

# 7-Day Galveston Diet Plan: Anti-Inflammatory Meal Plan for Women Over 40 PDF

Combat inflammation with a specialized meal plan based on the Galveston Diet.

This 7-Day Galveston Diet Plan offers 21 anti-inflammatory recipes tailored for women over 40. Designed to address inflammation, this plan promotes overall health while offering delicious meal options. Ideal for women looking to feel their best and support their well-being.

## DAILY NUTRITION OVERVIEW

DAY	CALORIES	PROTEIN	CARBS	FATS
Day 1	1,398	72g	134g	69g
Day 2	1,470	62g	205g	52g
Day 3	1,328	62g	148g	58g
Day 4	1,502	87g	125g	69g
Day 5	1,530	78g	152g	76g
Day 6	1,499	72g	202g	53g
Day 7	1,561	86g	167g	66g
<b>Avg</b>	<b>1,470</b>	<b>74g</b>	<b>162g</b>	<b>63g</b>

## CALORIE DISTRIBUTION



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## WHAT'S INSIDE

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Turmeric Ginger Baked Salmon with Spinach Salad

Roasted Vegetable and Quinoa Salad

Turmeric Chia Pudding with Berries

Easy Shrimp & Spinach Pasta

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Spicy Carrot Ginger Soup

Berry Chia Seed Parfait

Vegetable Coconut Curry with Lentils

Creamy Tomato Basil Soup

Berry Chia Seed Breakfast Bowl

Savory Turkey and Vegetable Stir-Fry

+ 9 more recipes inside

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**21 Recipes**

7-day meal plan



**1,470 cal/day**

Daily average



**74g Protein**

Daily average



**Macro Balanced**

162g C / 63g F avg

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# Day 1

3 meals · 1,398 calories

<b>BREAKFAST</b>	Baked Oatmeal with Mixed Berries	<b>350 kcal</b>
<b>LUNCH</b>	Spicy Carrot Ginger Soup	<b>388 kcal</b>
<b>DINNER</b>	Turmeric Ginger Baked Salmon with Spinach Salad	<b>660 kcal</b>

**Protein: 72g   Carbs: 134g   Fats: 69g**

## 1. Baked Oatmeal with Mixed Berries

This warm, hearty baked oatmeal is loaded with mixed berries and whole grains, providing fiber and antioxidants. It's a perfect breakfast to start the day on a healthy note, boosting energy levels for women 40+.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	12 min
<b>Cook Time</b>	30 min
<b>Calories</b>	350 kcal
<b>Protein</b>	14g
<b>Carbs</b>	63g
<b>Fats</b>	7g



### Ingredients

Rolled oats	2.8 cups / 224 g
Almond milk	2.8 cups / 672 ml
Mixed berries (blueberries, raspberries, strawberries)	2.8 cups / 420 g
Maple syrup	¼ cup / 84 ml

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Baking powder

2.8 tsp / 14 g

Cinnamon

1.4 tsp / 7 g

## Instructions

1. Preheat the oven to 350°F (175°C).
2. In a large bowl, mix 2.8 cups (224 g) rolled oats, 2.8 cups (672 ml) almond milk, 2.8 cups (420 g) mixed berries, ¼ cup (84 ml) maple syrup, 2.8 tsp (14 g) baking powder, and 1.4 tsp (7 g) cinnamon.
3. Pour the mixture into a greased baking dish and bake for 30 minutes or until set and golden brown.

## 2. Spicy Carrot Ginger Soup

This vibrant soup is rich in beta-carotene from carrots, promoting healthy skin and vision. Spicy ginger adds warmth and can help alleviate symptoms of menopause through its anti-inflammatory properties.

### Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	20 min
Calories	388 kcal
Protein	8g
Carbs	54g
Fats	16g



### Ingredients

Carrots	2.3 cups / 558 ml
Fresh ginger	1.6 inch / 3.9 cm
Vegetable broth	3.1 cups / 744 ml
Coconut milk	0.8 cup / 186 ml
Olive oil	1.6 tbsp / 23.3 ml

### Instructions

1. In a saucepan, heat 1.6 tbsp (23.3 ml) olive oil over medium heat. Add 2.3 cups (558 ml) chopped carrots and sauté for 5 minutes.
2. Add 1.6 inch (3.9 cm) grated ginger and 3.1 cups (744 ml) vegetable broth and bring to a boil. Simmer for 15 minutes until carrots are tender.
3. Blend until smooth, then stir in 0.8 cup (186 ml) coconut milk before serving.

### 3. Turmeric Ginger Baked Salmon with Spinach Salad

This dish features salmon, rich in omega-3 fatty acids, combined with turmeric and ginger, known for their anti-inflammatory properties. Packed with vitamins and minerals from fresh spinach, it supports joint health and reduces inflammation.

#### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	12 min
<b>Cook Time</b>	15 min
<b>Calories</b>	660 kcal
<b>Protein</b>	50g
<b>Carbs</b>	17g
<b>Fats</b>	46g



#### Ingredients

Salmon fillet	9.9 oz / 280.5 g
Turmeric powder	1.7 tsp / 8.3 g
Fresh ginger, grated	1.7 tsp / 8.3 g
Olive oil	1.7 tbsp / 24.8 ml
Baby spinach	3.3 cups / 99 g
Lemon juice	1.7 tbsp / 24.8 ml

#### Instructions

1. Preheat oven to 400°F (200°C).
2. In a small bowl, mix turmeric, ginger, olive oil, and a pinch of salt. Rub the mixture onto the salmon fillet.
3. Place the salmon on a baking sheet and bake for 15 minutes.
4. Meanwhile, in a bowl, toss the spinach with lemon juice and a drizzle of olive oil.
5. Serve the baked salmon over the spinach salad.

# Day 2

3 meals · 1,470 calories

**BREAKFAST** Berry Chia Seed Parfait **252 kcal**

**LUNCH** Roasted Vegetable and Quinoa Salad **558 kcal**

**DINNER** Vegetable Coconut Curry with Lentils **660 kcal**

**Protein: 62g   Carbs: 205g   Fats: 52g**

## 4. Berry Chia Seed Parfait

This parfait is rich in fiber and antioxidants, making it a great choice for digestion and overall health. Chia seeds provide omega-3 fatty acids that support hormone balance while fresh berries are nutrient-dense and low in calories.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	5 min
<b>Cook Time</b>	5 min
<b>Calories</b>	252 kcal
<b>Protein</b>	7g
<b>Carbs</b>	35g
<b>Fats</b>	10g



### Ingredients

Chia seeds	2.8 tbsp / 42 g
Unsweetened almond milk	1.4 cup / 336 ml
Mixed berries (strawberries, blueberries)	0.7 cup / 168 ml
Honey or maple syrup (optional)	1.4 tsp / 7 ml

### Instructions

1. In a bowl, combine chia seeds and almond milk, stirring well to prevent clumping.
2. Let the mixture sit for 10 minutes, allowing the chia seeds to absorb the liquid.
3. Layer the chia mixture with mixed berries in a glass or bowl and drizzle with honey if desired.

## 5. Roasted Vegetable and Quinoa Salad

This hearty salad features roasted colorful vegetables, rich in antioxidants, combined with quinoa for a complete protein source. This meal promotes satiety and supports heart health, essential 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>	558 kcal
<b>Protein</b>	19g
<b>Carbs</b>	81g
<b>Fats</b>	19g



### Ingredients

Quinoa, rinsed	0.8 cup / 139.5 g
Mixed vegetables (carrots, bell peppers, zucchini), chopped	1.6 cup / 232.5 g
Olive oil	1.6 tbsp / 23.3 ml
Balsamic vinegar	1.6 tbsp / 23.3 ml
Salt and pepper to taste	/

### Instructions

1. Preheat oven to 425°F (220°C).
2. Toss 1.6 cup (232.5 g) chopped mixed vegetables with 1.6 tbsp (23.3 ml) olive oil, salt, and pepper, then spread on a baking sheet.
3. Roast for 20-25 minutes until tender and caramelized.
4. Meanwhile, cook 0.8 cup (139.5 g) quinoa according to package instructions.
5. Combine cooked quinoa with roasted vegetables and drizzle with 1.6 tbsp (23.3 ml) balsamic vinegar before serving.

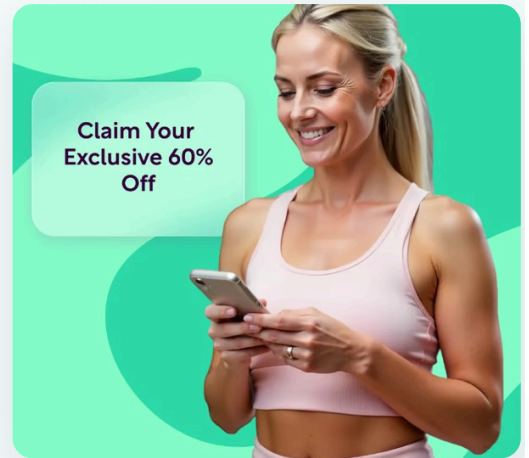
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## 6. Vegetable Coconut Curry with Lentils

This vibrant coconut curry features lentils, spinach, tomatoes, and bell peppers. The lentils offer protein and fiber, supporting metabolism, while the spices provide anti-inflammatory benefits for menopause symptoms.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	14 min
<b>Cook Time</b>	3 min
<b>Calories</b>	660 kcal
<b>Protein</b>	36g
<b>Carbs</b>	89g
<b>Fats</b>	23g



### Ingredients

Red lentils	0.8 cup / 198 g
Spinach	1.7 cup / 247.5 g
Diced tomatoes (canned)	1.7 cup / 396 g
Bell pepper (sliced)	1.7 cup / 247.5 g
Coconut milk	0.8 cup / 198 ml
Curry powder	3.3 tsp / 16.5 g
Olive oil	1.7 tbsp / 24.8 ml

### Instructions

1. In a pot, heat olive oil over medium heat. Add bell pepper and sauté for 3 minutes.
2. Add lentils, diced tomatoes, coconut milk, and curry powder. Bring to a simmer.
3. Stir in spinach and cook for 5-7 minutes until lentils are tender.

# Day 3

3 meals · 1,328 calories

**BREAKFAST** Turmeric Chia Pudding with Berries **280 kcal**

**LUNCH** Creamy Tomato Basil Soup **388 kcal**

**DINNER** Easy Shrimp & Spinach Pasta **660 kcal**

**Protein: 62g   Carbs: 148g   Fats: 58g**

## 7. Turmeric Chia Pudding with Berries

This nutritious chia pudding is infused with turmeric and topped with fresh berries for a satisfying breakfast. It's a make-ahead option that will save you time in the morning.

### Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	10 min
Calories	280 kcal
Protein	8g
Carbs	34g
Fats	13g



### Ingredients

chia seeds	0.4 cup / 56 g
almond milk	1.4 cup / 336 ml
turmeric powder	0.7 tsp / 2.8 g
vanilla extract	1.4 tsp / 7 ml
fresh berries	0.7 cup / 105 g

### Instructions

1. In a bowl, mix chia seeds, almond milk, turmeric, and vanilla extract.
2. Refrigerate overnight to allow the mixture to thicken.
3. Top with fresh berries before serving.

## 8. Creamy Tomato Basil Soup

This tomato basil soup is not only comforting but also rich in antioxidants from tomatoes which can help combat inflammation. The healthy fats from olive oil aid in the absorption of fat-soluble vitamins, crucial 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>	388 kcal
<b>Protein</b>	8g
<b>Carbs</b>	31g
<b>Fats</b>	28g



### Ingredients

Canned crushed tomatoes	1.5 can (15 oz) / 658.8 g
Fresh basil leaves	0.4 cup / 93 ml
Vegetable broth	1.6 cup / 372 ml
Olive oil	1.6 tbsp / 23.3 ml
Cream (optional, for creaminess)	0.4 cup / 93 ml

### Instructions

1. In a medium saucepan, heat 1.6 tbsp (23.3 ml) olive oil over medium heat, then add 1 can (658.8 g) crushed tomatoes and 1.6 cup (372 ml) vegetable broth.
2. Bring to a simmer and add 0.4 cup (93 ml) fresh basil, cooking for 10 minutes.
3. Blend the soup until smooth, then stir in 0.4 cup (93 ml) cream if using, and season to taste.

## 9. Easy Shrimp & Spinach Pasta

This quick pasta dish incorporates canned shrimp and frozen spinach, delivering a nutritious meal rich in protein and vitamins. It's a heart-healthy option thanks to omega-3 fatty acids.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	12 min
<b>Cook Time</b>	5 min
<b>Calories</b>	660 kcal
<b>Protein</b>	46g
<b>Carbs</b>	83g
<b>Fats</b>	17g



### Ingredients

Whole wheat pasta	19.8 oz / 561 g
Canned shrimp	3 cans (5 oz each) / 462 g
Frozen spinach	3.3 cups / 792 ml
Olive oil	3.3 tbsp / 49.5 ml
Garlic powder	1.7 tsp / 8.3 g
Crushed red pepper flakes (optional)	0.8 tsp / 3.3 g

### Instructions

1. Cook 19.8 oz (561 g) whole wheat pasta according to package instructions; drain.
2. In a skillet, heat 3.3 tbsp (49.5 ml) olive oil over medium heat.
3. Add 2 cans (462 g) drained shrimp, 3.3 cups (792 ml) thawed spinach, and season with 1.7 tsp (8.3 g) garlic powder and optional 0.8 tsp (3.3 g) red pepper flakes. Cook for 5 minutes until heated through, then toss with pasta.

# Day 4

3 meals · 1,502 calories

**BREAKFAST** Berry Chia Seed Breakfast Bowl **532 kcal**

**LUNCH** Roasted Beet & Fennel Salad with Yogurt Dressing **310 kcal**

**DINNER** Savory Turkey and Vegetable Stir-Fry **660 kcal**

**Protein: 87g   Carbs: 125g   Fats: 69g**

## 10. Berry Chia Seed Breakfast Bowl

A nutrient-dense breakfast bowl featuring berries and chia seeds, this dish is perfect for kickstarting your day. The fiber and antioxidants help to balance hormones and reduce inflammation.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	12 min
<b>Cook Time</b>	8 min
<b>Calories</b>	532 kcal
<b>Protein</b>	17g
<b>Carbs</b>	45g
<b>Fats</b>	25g



### Ingredients

Chia seeds	4.2 tbsp / 42 g
Almond milk	1.4 cup / 336 ml
Mixed berries	0.7 cup / 105 g
Walnuts	0.4 cup / 42 g
Honey	1.4 tbsp / 21 g
Flaxseed	1.4 tbsp / 14 g

### Instructions

1. In a bowl, mix 4.2 tbsp (42 g) chia seeds with 1.4 cup (336 ml) almond milk and let sit in the fridge overnight to thicken.
2. Before serving, top with 0.7 cup (105 g) mixed berries, 0.4 cup (42 g) chopped walnuts, and sprinkle 1.4 tbsp (14 g) ground flaxseed.
3. Drizzle with honey if desired.

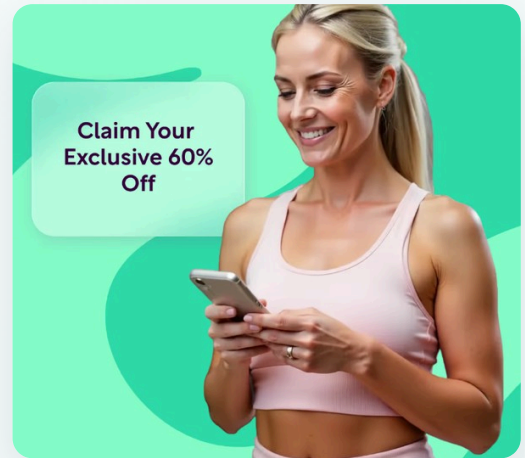
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## 11. Roasted Beet & Fennel Salad with Yogurt Dressing

This vibrant salad is rich in fiber and antioxidants from beets and fennel, which support gut health and reduce inflammation. The yogurt dressing adds a creamy texture while offering probiotics.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	11 min
<b>Cook Time</b>	12 min
<b>Calories</b>	310 kcal
<b>Protein</b>	11g
<b>Carbs</b>	47g
<b>Fats</b>	14g



### Ingredients

Beets, roasted and diced	1.6 cup / 372 ml
Fennel bulb, thinly sliced	1.6 cup / 372 ml
Plain Greek yogurt	0.4 cup / 93 ml
Lemon juice	1.6 tbsp / 23.3 ml
Olive oil	1.6 tbsp / 23.3 ml

### Instructions

1. Preheat the oven to 400°F (200°C). Wrap beets in foil and roast for 30-40 minutes until tender. Peel and dice.
2. In a bowl, combine roasted beets and sliced fennel.
3. In a small bowl, mix together 0.4 cup (93 ml) of Greek yogurt, 1.6 tbsp (23.3 ml) of lemon juice, and a pinch of salt to make the dressing. Drizzle over the salad and top with 1.6 tbsp (23.3 ml) of olive oil.

## 12. Savory Turkey and Vegetable Stir-Fry

A quick and vibrant stir-fry featuring ground turkey and an assortment of colorful vegetables, offering a balanced protein-rich meal. The vegetables provide antioxidants and essential vitamins needed for overall well-being in women over 40.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	14 min
<b>Cook Time</b>	18 min
<b>Calories</b>	660 kcal
<b>Protein</b>	59g
<b>Carbs</b>	33g
<b>Fats</b>	30g



### Ingredients

Ground turkey	9.9 oz / 280.5 g
Mixed vegetables (bell peppers, snap peas, carrots)	1.7 cup / 396 ml
Soy sauce, low sodium	3.3 tbsp / 49.5 ml
Olive oil	1.7 tbsp / 24.8 ml
Garlic, minced	1.5 clove /
Ginger, minced	1.7 tsp / 8.3 g
Sesame seeds	1.7 tsp / 8.3 g

### Instructions

1. Heat olive oil in a large skillet over medium heat. Add ground turkey, cooking until browned.
2. Add garlic, ginger, and mixed vegetables, then stir-fry until vegetables are tender-crisp, about 5-7 minutes. Stir in low-sodium soy sauce and serve garnished with sesame seeds.

# Day 5

3 meals · 1,530 calories

<b>BREAKFAST</b>	Whole Grain Berry Pancakes	<b>560 kcal</b>
<b>LUNCH</b>	Lemon Garlic Cauliflower Rice Stir-Fry	<b>310 kcal</b>
<b>DINNER</b>	Italian Herb Chicken & Quinoa Bake	<b>660 kcal</b>

**Protein: 78g   Carbs: 152g   Fats: 76g**

## 13. Whole Grain Berry Pancakes

Fluffy and wholesome, these whole grain pancakes are a delightful way to enjoy breakfast with a burst of berry flavor. Top with a drizzle of olive oil for a unique twist.

### Nutrition Information

<b>Servings</b>	2
<b>Prep Time</b>	10 min
<b>Cook Time</b>	10 min
<b>Calories</b>	560 kcal
<b>Protein</b>	17g
<b>Carbs</b>	84g
<b>Fats</b>	21g



### Ingredients

Whole wheat flour	1.4 cup / 168 g
Baking powder	1.4 tbsp / 21 g
Milk	1.4 cup / 336 ml
Egg	1.4 large / 1.4g
Mixed berries	0.7 cup / 105 g
Olive oil	2.8 tbsp / 42 ml

### Instructions

1. In a bowl, mix whole wheat flour and baking powder.
2. In another bowl, whisk milk and egg together, then combine with the dry ingredients.
3. Gently fold in the mixed berries.
4. Heat a non-stick skillet over medium heat, pour batter to form pancakes, and cook until bubbles form on the surface before flipping.

## 14. Lemon Garlic Cauliflower Rice Stir-Fry

A low-carb alternative to traditional rice, cauliflower rice is rich in antioxidants and aids liver detoxification. Lemon and garlic enhance digestion and liver function.

### Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	5 min
Calories	310 kcal
Protein	8g
Carbs	23g
Fats	19g



### Ingredients

Cauliflower	1.5 head / 1.5 head
Garlic cloves	6.2 clove(s) / 6.2g
Lemon juice	3.1 tbsp / 46.5 ml
Olive oil	1.6 tbsp / 23.3 ml
Mixed vegetables (carrots, peas, bell peppers)	1.6 cup / 372 ml
Salt	0.8 tsp / 3.9 g

### Instructions

1. Heat olive oil in a skillet over medium heat and sauté minced garlic until fragrant.
2. Add mixed vegetables and cook for 5 minutes until tender.
3. Stir in cauliflower rice, lemon juice, and salt. Cook for an additional 5 minutes, stirring occasionally.

## 15. Italian Herb Chicken & Quinoa Bake

This one-pan meal combines lean chicken with protein-rich quinoa, providing a hearty source of protein that is essential for preserving muscle mass post-40. The Italian herbs boost flavor while supporting digestion and reducing inflammation.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	14 min
<b>Cook Time</b>	15 min
<b>Calories</b>	660 kcal
<b>Protein</b>	53g
<b>Carbs</b>	45g
<b>Fats</b>	36g



### Ingredients

Boneless chicken breast, cubed	1.7 cup / 247.5 g
Cooked quinoa	0.8 cup / 198 g
Cherry tomatoes, halved	0.8 cup / 123.8 g
Spinach	1.7 cup / 49.5 g
Italian seasoning	1.7 tsp / 8.3 g
Olive oil	1.7 tbsp / 24.8 ml
Parmesan cheese, grated	3.3 tbsp / 49.5 g

### Instructions

1. Preheat oven to 400°F (200°C). In a baking dish, mix chicken, quinoa, tomatoes, and spinach.
2. Drizzle with olive oil and sprinkle Italian seasoning on top; mix to coat.
3. Bake for 15 minutes or until chicken is cooked through, then sprinkle with Parmesan before serving.

# Day 6

3 meals · 1,499 calories

**BREAKFAST** Maca & Berry Overnight Oats **560 kcal**

**LUNCH** Carrot Ginger Soup **279 kcal**

**DINNER** Sardine & Spinach Quinoa Bowl **660 kcal**

**Protein: 72g   Carbs: 202g   Fats: 53g**

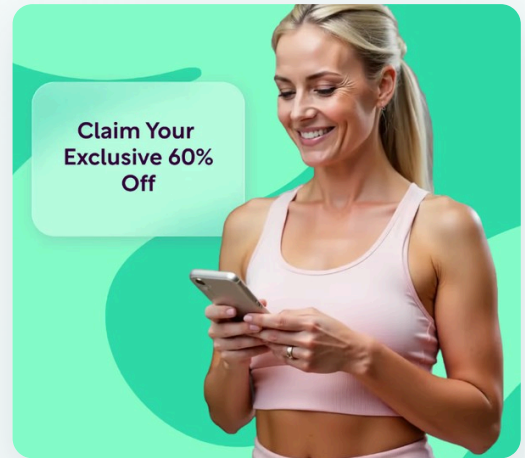
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## 16. Maca & Berry Overnight Oats

These overnight oats feature maca powder and antioxidant-rich berries for a nutritious breakfast that boosts energy levels and supports hormonal balance. The fiber helps with digestion and keeps you satisfied.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	11 min
<b>Cook Time</b>	8 min
<b>Calories</b>	560 kcal
<b>Protein</b>	17g
<b>Carbs</b>	84g
<b>Fats</b>	17g



### Ingredients

Rolled oats	0.7 cup / 168 ml
Almond milk	1.4 cup / 336 ml
Maca powder	1.4 tbsp / 21 g
Mixed berries (fresh or frozen)	0.7 cup / 168 ml
Chia seeds	1.4 tbsp / 21 g

### Instructions

1. In a jar, combine 0.7 cup (168 ml) rolled oats, 1.4 cup (336 ml) almond milk, 1.4 tbsp (21 g) maca powder, and 1.4 tbsp (21 g) chia seeds.
2. Stir well and top with 0.7 cup (168 ml) mixed berries.
3. Cover and refrigerate overnight. In the morning, stir and enjoy!

## 17. Carrot Ginger Soup

This vibrant soup is rich in beta-carotene from carrots, which supports eye health and skin vitality. Ginger adds a spicy kick while offering anti-inflammatory benefits, making it a soothing choice for menopause symptoms.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	20 min
<b>Calories</b>	279 kcal
<b>Protein</b>	5g
<b>Carbs</b>	59g
<b>Fats</b>	6g



### Ingredients

Carrots	3 medium / 310 g
Fresh ginger	1.6 tbsp / 23.3 g
Vegetable broth	3.1 cups / 744 ml
Olive oil	1.6 tbsp / 23.3 ml
Salt and pepper	to taste / to taste

### Instructions

1. In a pot, heat 1.6 tbsp (23.3 ml) olive oil over medium heat; sauté 1.6 tbsp (23.3 g) minced ginger for 1 minute.
2. Add 2 chopped carrots and 3.1 cups (744 ml) vegetable broth; bring to a boil.
3. Reduce heat and simmer for 15 minutes or until carrots are tender; blend until smooth, season with salt and pepper to taste.

## 18. Sardine & Spinach Quinoa Bowl

Combining sardines and spinach, this bowl delivers a powerhouse of calcium and omega-3 fatty acids, supporting heart health and reducing inflammation. Quinoa adds a complete protein source for sustained energy.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	11 min
<b>Cook Time</b>	18 min
<b>Calories</b>	660 kcal
<b>Protein</b>	50g
<b>Carbs</b>	59g
<b>Fats</b>	30g



### Ingredients

Cooked quinoa	1.7 cup / 396 ml
Fresh spinach, chopped	3.3 cups / 792 ml
Canned sardines in olive oil	1.5 can / 198 g
Garlic, minced	3 cloves / 3 cloves
Lemon juice	1.7 tbsp / 24.8 ml

### Instructions

1. In a skillet, heat 1.7 tbsp (24.8 ml) of olive oil over medium heat and sauté 3 cloves of minced garlic until fragrant.
2. Add 3.3 cups (792 ml) of chopped spinach and cook until wilted, about 2-3 minutes.
3. In a bowl, combine 1.7 cup (396 ml) of cooked quinoa and the sautéed spinach, top with 1.5 can (198 g) of sardines, and drizzle with 1.7 tbsp (24.8 ml) of lemon juice.

# Day 7

3 meals · 1,561 calories

**BREAKFAST** Brazil Nut & Berry Smoothie Bowl **560 kcal**

**LUNCH** Pea and Mint Soup **341 kcal**

**DINNER** Spiced Lentil & Shrimp Bowl with Garlic Sautéed Greens **660 kcal**

**Protein: 86g   Carbs: 167g   Fats: 66g**

## 19. Brazil Nut & Berry Smoothie Bowl

A nutrient-dense smoothie bowl featuring Brazil nuts for selenium and mixed berries for antioxidants. This bowl fuels energy levels and supports thyroid function with healthy fats.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	11 min
<b>Cook Time</b>	8 min
<b>Calories</b>	560 kcal
<b>Protein</b>	11g
<b>Carbs</b>	70g
<b>Fats</b>	28g



### Ingredients

Frozen mixed berries	1.4 cup / 336 ml
Banana	1.4 medium / 1.4g
Brazil nuts	0.4 cup / 84 g
Coconut milk	0.7 cup / 168 ml
Chia seeds	1.4 tbsp / 21 g

### Instructions

1. In a blender, combine frozen berries, banana, coconut milk, and chia seeds. Blend until smooth.
2. Pour into a bowl and top with chopped Brazil nuts.

## 20. Pea and Mint Soup

This refreshing soup is loaded with protein from peas, aiding in muscle maintenance for women over 40. Mint adds a cooling effect and can help with digestion, making it ideal for a liquid diet.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	15 min
<b>Calories</b>	341 kcal
<b>Protein</b>	16g
<b>Carbs</b>	47g
<b>Fats</b>	12g



### Ingredients

Frozen peas	1.6 cup / 372 ml
Fresh mint leaves	0.4 cup / 93 ml
Vegetable broth	3.1 cups / 744 ml
Lemon juice	1.6 tbsp / 23.3 ml
Olive oil	1.6 tbsp / 23.3 ml

### Instructions

1. In a saucepan, heat 1.6 tbsp (23.3 ml) olive oil over medium heat. Add 1.6 cup (372 ml) thawed peas and sauté for 2-3 minutes.
2. Add 3.1 cups (744 ml) vegetable broth and bring to a boil, then simmer for 10 minutes. Stir in 0.4 cup (93 ml) fresh mint leaves.
3. Blend until smooth, adding 1.6 tbsp (23.3 ml) lemon juice before serving.

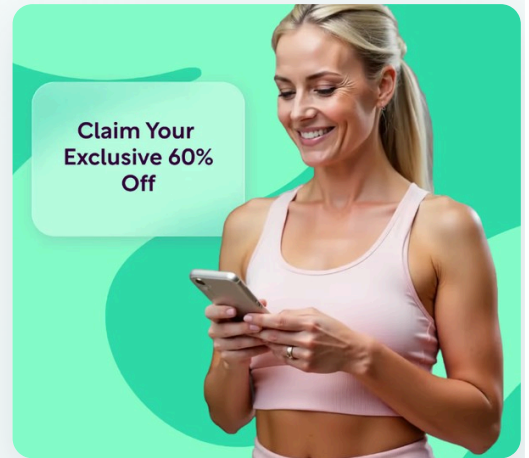
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## 21. Spiced Lentil & Shrimp Bowl with Garlic Sautéed Greens

This protein-rich dish features shrimp for omega-3s and lentils for fiber, essential for supporting metabolism. Greens provide minerals and vitamins that aid thyroid function.

### Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	18 min
Calories	660 kcal
Protein	59g
Carbs	50g
Fats	26g



### Ingredients

Shrimp (peeled and deveined)	9.9 oz / 280.5 g
Cooked lentils	0.8 cup / 198 ml
Mixed greens (kale, spinach, or swiss chard)	3.3 cups / 792 ml
Olive oil	1.7 tbsp / 24.8 ml
Garlic	1.5 clove / 1.5 clove

### Instructions

1. In a pan, heat olive oil over medium heat. Sauté minced garlic for 1 minute.
2. Add shrimp and cook until pink (about 3-4 minutes).
3. Stir in cooked lentils and greens, cooking until greens are wilted.

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