4. In a small bowl, whisk together lime juice and fish sauce, then drizzle over the salad.

### 3. Lentil and Sweet Potato Stew

This hearty stew combines lentils and sweet potatoes for a comforting meal rich in fiber and complex carbohydrates, promoting healthy digestion and sustained energy. The addition of spices provides anti-inflammatory benefits and can alleviate menopause symptoms.

#### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	30 min
<b>Calories</b>	627 kcal
<b>Protein</b>	30g
<b>Carbs</b>	107g
<b>Fats</b>	8g



#### Ingredients

Lentils	0.8 cup / 198 ml
Sweet potato	1.5 medium / 1.5 medium
Carrot	1.5 medium / 1.5 medium
Vegetable broth	3.3 cups / 792 ml
Cumin powder	1.7 tsp / 6.6 g
Olive oil	1.7 tbsp / 24.8 ml

#### Instructions

1. In a pot, heat 1.7 tbsp (24.8 ml) olive oil over medium heat; sauté diced carrot for 5 minutes.
2. Add diced sweet potato, lentils, vegetable broth, and cumin; bring to a boil.
3. Reduce heat and let simmer for 25 minutes until sweet potato and lentils are tender.

# Day 2

3 meals · 1,611 calories

**BREAKFAST** Savory Cherry Tomato Basil Eggs with Spinach **490 kcal**

**LUNCH** Chickpea and Avocado Salad with Cilantro Lime Dressing **543 kcal**

**DINNER** Ginger and Turmeric Quinoa Stir-Fry with Vegetables **578 kcal**

**Protein: 78g   Carbs: 167g   Fats: 82g**

## 4. Savory Cherry Tomato Basil Eggs with Spinach

This nutritious breakfast features protein-packed boiled eggs and vibrant cherry tomatoes, providing essential antioxidants and healthy fats. Paired with spinach for added iron and calcium, this dish supports hormone balance, metabolism, and bone health for women over 40.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	15 min
<b>Calories</b>	490 kcal
<b>Protein</b>	39g
<b>Carbs</b>	21g
<b>Fats</b>	31g



### Ingredients

large eggs	2.8 large / 2.8g
cherry tomatoes	0.7 cup / 168 ml
fresh basil leaves	14 leaves / 14 leaves
olive oil	1.4 tsp / 7 ml
fresh spinach	1.4 cup / 42 g
feta cheese (optional)	1.4 oz / 42 g

## Instructions

1. Step 1: Boil the eggs in a pot of water for about 10-12 minutes until hard-boiled. Once done, cool them under cold running water and peel.
2. Step 2.8: While the eggs are boiling, wash the cherry tomatoes and cut them in half. In a skillet, heat the olive oil over medium heat.
3. Step 3: Add the cherry tomatoes and spinach to the skillet, sautéing for 3-5 minutes until the spinach is wilted and tomatoes are slightly softened.
4. Step 4: Slice the boiled eggs and place them on a plate. Top with the sautéed cherry tomatoes and spinach mixture. Garnish with fresh basil leaves and feta cheese if desired.

## 5. Chickpea and Avocado Salad with Cilantro Lime Dressing

This vibrant salad is loaded with protein-rich chickpeas and healthy fats from avocado, making it an excellent choice for blood sugar management. The lime dressing provides a refreshing flavor while aiding digestion.

### Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	12 min
Calories	543 kcal
Protein	19g
Carbs	47g
Fats	34g



### Ingredients

Canned chickpeas	0.8 cup / 186 ml
Avocado	1 large / 1 large
Cherry tomatoes	0.8 cup / 186 ml
Fresh cilantro	3.1 tbsp / 46.5 ml
Lime juice	3.1 tbsp / 46.5 ml
Olive oil	1.6 tbsp / 23.3 ml
Salt and pepper	to taste / to taste

### Instructions

1. In a bowl, combine 0.8 cup (186 ml) rinsed chickpeas, 1 large diced avocado, and 0.8 cup (186 ml) halved cherry tomatoes.
2. In a small bowl, whisk together 3.1 tbsp (46.5 ml) lime juice, 1.6 tbsp (23.3 ml) olive oil, and 3.1 tbsp (46.5 ml) chopped cilantro. Season with salt and pepper to taste.
3. Drizzle the dressing over the salad, toss gently to combine, and serve immediately.

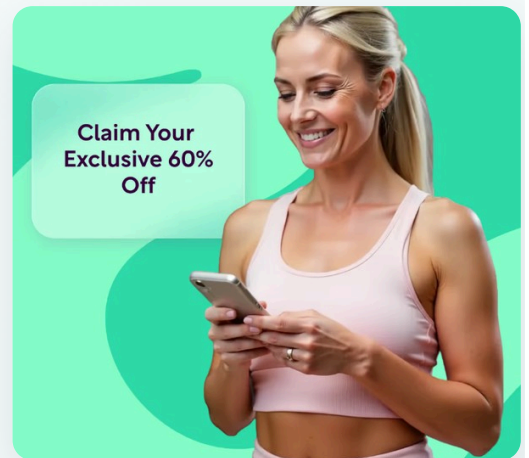
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## 6. Ginger and Turmeric Quinoa Stir-Fry with Vegetables

A colorful stir-fry that combines quinoa with a variety of vegetables, all enhanced with ginger and turmeric for their anti-inflammatory benefits. This dish is rich in fiber and provides sustained energy for active lifestyles.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	15 min
<b>Cook Time</b>	18 min
<b>Calories</b>	578 kcal
<b>Protein</b>	20g
<b>Carbs</b>	99g
<b>Fats</b>	17g



### Ingredients

Quinoa (cooked)	1.7 cup / 396 ml
Bell pepper (sliced)	0.8 cup / 198 ml
Carrot (sliced)	0.8 cup / 198 ml
Zucchini (sliced)	0.8 cup / 198 ml
Ginger (grated)	1.7 tsp / 8.3 g
Turmeric powder	1.7 tsp / 8.3 g
Olive oil	1.7 tbsp / 24.8 ml
Salt and pepper	to taste / to taste

### Instructions

1. Heat olive oil in a large skillet over medium heat.
2. Add bell pepper, carrot, and zucchini, and sauté for 5-7 minutes until tender.
3. Stir in ginger, turmeric, quinoa, salt, and pepper, cooking for an additional 3-5 minutes until heated through.

# Day 3

3 meals · 1,437 calories

<b>BREAKFAST</b>	Bone Broth and Veggie Soup	<b>252 kcal</b>
<b>LUNCH</b>	Sardine & White Bean Salad	<b>558 kcal</b>
<b>DINNER</b>	Zesty Fish & Vegetable Stew	<b>627 kcal</b>

**Protein: 114g   Carbs: 93g   Fats: 74g**

## 7. Bone Broth and Veggie Soup

A nourishing bowl of bone broth filled with vibrant vegetables, perfect for a hearty breakfast. This recipe provides a robust flavor while being low in calories.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	5 min
<b>Cook Time</b>	15 min
<b>Calories</b>	252 kcal
<b>Protein</b>	21g
<b>Carbs</b>	21g
<b>Fats</b>	13g



### Ingredients

Bone broth	2.8 cups / 672 ml
Carrots, diced	1.5 medium / 1.5 medium
Celery, diced	1.5 stalk / 1.5 stalk
Spinach	1.4 cup / 42 g
Olive oil	1.4 tsp / 7 ml
Salt	to taste / to taste
Pepper	to taste / to taste

### Instructions

1. Heat the olive oil in a pot over medium heat.
2. Add the diced carrots and celery, and sauté until softened.
3. Pour in the bone broth and bring to a boil.
4. Reduce heat and add spinach, salt, and pepper.
5. Simmer for 5-10 minutes and serve hot.

## 8. Sardine & White Bean Salad

This hearty salad combines canned sardines and white beans, providing a protein boost that supports metabolic health and muscle maintenance. The combination of leafy greens, herbs, and olive oil gives a refreshing taste while promoting heart health.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	5 min
<b>Calories</b>	558 kcal
<b>Protein</b>	47g
<b>Carbs</b>	31g
<b>Fats</b>	31g



### Ingredients

Canned sardines	4.7 oz / 131.8 g
Canned white beans	0.8 cup / 186 ml
Mixed greens	3.1 cups / 744 ml
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 4.7 oz (131.8 g) drained sardines and 0.8 cup (186 ml) drained white beans.
2. Add 3.1 cups (744 ml) mixed greens.
3. In a small bowl, whisk together 3.1 tbsp (46.5 ml) olive oil, 1.6 tbsp (23.3 ml) lemon juice, salt, and pepper, then pour over the salad and mix well.

## 9. Zesty Fish & Vegetable Stew

This stew combines omega-3-rich fish with colorful vegetables for a heart-healthy, protein-packed meal. The addition of turmeric and ginger boosts the anti-inflammatory properties, beneficial for menopause symptoms.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	14 min
<b>Cook Time</b>	10 min
<b>Calories</b>	627 kcal
<b>Protein</b>	46g
<b>Carbs</b>	41g
<b>Fats</b>	30g



### Ingredients

White fish fillets (cod, haddock)	19.8 oz / 561 g
Bone broth	4.9 cups / 1188 ml
Zucchini, diced	1.7 cup / 198 g
Carrots, diced	1.7 cup / 198 g
Garlic, minced	5 cloves / 5 cloves
Turmeric powder	1.7 tsp / 8.3 g
Fresh ginger, grated	1.7 tbsp / 24.8 g

### Instructions

1. In a pot, heat the bone broth and add the garlic, ginger, turmeric, zucchini, and carrots.
2. Bring to a simmer and cook for 10 minutes until vegetables are tender.
3. Add in the fish fillets, cover, and cook for an additional 5-7 minutes until the fish is opaque.

# Day 4

3 meals · 1,437 calories

**BREAKFAST** Savory Bone Broth Vegetable Soup **252 kcal**

**LUNCH** Kale and Quinoa Power Salad **558 kcal**

**DINNER** Creamy Cauliflower and Chicken Soup **627 kcal**

**Protein: 96g   Carbs: 118g   Fats: 69g**

## 10. Savory Bone Broth Vegetable Soup

Packed with collagen-boosting ingredients from bone broth and a variety of colorful vegetables, this soup supports joint health and skin elasticity. The nutrient-dense veggies provide antioxidants that combat inflammation, making it ideal for women over 40.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	20 min
<b>Calories</b>	252 kcal
<b>Protein</b>	17g
<b>Carbs</b>	25g
<b>Fats</b>	11g



### Ingredients

Bone broth	2.8 cups / 672 ml
Carrot, diced	1.5 medium / 1.5 medium
Celery, diced	1.5 stalk / 1.5 stalk
Kale, chopped	1.4 cup / 336 ml
Garlic, minced	3 cloves / 3 cloves
Olive oil	1.4 tbsp / 21 ml
Salt and pepper to taste	to taste / to taste

## Instructions

1. In a pot, heat 1.4 tbsp (21 ml) olive oil over medium heat.
2. Add minced garlic and sauté for 1 minute until fragrant.
3. Add diced carrots and celery; cook for 5 minutes until softened.
4. Pour in 2.8 cups (672 ml) of bone broth and bring to a simmer.
5. Add chopped kale, salt, and pepper; cook for an additional 5-7 minutes until kale is tender.

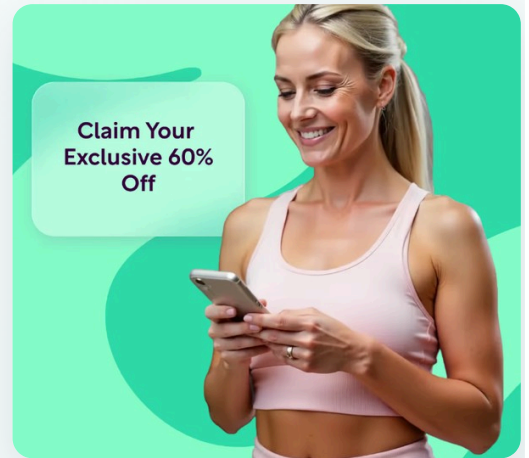
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## 11. Kale and Quinoa Power Salad

This nutrient-dense salad combines kale and quinoa, providing a complete source of protein and essential vitamins. High in fiber, this dish aids digestion and helps maintain energy levels throughout the day, ideal for women over 40.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	20 min
<b>Calories</b>	558 kcal
<b>Protein</b>	23g
<b>Carbs</b>	70g
<b>Fats</b>	25g



### Ingredients

Kale, chopped	1.6 cup / 372 ml
Cooked quinoa	0.8 cup / 186 ml
Cherry tomatoes, halved	0.8 cup / 186 ml
Red onion, diced	0.4 medium / 0.4g
Olive oil	1.6 tbsp / 23.3 ml
Apple cider vinegar	1.6 tbsp / 23.3 ml
Salt	to taste / to taste
Pepper	to taste / to taste

### Instructions

1. In a large bowl, combine chopped kale, cooked quinoa, halved cherry tomatoes, and diced red onion.
2. Drizzle with olive oil and apple cider vinegar, season with salt and pepper.
3. Toss well and let sit for 5 minutes for flavors to meld before serving.

## 12. Creamy Cauliflower and Chicken Soup

A creamy soup made with cauliflower and tender chicken provides a wonderful texture and nutrients. High in protein and B vitamins, this dish is beneficial for energy levels and contains garlic that supports immunity and fights inflammation.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	15 min
<b>Cook Time</b>	15 min
<b>Calories</b>	627 kcal
<b>Protein</b>	56g
<b>Carbs</b>	23g
<b>Fats</b>	33g



### Ingredients

Chicken breast, diced	1.7 lb / 742.5 g
Cauliflower, chopped	3.3 cups / 495 g
Bone broth	6.6 cups / 1584 ml
Onion, chopped	1.5 medium / 247.5 g
Garlic, minced	6.5 cloves / 33 g
Coconut milk	1.7 cup / 396 ml
Salt	1.7 tsp / 8.3 g
Black pepper	0.8 tsp / 3.3 g

## Instructions

1. In a pot, heat 1 tbsp (15ml) of olive oil over medium heat. Add the chicken and cook until browned, about 7 minutes.
2. Add the onion and garlic, cooking until fragrant, about 3 minutes. Stir in the cauliflower.
3. Pour in the bone broth and bring to a boil. Simmer for 15 minutes, then blend until smooth. Stir in coconut milk.

# Day 5

3 meals · 1,453 calories

**BREAKFAST** Zucchini Fritters with Garlic and Lemon **252 kcal**

**LUNCH** Nutty Quinoa & Vegetable Soup **574 kcal**

**DINNER** Ribollita with Quinoa and Spinach **627 kcal**

**Protein: 78g   Carbs: 211g   Fats: 43g**

## 13. Zucchini Fritters with Garlic and Lemon

Crispy zucchini fritters flavored with garlic and lemon, served with a light herb dip.

### Nutrition Information

Servings	2
Prep Time	10 min
Cook Time	10 min
Calories	252 kcal
Protein	8g
Carbs	35g
Fats	10g



### Ingredients

zucchini, grated	1.4 cup / 168 grams
egg	1.4 large / 1.4g
whole wheat flour	0.4 cup / 42 grams
garlic, minced	1.5 clove / 1.5 clove
lemon juice	1.4 tablespoon / 21 milliliters
fresh herbs (dill, parsley)	2.8 tablespoons / 42 grams

### Instructions

1. In a bowl, combine grated zucchini, minced garlic, lemon juice, egg, flour, and chopped herbs.
2. Heat a non-stick skillet over medium heat and spray lightly with oil.
3. Spoon batter into the skillet and flatten slightly to form fritters.
4. Cook until golden brown on both sides, about 3-4 minutes each side.
5. Serve warm with more fresh herbs.

## 14. Nutty Quinoa & Vegetable Soup

Packed with quinoa for protein and essential amino acids, this vegetable soup supports energy levels and muscle maintenance. The inclusion of turmeric and garlic provides anti-inflammatory support crucial for women 40+.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	14 min
<b>Cook Time</b>	20 min
<b>Calories</b>	574 kcal
<b>Protein</b>	34g
<b>Carbs</b>	74g
<b>Fats</b>	16g



### Ingredients

Quinoa, rinsed	1.6 cup / 263.5 g
Mixed vegetables (bell pepper, zucchini, carrot)	3.1 cups / 465 g
Bone broth	6.2 cups / 1488 ml
Garlic, minced	5 cloves / 5 cloves
Turmeric powder	1.6 tsp / 7.8 g
Pepitas (pumpkin seeds)	0.4 cup / 46.5 g
Black pepper	0.8 tsp / 3.1 g

### Instructions

1. In a large pot, combine quinoa, vegetables, bone broth, garlic, turmeric, and black pepper.
2. Bring to a boil, reduce to a simmer, and cook for 20 minutes until quinoa is fluffy and vegetables are tender.

## 15. Ribollita with Quinoa and Spinach

This traditional Italian stew is loaded with fiber from vegetables and quinoa, supporting digestion and hormone balance. It's rich in vitamins A and K, which are vital for bone health, making it ideal for women over 40.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	21 min
<b>Cook Time</b>	25 min
<b>Calories</b>	627 kcal
<b>Protein</b>	36g
<b>Carbs</b>	102g
<b>Fats</b>	17g



### Ingredients

olive oil	3.3 tbsp / 49.5 ml
carrot, diced	1.7 medium / 1.7g
celery, diced	1.5 stalk / 1.5 stalk
onion, diced	1.5 small / 1.5 small
garlic cloves, minced	4.9 clove(s) / 4.9g
canned diced tomatoes	1.5 can (14oz) / 660 g
spinach, chopped	3.3 cups / 792 ml
quinoa, rinsed	1.7 cup / 280.5 g
vegetable broth	6.6 cups / 1584 ml
thyme, dried	1.7 tsp / 8.3 g
salt	to taste /
black pepper	to taste /

## Instructions

1. In a large pot, heat 3.3 tbsp (49.5 ml) olive oil over medium heat. Add 1.7 diced carrot, 1.5 stalk of diced celery, and 1.5 small diced onion, sauté for 5 minutes until soft.
2. Stir in 4.9 minced garlic cloves and cook for an additional minute. Add 1.5 can (660 g) of diced tomatoes, 3.3 cups (792 ml) of chopped spinach, and 1.7 tsp (8.3 g) of dried thyme.
3. Pour in 6.6 cups (1584 ml) of vegetable broth and stir in 1.7 cup (280.5 g) of rinsed quinoa. Bring to a boil, then reduce heat, cover, and simmer for 20 minutes. Season with salt and black pepper.

# Day 6

3 meals · 1,425 calories

**BREAKFAST** Tropical Bliss Juice **224 kcal**

**LUNCH** Spicy Chickpea & Kale Salad with Tahini Dressing **574 kcal**

**DINNER** Chickpea & Cauliflower Stew with Turmeric **627 kcal**

**Protein: 68g   Carbs: 179g   Fats: 55g**

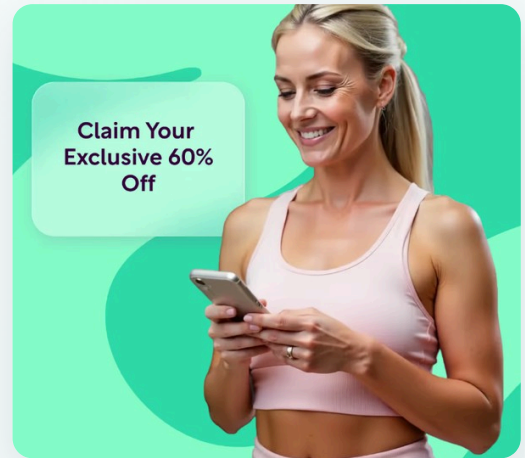
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## 16. Tropical Bliss Juice

This refreshing juice combines pineapple and ginger, offering natural anti-inflammatory properties and digestive support. The Vitamin C content boosts immunity, helping women over 40 maintain vitality.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	5 min
<b>Cook Time</b>	5 min
<b>Calories</b>	224 kcal
<b>Protein</b>	3g
<b>Carbs</b>	53g
<b>Fats</b>	1g



### Ingredients

Pineapple, peeled and chopped	1.4 cup / 231 g
Fresh ginger, peeled	1.5 inch piece / 3.5 cm
Carrot, peeled and chopped	1.5 medium / 140 g
Water	1.4 cup / 336 ml

### Instructions

1. In a blender, combine pineapple, ginger, carrot, and water.
2. Blend until smooth and then strain through a nut milk bag or fine mesh sieve to extract juice.
3. Pour into a glass and enjoy chilled.

## 17. Spicy Chickpea & Kale Salad with Tahini Dressing

This salad combines protein-rich chickpeas and vitamin-packed kale, supporting overall health and hormone balance for women over 40. The tahini dressing provides healthy fats and adds a creamy texture without dairy, perfect for easing menopause symptoms.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	5 min
<b>Calories</b>	574 kcal
<b>Protein</b>	25g
<b>Carbs</b>	53g
<b>Fats</b>	34g



### Ingredients

Kale, chopped	3.1 cups / 744 ml
Canned chickpeas, drained and rinsed	0.8 cup / 186 ml
Olive oil	1.6 tbsp / 23.3 ml
Tahini	3.1 tbsp / 46.5 ml
Lemon juice	1.6 tbsp / 23.3 ml
Cayenne pepper	0.4 tsp / 1.6 g
Salt	to taste / to taste
Pepper	to taste / to taste

## Instructions

1. In a large bowl, combine chopped kale and chickpeas.
2. In a small bowl, whisk together olive oil, tahini, lemon juice, cayenne pepper, salt, and pepper until smooth.
3. Drizzle the dressing over the salad, toss well and serve.

## 18. Chickpea & Cauliflower Stew with Turmeric

Chickpeas and cauliflower create a hearty, plant-based stew rich in protein and fiber to support metabolism. The combination of turmeric and garlic promotes anti-inflammatory benefits essential for women over 40.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	14 min
<b>Cook Time</b>	18 min
<b>Calories</b>	627 kcal
<b>Protein</b>	40g
<b>Carbs</b>	73g
<b>Fats</b>	20g



### Ingredients

Canned chickpeas, drained and rinsed	3.3 cups / 792 g
Cauliflower, florets	3.3 cups / 495 g
Bone broth	4.9 cups / 1188 ml
Garlic, minced	5 cloves / 5 cloves
Turmeric powder	2.5 tsp / 12.4 g
Ground cumin	1.7 tsp / 8.3 g
Coconut milk	1.7 cup / 396 ml

### Instructions

1. In a pot, combine chickpeas, cauliflower, bone broth, garlic, turmeric, and cumin.
2. Bring to a boil, then reduce heat and simmer uncovered for 25 minutes until the cauliflower is tender.
3. Stir in the coconut milk before serving.

# Day 7

3 meals · 1,411 calories

**BREAKFAST** Vegetable Cabbage Soup **210 kcal**

**LUNCH** Mediterranean Chickpea Bowl with Lemon Tahini Dressing **574 kcal**

**DINNER** Spiced Tempeh and Vegetable Skewers **627 kcal**

**Protein: 85g   Carbs: 147g   Fats: 71g**

## 19. Vegetable Cabbage Soup

A hearty cabbage soup packed with nutritious vegetables, perfect for a warming breakfast.

### Nutrition Information

<b>Servings</b>	4
<b>Prep Time</b>	10 min
<b>Cook Time</b>	30 min
<b>Calories</b>	210 kcal
<b>Protein</b>	7g
<b>Carbs</b>	35g
<b>Fats</b>	7g



### Ingredients

cabbage	2.8 cups / 210 g
carrots	1.4 cup, diced / 182 g
celery	1.4 cup, diced / 168 g
onion	1.5 medium, chopped / 210 g
vegetable broth	5.6 cups / 1344 ml
olive oil	2.8 tablespoons / 42 ml
garlic	3 cloves, minced / 8.4 g
salt	to taste / to taste
black pepper	to taste / to taste
fresh parsley	for garnish / to taste

## Instructions

1. Heat the olive oil in a large pot over medium heat.
2. Add the onion, garlic, carrots, and celery. Sauté until they soften, about 5-7 minutes.
3. Add the cabbage and stir for another 2 minutes.
4. Pour in the vegetable broth and bring to a boil.
5. Reduce the heat and let it simmer for 20-25 minutes until the vegetables are tender.
6. Season with salt and black pepper to taste.
7. Serve hot, garnished with fresh parsley.

## 20. Mediterranean Chickpea Bowl with Lemon Tahini Dressing

This bowl is rich in protein and fiber from chickpeas and vegetables, making it filling and ideal for weight management. Tahini provides calcium and healthy fats, supporting bone health and hormone balance.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	5 min
<b>Calories</b>	574 kcal
<b>Protein</b>	28g
<b>Carbs</b>	62g
<b>Fats</b>	31g



### Ingredients

Canned chickpeas, rinsed and drained	1.6 cup / 372 ml
Cucumber, diced	0.8 medium / 155 g
Tomato, diced	0.8 medium / 124 g
Tahini	3.1 tbsp / 46.5 g
Lemon juice	1.6 tbsp / 23.3 ml
Olive oil	1.6 tbsp / 23.3 ml

### Instructions

1. In a bowl, combine chickpeas, diced cucumber, and tomato.
2. In a separate bowl, whisk together tahini, lemon juice, and olive oil; drizzle over the chickpea mixture.
3. Toss gently to combine and serve fresh.

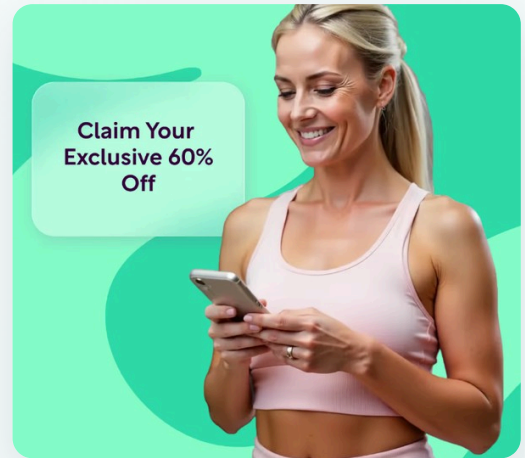
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## 21. Spiced Tempeh and Vegetable Skewers

These skewers are rich in plant protein from tempeh and loaded with colorful vegetables, enhancing heart health and hormone balance. The spices used can help reduce inflammation, making it a perfect meal for women navigating menopause.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	15 min
<b>Cook Time</b>	15 min
<b>Calories</b>	627 kcal
<b>Protein</b>	50g
<b>Carbs</b>	50g
<b>Fats</b>	33g



### Ingredients

Tempeh, cubed	13.2 oz / 371.3 g
Bell peppers, chopped	1.7 cup / 396 ml
Zucchini, sliced	1.7 cup / 396 ml
Red onion, chopped	0.8 cup / 198 ml
Olive oil	3.3 tbsp / 49.5 ml
Paprika	1.7 tsp / 3.3 g
Cumin	1.7 tsp / 3.3 g
Salt	0.8 tsp / 3.3 g
Black pepper	0.4 tsp / 1.7 g

## Instructions

1. Preheat the grill to medium-high heat.
2. In a bowl, combine 13.2 oz (371.3 g) cubed tempeh, 1.7 cup (396 ml) chopped bell peppers, 1.7 cup (396 ml) sliced zucchini, and 0.8 cup (198 ml) chopped red onion.
3. Drizzle with 3.3 tbsp (49.5 ml) olive oil, 1.7 tsp (3.3 g) paprika, 1.7 tsp (3.3 g) cumin, 0.8 tsp (3.3 g) salt, and 0.4 tsp (1.7 g) black pepper; toss to coat.
4. Skewer the mixture onto sticks and grill for 10-15 minutes, turning occasionally until veggies are tender.



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