

# 7-Day Fruit Diet Plan for Women Over 40 PDF

Embrace a vibrant fruit-based diet to enhance your health.

The 7-Day Fruit Diet Plan includes 21 refreshing recipes designed for women over 40 looking to boost their health. This plan focuses on incorporating a variety of fruits to enhance wellness and promote weight loss. Perfect for those wanting to enjoy nature's sweetness.

## DAILY NUTRITION OVERVIEW

DAY	CALORIES	PROTEIN	CARBS	FATS
Day 1	1,500	81g	182g	55g
Day 2	1,498	92g	138g	77g
Day 3	1,512	116g	145g	57g
Day 4	1,514	85g	153g	66g
Day 5	1,514	102g	127g	76g
Day 6	1,569	130g	119g	66g
Day 7	1,569	98g	168g	59g
<b>Avg</b>	<b>1,525</b>	<b>101g</b>	<b>147g</b>	<b>65g</b>

## CALORIE DISTRIBUTION



*Nourish Your Body, Transform Your Health*

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Fruit and Veggie Stir-Fry

Lentil and Apple Salad with Tangy Yogurt Dressing

Cottage Cheese and Fruit Bowl

Beef & Lemongrass Stir-Fry with Veggies

Chickpea and Spinach Salad with Almonds

Mango Lentil Salad

Almond Butter Banana Toast

Lemongrass Tofu & Bok Choy Stir-Fry

Lemon Cucumber Chickpea Salad

Overnight Oats with Protein Powder

Mushroom & Swiss Chard Stir-Fry with Garlic-Tahini Sauce

+ 9 more recipes inside

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**21 Recipes**

7-day meal plan



**1,525 cal/day**

Daily average



**101g Protein**

Daily average



**Macro Balanced**

147g C / 65g F avg

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# Day 1

3 meals · 1,500 calories

<b>BREAKFAST</b>	Quinoa & Berry Breakfast Bowl	462 kcal
<b>LUNCH</b>	Mango Lentil Salad	543 kcal
<b>DINNER</b>	Fruit and Veggie Stir-Fry	495 kcal

Protein: 81g Carbs: 182g Fats: 55g

## 1. Quinoa & Berry Breakfast Bowl

A nourishing bowl of quinoa topped with fresh berries and nuts for a protein and fiber-rich start.

### Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	None
Calories	462 kcal
Protein	17g
Carbs	70g
Fats	13g



### Ingredients

Cooked quinoa	0.7 cup / 126 g
Mixed berries	0.7 cup / 105 g
Almonds	2.8 tbsp / 21 g
Honey	1.4 tsp / 7 g
Cinnamon	0.7 tsp / 2.8 g

## Instructions

1. In a bowl, combine cooked quinoa, berries, and almonds.
2. Drizzle with honey and sprinkle with cinnamon before serving.

## 2. Mango Lentil Salad

This salad is a vibrant mix of protein-rich lentils and sweet mango, providing a satisfying meal that promotes heart health and aids digestion. The addition of fresh greens ensures a good intake of vitamins and minerals.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	20 min
<b>Calories</b>	543 kcal
<b>Protein</b>	31g
<b>Carbs</b>	62g
<b>Fats</b>	19g



### Ingredients

Cooked lentils	1.6 cup / 372 ml
Mango (diced)	0.8 / 0.8g
Spinach or mixed greens	3.1 cups / 744 ml
Olive oil	1.6 tbsp / 23.3 ml
Lime juice	1.6 tbsp / 23.3 ml

### Instructions

1. In a bowl, combine 1.6 cup (372 ml) of cooked lentils with 0.8 of a diced mango and 3.1 cups (744 ml) of spinach or mixed greens.
2. Drizzle with 1.6 tbsp (23.3 ml) of olive oil and 1.6 tbsp (23.3 ml) of lime juice.
3. Toss gently to combine and serve.

### 3. Fruit and Veggie Stir-Fry

This colorful stir-fry combines vibrant vegetables with sweet fruit, offering a unique blend of vitamins and minerals to boost immunity and energy. The combination of protein from tofu enhances muscle health while providing fiber for digestion.

#### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	10 min
<b>Calories</b>	495 kcal
<b>Protein</b>	33g
<b>Carbs</b>	50g
<b>Fats</b>	23g



#### Ingredients

Firm tofu (cubed)	6.6 oz / 186.5 g
Bell pepper (sliced)	0.8 medium / 0.8g
Zucchini (sliced)	0.8 medium / 0.8g
Mango (diced)	0.8 / 0.8g
Soy sauce	1.7 tbsp / 24.8 ml

#### Instructions

1. Heat a non-stick skillet over medium heat and add 6.6 oz (186.5 g) of cubed firm tofu, cooking until golden brown, about 5-7 minutes.
2. Add 0.8 sliced bell pepper and 0.8 sliced zucchini to the skillet, cooking for an additional 3-5 minutes.
3. Stir in 0.8 of a diced mango and 1.7 tbsp (24.8 ml) of soy sauce, cooking for another 2 minutes before serving.

# Day 2

3 meals · 1,498 calories

**BREAKFAST** Almond Butter Banana Toast **476 kcal**

**LUNCH** Lentil and Apple Salad with Tangy Yogurt Dressing **543 kcal**

**DINNER** Lemongrass Tofu & Bok Choy Stir-Fry **479 kcal**

**Protein: 92g   Carbs: 138g   Fats: 77g**

## 4. Almond Butter Banana Toast

This simple toast combines whole grain bread with almond butter and banana for a quick, energizing breakfast. It's high in protein and fiber, perfect for busy mornings.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	5 min
<b>Cook Time</b>	3 min
<b>Calories</b>	476 kcal
<b>Protein</b>	28g
<b>Carbs</b>	42g
<b>Fats</b>	28g



### Ingredients

Whole grain bread	1.5 slice / 42 g
Almond butter	1.4 tbsp / 22.4 g
Banana, sliced	0.5 medium / 84 g
Chia seeds	1.4 tsp / 7 g
Cinnamon	a pinch / a pinch

### Instructions

1. Toast the whole grain bread until golden.
2. Spread almond butter evenly over the toast.
3. Top with sliced banana, sprinkle chia seeds, and dust with cinnamon.
4. Serve immediately.

## 5. Lentil and Apple Salad with Tangy Yogurt Dressing

Packed with fiber from lentils and apples, this salad promotes digestive health while the yogurt dressing adds probiotics for a gut-friendly boost.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	11 min
<b>Cook Time</b>	12 min
<b>Calories</b>	543 kcal
<b>Protein</b>	23g
<b>Carbs</b>	70g
<b>Fats</b>	23g



### Ingredients

Cooked lentils	0.8 cup / 186 ml
Diced apple	0.8 medium / 0.8g
Plain yogurt	0.4 cup / 93 ml
Lemon juice	1.6 tbsp / 23.3 ml
Chopped walnuts	3.1 tbsp / 46.5 g

### Instructions

1. In a bowl, combine 0.8 cup (186 ml) of cooked lentils and 0.8 of a diced apple.
2. In a small bowl, mix 0.4 cup (93 ml) of yogurt with 1.6 tbsp (23.3 ml) of lemon juice.
3. Pour the dressing over the salad, top with 3.1 tbsp (46.5 g) of chopped walnuts, and toss to combine.

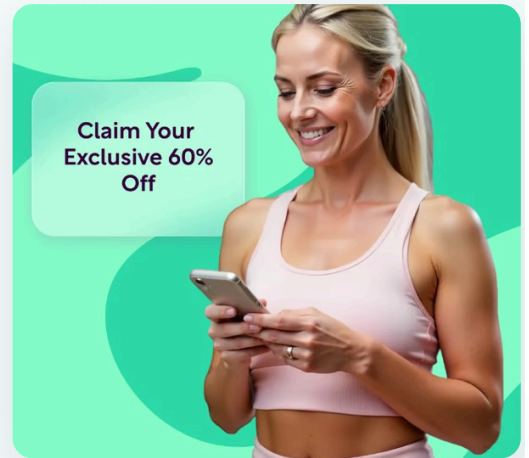
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## 6. Lemongrass Tofu & Bok Choy Stir-Fry

This fragrant stir-fry features lemongrass, enhancing flavor while providing digestion benefits. Tofu offers plant-based protein and phytoestrogens for hormonal health.

### Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	19 min
Calories	479 kcal
Protein	41g
Carbs	26g
Fats	26g



### Ingredients

Firm tofu, cubed	6.6 oz / 186.5 g
Bok choy, chopped	1.7 cup / 396 ml
Lemongrass, minced	1.5 stalk / 1.5 stalk
Soy sauce	3.3 tbsp / 49.5 ml
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.
2. Add 6.6 oz (186.5 g) cubed tofu and sauté until golden, about 5 minutes.
3. Add 1.7 cup (396 ml) bok choy and stir-fry for another 3 minutes.
4. Mix in 1.5 stalk minced lemongrass and 3.3 tbsp (49.5 ml) soy sauce, cooking for 2 more minutes.

# Day 3

3 meals · 1,512 calories

**BREAKFAST** Cottage Cheese and Fruit Bowl **441 kcal**

**LUNCH** Lemon Cucumber Chickpea Salad **543 kcal**

**DINNER** Beef & Lemongrass Stir-Fry with Veggies **528 kcal**

**Protein: 116g   Carbs: 145g   Fats: 57g**

## 7. Cottage Cheese and Fruit Bowl

Savor a bowl of creamy cottage cheese paired with your favorite fruits for a quick breakfast. This meal is high in protein and fiber, making it a great choice for weight management.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	5 min
<b>Cook Time</b>	10 min
<b>Calories</b>	441 kcal
<b>Protein</b>	38g
<b>Carbs</b>	50g
<b>Fats</b>	11g



### Ingredients

Cottage cheese, low-fat	1.4 cup / 336 g
Sliced banana	1.5 medium / 168 g
Sliced almonds	1.4 tbsp / 11.2 g
Cinnamon	0.7 tsp / 2.8 g
Honey	1.4 tsp / 7 ml

### Instructions

1. In a bowl, place cottage cheese as the base.
2. Top with sliced banana and sprinkle with sliced almonds.
3. Dust with cinnamon and drizzle honey on top.
4. Serve immediately and enjoy.

## 8. Lemon Cucumber Chickpea Salad

This hearty salad features chickpeas and cucumbers, making it a great source of protein and fiber. The combination of lemon and herbs adds refreshing flavor while supporting digestion and hydration.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	5 min
<b>Calories</b>	543 kcal
<b>Protein</b>	28g
<b>Carbs</b>	70g
<b>Fats</b>	16g



### Ingredients

Canned chickpeas, drained and rinsed	1.6 cup / 372 ml
Cucumber, diced	0.8 cup / 186 ml
Cherry tomatoes, halved	0.8 cup / 186 ml
Olive oil	1.6 tbsp / 23.3 ml
Lemon juice	3.1 tbsp / 46.5 ml
Fresh parsley, chopped	3.1 tbsp / 46.5 ml
Salt and pepper to taste	to taste / to taste

### Instructions

1. In a bowl, combine 1.6 cup (372 ml) of drained chickpeas, 0.8 cup (186 ml) of diced cucumber, and 0.8 cup (186 ml) of halved cherry tomatoes.
2. Add 1.6 tbsp (23.3 ml) of olive oil, 3.1 tbsp (46.5 ml) of lemon juice, and 3.1 tbsp (46.5 ml) of chopped parsley.
3. Season with salt and pepper to taste and toss well to combine.

## 9. Beef & Lemongrass Stir-Fry with Veggies

This beef stir-fry is full of protein and contains lemongrass for flavor and digestion support. It promotes energy and vitality through its nutrient-dense ingredients.

### Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	3 min
Calories	528 kcal
Protein	50g
Carbs	25g
Fats	30g



### Ingredients

Beef sirloin, thinly sliced	6.6 oz / 186.5 g
Carrots, julienned	0.8 cup / 198 ml
Lemongrass, minced	1.5 stalk / 1.5 stalk
Soy sauce	3.3 tbsp / 49.5 ml
Olive oil	1.7 tbsp / 24.8 ml

### Instructions

1. Heat 1.7 tbsp (24.8 ml) olive oil in a wok over high heat.
2. Add 6.6 oz (186.5 g) sliced beef sirloin and sear for 3 minutes.
3. Stir in 0.8 cup (198 ml) julienned carrots and 1.5 stalk minced lemongrass.
4. Add 3.3 tbsp (49.5 ml) soy sauce and cook for an additional 4 minutes until veggies are tender.

# Day 4

3 meals · 1,514 calories

**BREAKFAST** Overnight Oats with Protein Powder **476 kcal**

**LUNCH** Chickpea and Spinach Salad with Almonds **543 kcal**

**DINNER** Mushroom & Swiss Chard Stir-Fry with Garlic-Tahini Sauce **495 kcal**

**Protein: 85g   Carbs: 153g   Fats: 66g**

## 10. Overnight Oats with Protein Powder

Prepare these overnight oats the night before for a convenient high-protein breakfast. Packed with fiber, they keep you full until lunch.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	5 min
<b>Cook Time</b>	10 min
<b>Calories</b>	476 kcal
<b>Protein</b>	34g
<b>Carbs</b>	66g
<b>Fats</b>	10g



### Ingredients

Rolled oats	0.7 cup / 56 g
Almond milk, unsweetened	1.4 cup / 336 ml
Protein powder (vanilla)	1.5 scoop / 42 g
Chia seeds	1.4 tbsp / 21 g
Sliced apple	0.5 medium / 84 g
Cinnamon	0.7 tsp / 2.8 g

### Instructions

1. In a jar or bowl, combine rolled oats, almond milk, protein powder, and chia seeds.
2. Stir well and add sliced apple and cinnamon.
3. Cover and refrigerate overnight.
4. In the morning, stir and enjoy cold or heated.

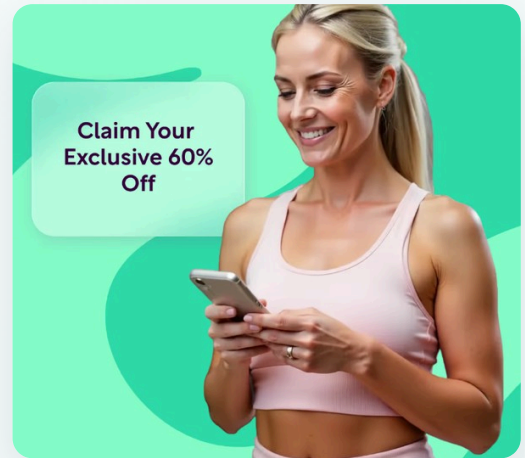
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## 11. Chickpea and Spinach Salad with Almonds

This protein-packed salad combines chickpeas with fresh spinach for a crunchy and nutritious meal. The addition of almonds provides healthy fats while supporting heart health, making it a perfect lunch option for women over 40.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	5 min
<b>Calories</b>	543 kcal
<b>Protein</b>	31g
<b>Carbs</b>	54g
<b>Fats</b>	23g



### Ingredients

Canned chickpeas, drained and rinsed	1.6 cup / 372 g
Fresh spinach, chopped	3.1 cups / 93 g
Chopped almonds	3.1 tbsp / 46.5 g
Olive oil	1.6 tbsp / 23.3 ml
Lemon juice	1.6 tbsp / 23.3 ml
Salt and pepper	to taste / to taste

### Instructions

1. In a bowl, combine 1.6 cup (372 g) canned chickpeas, 3.1 cups (93 g) chopped spinach, and 3.1 tbsp (46.5 g) chopped almonds.
2. Drizzle with 1.6 tbsp (23.3 ml) olive oil and 1.6 tbsp (23.3 ml) lemon juice, and season with salt and pepper.
3. Toss to combine and serve immediately.

## 12. Mushroom & Swiss Chard Stir-Fry with Garlic-Tahini Sauce

This quick stir-fry is rich in vitamin D from mushrooms and offers anti-inflammatory benefits from Swiss chard. The tahini sauce adds protein and probiotics, making it ideal for immune support.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	12 min
<b>Cook Time</b>	6 min
<b>Calories</b>	495 kcal
<b>Protein</b>	20g
<b>Carbs</b>	33g
<b>Fats</b>	33g



### Ingredients

Mushrooms, sliced	1.7 cup / 396 ml
Swiss chard, chopped	1.7 cup / 396 ml
Garlic, minced	3 cloves / 3 cloves
Tahini	3.3 tbsp / 49.5 g
Lemon juice	1.7 tbsp / 24.8 ml
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. Add 2 minced garlic cloves and sauté for 1 minute until fragrant.
2. Add 1.7 cup (396 ml) sliced mushrooms and cook for 5 minutes until slightly browned.
3. Stir in 1.7 cup (396 ml) chopped Swiss chard and cook for an additional 4-5 minutes until wilted.
4. In a small bowl, mix 3.3 tbsp (49.5 g) tahini with 1.7 tbsp (24.8 ml) lemon juice and a little water to thin out. Drizzle over the stir-fry and serve.

# Day 5

3 meals · 1,514 calories

**BREAKFAST** Cinnamon Apple Crunch Bowl **476 kcal**

**LUNCH** Mediterranean Chickpea Salad **543 kcal**

**DINNER** Lemon Garlic Sardines with Arugula Salad **495 kcal**

**Protein: 102g   Carbs: 127g   Fats: 76g**

## 13. Cinnamon Apple Crunch Bowl

This comforting bowl combines the sweetness of apples with the warmth of cinnamon for an energizing breakfast. The added walnuts provide omega-3s and protein, essential for hormone production.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	11 min
<b>Cook Time</b>	8 min
<b>Calories</b>	476 kcal
<b>Protein</b>	39g
<b>Carbs</b>	49g
<b>Fats</b>	20g



### Ingredients

Frozen apple slices	1.4 cup / 336 ml
Almond milk (unsweetened)	0.7 cup / 168 ml
Protein powder (vanilla flavor)	1.5 scoop / 42 g
Ground cinnamon	1.4 tsp / 7 g
Chopped walnuts	2.8 tbsp / 42 g

### Instructions

1. In a blender, combine 1.4 cup (336 ml) frozen apple slices, 0.7 cup (168 ml) almond milk, 1.5 scoop (42 g) protein powder, and 1.4 tsp (7 g) ground cinnamon.
2. Blend until smooth and creamy, adjusting consistency with more almond milk if necessary.
3. Pour into a bowl and top with 2.8 tbsp (42 g) chopped walnuts and a sprinkle of extra cinnamon.

## 14. Mediterranean Chickpea Salad

This colorful salad combines protein-packed chickpeas with fresh vegetables, providing a great source of fiber and essential nutrients. The healthy fats from olive oil and the antioxidants from tomatoes and cucumber support heart health.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	5 min
<b>Calories</b>	543 kcal
<b>Protein</b>	23g
<b>Carbs</b>	70g
<b>Fats</b>	23g



### Ingredients

Canned chickpeas, drained	0.8 cup / 186 ml
Cherry tomatoes, halved	0.8 cup / 186 ml
Cucumber, diced	0.8 cup / 186 ml
Fresh parsley, chopped	3.1 tbsp / 46.5 g
Olive oil	1.6 tbsp / 23.3 ml
Lemon juice	1.6 tbsp / 23.3 ml

### Instructions

1. In a bowl, combine 0.8 cup (186 ml) of drained canned chickpeas, 0.8 cup (186 ml) of halved cherry tomatoes, 0.8 cup (186 ml) of diced cucumber, and 3.1 tbsp (46.5 g) of chopped fresh parsley.
2. In a small bowl, whisk together 1.6 tbsp (23.3 ml) of olive oil and 1.6 tbsp (23.3 ml) of lemon juice.
3. Drizzle the dressing over the salad, toss gently to combine, and serve immediately.

## 15. Lemon Garlic Sardines with Arugula Salad

Sardines are packed with omega-3s and vitamin D, essential for bone health. Paired with an arugula salad, this dish is refreshing, anti-inflammatory, and supports heart health.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	12 min
<b>Cook Time</b>	18 min
<b>Calories</b>	495 kcal
<b>Protein</b>	40g
<b>Carbs</b>	8g
<b>Fats</b>	33g



### Ingredients

Canned sardines in olive oil	1.5 can / 198 g
Arugula	3.3 cups / 99 g
Garlic, minced	1.5 clove / 1.5 clove
Lemon juice	1.7 tbsp / 24.8 ml
Olive oil	1.7 tbsp / 24.8 ml
Salt and pepper	to taste /

### Instructions

1. In a skillet, heat sardines with garlic for 2-3 minutes.
2. In a bowl, toss arugula with lemon juice, olive oil, salt, and pepper.
3. Serve sardines over the arugula salad.

# Day 6

3 meals · 1,569 calories

**BREAKFAST** High Protein Greek Yogurt Parfait **448 kcal**

**LUNCH** Cilantro Lime Grilled Fish Tacos with Avocado Salsa **543 kcal**

**DINNER** Zesty Lemon Garlic Shrimp with Spinach **578 kcal**

**Protein: 130g   Carbs: 119g   Fats: 66g**

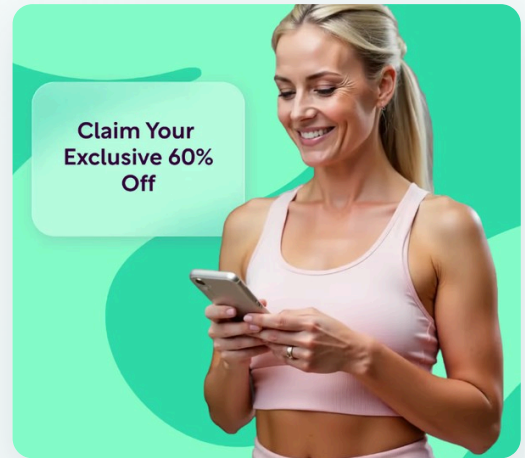
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## 16. High Protein Greek Yogurt Parfait

A creamy yogurt parfait layered with fiber-rich fruits and crunchy granola for a quick, nutritious breakfast.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	5 min
<b>Cook Time</b>	None
<b>Calories</b>	448 kcal
<b>Protein</b>	35g
<b>Carbs</b>	56g
<b>Fats</b>	7g



### Ingredients

Greek yogurt	1.4 cup / 336 g
Mixed berries	0.7 cup / 105 g
Granola	0.4 cup / 42 g
Chia seeds	1.4 tbsp / 21 g

### Instructions

1. In a glass, layer half of the Greek yogurt.
2. Add half of the mixed berries and a layer of granola.
3. Repeat the layers with the remaining yogurt, berries, and granola.
4. Top with chia seeds for a fiber boost.

## 17. Cilantro Lime Grilled Fish Tacos with Avocado Salsa

These fresh fish tacos are grilled to perfection and topped with a nourishing avocado salsa rich in healthy fats for hormone regulation. The lime adds a refreshing boost of vitamin C to support immune health.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	12 min
<b>Cook Time</b>	12 min
<b>Calories</b>	543 kcal
<b>Protein</b>	45g
<b>Carbs</b>	50g
<b>Fats</b>	23g



### Ingredients

White fish fillet	9.3 oz / 263.5 g
Cilantro, chopped	3.1 tbsp / 7.8 g
Lime juice	1.6 tbsp / 23.3 ml
Corn tortillas	3.1 slice(s) / 3.1g
Avocado, diced	0.8 medium / 155 g
Red onion, diced	0.4 cup / 62 g

### Instructions

1. Marinate the fish in lime juice (23.3 ml) and chopped cilantro (7.8 g) for about 15 minutes.
2. Preheat the grill to medium-high heat. Grill fish for about 4-5 minutes per side until fully cooked.
3. Warm corn tortillas on the grill for 1-3.1 minutes. Serve grilled fish topped with avocado (155 g) and diced red onion (62 g).

## 18. Zesty Lemon Garlic Shrimp with Spinach

Rich in omega-3s and protein, this shrimp dish supports heart health while the spinach provides magnesium and iron for overall vitality. The zesty lemon flavor adds a refreshing touch while combating menopause-related fatigue.

### Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	10 min
Calories	578 kcal
Protein	50g
Carbs	13g
Fats	36g



### Ingredients

Shrimp, peeled and deveined	8.3 oz / 231 g
Spinach, fresh	3.3 cups / 99 g
Garlic, minced	3 cloves / 9.9 g
Olive oil	1.7 tbsp / 24.8 ml
Lemon juice	1.7 tbsp / 24.8 ml
Salt and pepper to taste	to taste / to taste

### Instructions

1. In a skillet, heat 1.7 tbsp (24.8 ml) olive oil over medium heat. Add 2 minced garlic cloves and sauté until fragrant.
2. Add 8.3 oz (231 g) shrimp and cook for about 5 minutes until pink and cooked through.
3. Stir in 3.3 cups (99 g) spinach and 1.7 tbsp (24.8 ml) lemon juice and cook until the spinach is wilted. Season with salt and pepper before serving.

# Day 7

3 meals · 1,569 calories

**BREAKFAST** Greek Yogurt Parfait **448 kcal**

**LUNCH** Herbed Tuna & White Bean Salad **543 kcal**

**DINNER** Roasted Vegetable Medley with Tahini Dressing **578 kcal**

**Protein: 98g   Carbs: 168g   Fats: 59g**

## 19. Greek Yogurt Parfait

This refreshing Greek yogurt parfait is loaded with protein and topped with fresh berries for a nutrient-rich start to your day. It's a perfect balance of sweetness and creaminess.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	5 min
<b>Cook Time</b>	10 min
<b>Calories</b>	448 kcal
<b>Protein</b>	28g
<b>Carbs</b>	63g
<b>Fats</b>	10g



### Ingredients

Greek yogurt (plain)	1.4 cup / 336 g
Mixed berries	0.7 cup / 105 g
Honey	1.4 tsp / 7 g
Granola	2.8 tbsp / 42 g

### Instructions

1. Layer the Greek yogurt in a bowl or glass.
2. Add the mixed berries on top of the yogurt.
3. Drizzle honey over the berries and sprinkle granola on top.

## 20. Herbed Tuna & White Bean Salad

This salad combines canned tuna and white beans, creating a high-protein, fiber-packed dish that supports muscle recovery and digestive health. The herbs add flavor and antioxidants, essential for women over 40.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	12 min
<b>Cook Time</b>	12 min
<b>Calories</b>	543 kcal
<b>Protein</b>	53g
<b>Carbs</b>	47g
<b>Fats</b>	16g



### Ingredients

Canned tuna, drained	9.3 oz / 263.5 g
Canned white beans, drained	0.8 cup / 186 ml
Olive oil	1.6 tbsp / 23.3 ml
Fresh parsley, chopped	3.1 tbsp / 46.5 ml
Lemon juice	3.1 tbsp / 46.5 ml
Salt and pepper	to taste /

### Instructions

1. In a bowl, combine canned tuna, white beans, olive oil, parsley, lemon juice, salt, and pepper. Mix until well combined.

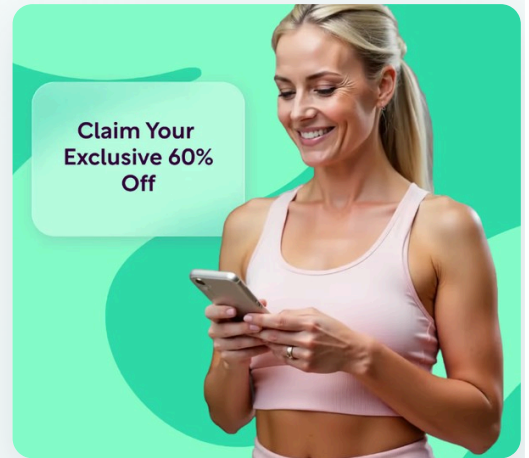
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## 21. Roasted Vegetable Medley with Tahini Dressing

This medley of roasted vegetables offers a variety of nutrients and antioxidants, promoting overall health and wellness. The tahini dressing provides healthy fats that support hormone balance, especially important for women over 40.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	30 min
<b>Calories</b>	578 kcal
<b>Protein</b>	17g
<b>Carbs</b>	58g
<b>Fats</b>	33g



### Ingredients

zucchini, diced	1.7 cup / 396 ml
carrots, sliced	1.7 cup / 396 ml
bell pepper, diced	1.7 cup / 396 ml
olive oil	3.3 tbsp / 49.5 ml
tahini	3.3 tbsp / 49.5 g
lemon juice	1.7 tbsp / 24.8 ml

### Instructions

1. Preheat oven to 425°F (220°C).
2. Toss zucchini, carrots, and bell pepper with olive oil, then spread on a baking sheet.
3. Roast for 30 minutes until tender, then drizzle with tahini and lemon juice before serving.

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