

7-Day Gluten-Free Weight Loss Diet Plan for Women Over 40 PDF

Achieve weight loss goals with a gluten-free approach tailored for women.

The 7-Day Gluten-Free Weight Loss Diet Plan features 21 delicious recipes specifically for women over 40. By eliminating gluten, this meal plan not only supports weight loss but also helps improve digestion. Perfect for those seeking a fresh start with gluten-free options.

DAILY NUTRITION OVERVIEW

DAY	CALORIES	PROTEIN	CARBS	FATS
Day 1	1,399	75g	177g	50g
Day 2	1,402	86g	178g	45g
Day 3	1,394	78g	156g	59g
Day 4	1,444	106g	145g	59g
Day 5	1,491	91g	177g	50g
Day 6	1,491	76g	203g	46g
Day 7	1,552	109g	172g	56g
Avg	1,453	89g	173g	52g

CALORIE DISTRIBUTION



Nourish Your Body, Transform Your Health

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21 Recipes

7-day meal plan



1,453 cal/day

Daily average



89g Protein

Daily average



Macro Balanced

173g C / 52g F avg

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Day 1

3 meals · 1,399 calories

BREAKFAST	Quinoa Breakfast Bowl	490 kcal
LUNCH	Spicy Cabbage and Quinoa Power Soup	496 kcal
DINNER	Cilantro Lime Cauliflower Rice with Black Beans	413 kcal

Protein: 75g Carbs: 177g Fats: 50g

1. Quinoa Breakfast Bowl

This flavorful quinoa bowl combines protein-packed quinoa, fresh veggies, and a hint of spice for a nourishing start to your day. It's a great option for meal prep and can be made in under 15 minutes.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	10 min
Calories	490 kcal
Protein	21g
Carbs	56g
Fats	21g



Ingredients

Cooked quinoa	0.7 cup / 126 g
Cherry tomatoes	0.7 cup / 105 g
Cucumber	0.4 medium / 70 g
Feta cheese	1.4 oz / 39.2 g

Olive oil	1.4 tsp / 7 ml
Lemon juice	1.4 tsp / 7 ml
Salt and pepper	to taste / to taste

Instructions

1. In a bowl, combine cooked quinoa, halved cherry tomatoes, and chopped cucumber.
2. Add feta cheese, olive oil, and lemon juice; mix well.
3. Season with salt and pepper to taste, and serve.

2. Spicy Cabbage and Quinoa Power Soup

Packed with quinoa and cabbage, this soup is high in protein and fiber, keeping you full longer while supporting healthy digestion. The spices used help boost metabolism, making it a perfect choice for women over 40 looking to maintain their weight.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	20 min
Calories	496 kcal
Protein	34g
Carbs	62g
Fats	16g



Ingredients

cabbage, chopped 3.1 cups / 744 ml

Instructions

1. Heat 1 tbsp (15ml) olive oil over medium heat in a pot.
2. Add 1 cup (240ml) chopped onions and sauté for 5 minutes until translucent.
3. Stir in 3.1 cups (744 ml) chopped cabbage, 1/2 cup (90g) quinoa, 4 cups (960ml) vegetable broth, and 1 tsp (5g) chili powder. Bring to a boil, then reduce heat and simmer for 15 minutes.
4. Season with salt and pepper to taste, and serve hot.

3. Cilantro Lime Cauliflower Rice with Black Beans

This vibrant dish is a low-carb alternative to traditional rice, providing fiber and antioxidants from cauliflower and black beans. The combination of lime and cilantro enhances flavor and supports digestive health.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	10 min
Calories	413 kcal
Protein	20g
Carbs	59g
Fats	13g



Ingredients

Cauliflower, riced	1.7 cup / 396 ml
Canned black beans, rinsed	0.8 cup / 198 ml
Fresh cilantro, chopped	3.3 tbsp / 49.5 ml
Lime juice	1.7 tbsp / 24.8 ml
Olive oil	1.7 tbsp / 24.8 ml

Instructions

1. In a skillet, heat olive oil over medium heat and add riced cauliflower, sautéing for about 5 minutes.
2. Add black beans and lime juice, cooking for an additional 5 minutes until heated through.
3. Stir in chopped cilantro just before serving.

Day 2

3 meals · 1,402 calories

BREAKFAST Savory Turmeric Oatmeal with Smoked Salmon **392 kcal**

LUNCH Stuffed Bell Peppers with Quinoa and Almonds **465 kcal**

DINNER Moroccan-Spiced Quinoa and Vegetable Stew **545 kcal**

Protein: 86g Carbs: 178g Fats: 45g

4. Savory Turmeric Oatmeal with Smoked Salmon

Start your day with a savory twist on traditional oatmeal, featuring smoked salmon and a touch of turmeric. This hearty meal is both filling and nourishing.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	5 min
Calories	392 kcal
Protein	25g
Carbs	42g
Fats	14g



Ingredients

rolled oats	0.7 cup / 63 g
water	1.4 cup / 336 ml
turmeric powder	0.7 tsp / 2.8 g
smoked salmon	2.8 oz / 78.4 g
chopped chives	2.8 tbsp / 11.2 g

Instructions

1. In a small pot, bring water to a boil and stir in oats and turmeric.
2. Reduce heat and simmer for 5 minutes, stirring occasionally.
3. Top the cooked oatmeal with smoked salmon and chopped chives before serving.

5. Stuffed Bell Peppers with Quinoa and Almonds

These vibrant stuffed peppers are high in fiber and protein, promoting digestive health and stable energy levels. Quinoa provides all nine essential amino acids making it a complete protein source ideal for women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	25 min
Calories	465 kcal
Protein	23g
Carbs	62g
Fats	16g



Ingredients

Bell pepper	1.5 large / 1.5 large
Cooked quinoa	0.8 cup / 186 ml
Almonds	0.4 cup / 62 g
Tomato sauce	0.4 cup / 93 ml
Spices (cumin, paprika)	1.6 tsp / 7.8 g

Instructions

1. Preheat your oven to 375°F (190°C).
2. Slice the top off 1.5 large bell pepper and remove the seeds.
3. In a bowl, combine 0.8 cup (186 ml) cooked quinoa, 0.4 cup (93 ml) tomato sauce, and 0.4 cup (62 g) chopped almonds. Season with 1.6 tsp (7.8 g) cumin and paprika.
4. Stuff the bell pepper with the mixture and place in a baking dish. Bake for 25 minutes.

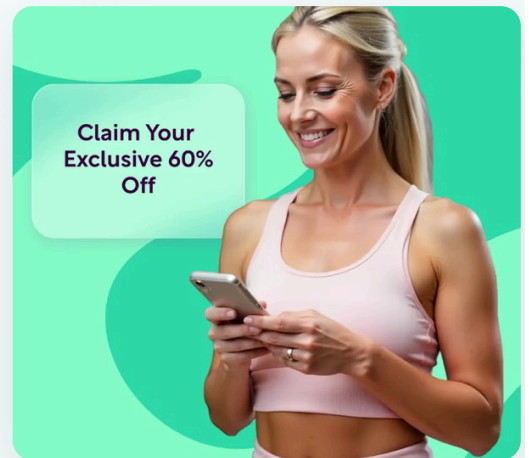
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6. Moroccan-Spiced Quinoa and Vegetable Stew

This fragrant stew combines quinoa and assorted vegetables, offering a hearty meal packed with protein and fiber. The warming spices of cinnamon and cumin help fight inflammation, while the nutrient-dense ingredients support overall vitality during menopause.

Nutrition Information

Servings	1
Prep Time	17 min
Cook Time	20 min
Calories	545 kcal
Protein	38g
Carbs	74g
Fats	15g



Ingredients

Quinoa, rinsed	1.7 cup / 330 g
Bone broth	6.6 cups / 1584 ml
Carrots, diced	1.7 cup / 247.5 g
Zucchini, diced	1.7 cup / 247.5 g
Onion, chopped	1.5 medium / 247.5 g
Cinnamon powder	0.8 tsp / 3.3 g
Cumin powder	1.7 tsp / 8.3 g
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 onion and cook until translucent, about 5 minutes.
2. Add carrots and zucchini, cooking for another 5 minutes. Stir in quinoa, cinnamon, cumin, salt, and pepper.
3. Pour in the bone broth and bring to a boil. Reduce heat and simmer for 20 minutes until quinoa is fluffy.

Day 3

3 meals · 1,394 calories

BREAKFAST Bone Broth Quinoa Bowl **434 kcal**

LUNCH Sesame & Seaweed Salad with Tofu **465 kcal**

DINNER Spiced Chickpea & Sweet Potato Hash **495 kcal**

Protein: 78g Carbs: 156g Fats: 59g

7. Bone Broth Quinoa Bowl

This warm quinoa bowl mixes protein-rich quinoa with bone broth and steamed vegetables for a hearty breakfast that supports energy levels. Quinoa provides all nine essential amino acids, making it a complete protein source for women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	434 kcal
Protein	21g
Carbs	63g
Fats	11g



Ingredients

Bone broth	1.4 cup / 336 ml
Quinoa, rinsed	0.7 cup / 126 g
Broccoli florets	0.7 cup / 168 ml
Carrot, shredded	0.4 cup / 84 ml
Olive oil	1.4 tsp / 7 ml
Salt and pepper to taste	to taste / to taste

Instructions

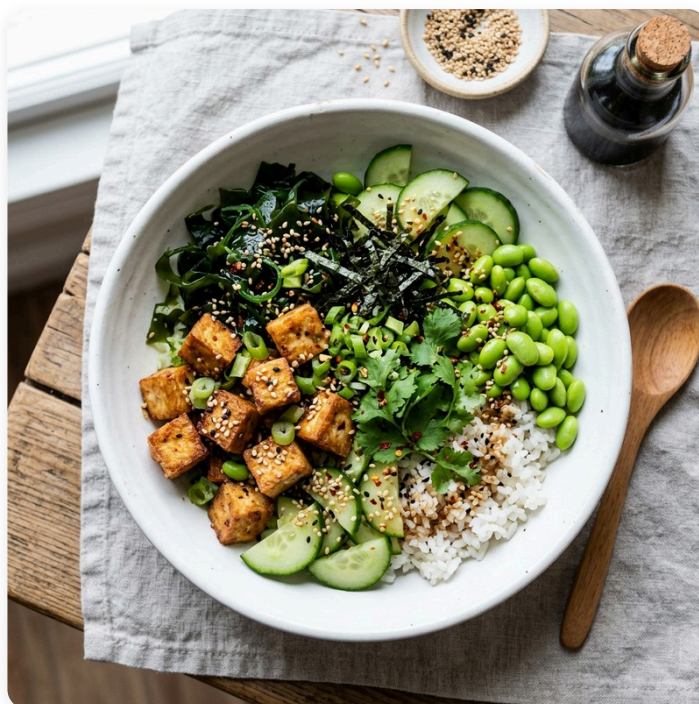
1. In a pot, bring 1.4 cup (336 ml) of bone broth to a boil, then add 0.7 cup (126 g) of rinsed quinoa.
2. Reduce heat, cover, and simmer for 15 minutes until quinoa is fluffy.
3. While quinoa cooks, steam 0.7 cup (168 ml) of broccoli florets and 0.4 cup (84 ml) of shredded carrot until tender.
4. Combine quinoa with vegetables and drizzle with 1.4 tsp (7 ml) olive oil; season with salt and pepper to taste.

8. Sesame & Seaweed Salad with Tofu

This unique salad features tofu for protein and calcium, seaweed for trace minerals, and sesame seeds for healthy fats, making it a great choice for supporting bone density and overall health.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	12 min
Calories	465 kcal
Protein	37g
Carbs	19g
Fats	31g



Ingredients

Firm tofu, cubed	1.6 cup / 372 g
Dried seaweed (wakame), soaked	0.4 cup / 23.3 g
Sesame seeds	3.1 tbsp / 46.5 g
Soy sauce (low sodium)	1.6 tbsp / 23.3 ml
Rice vinegar	1.6 tbsp / 23.3 ml

Instructions

1. In a hot skillet over medium heat, lightly sauté 1.6 cup (372 g) cubed firm tofu until golden, about 5 minutes.
2. In a bowl, combine soaked 0.4 cup (23.3 g) dried seaweed and 3.1 tbsp (46.5 g) sesame seeds.
3. Add the sautéed tofu, drizzle with 1.6 tbsp (23.3 ml) low-sodium soy sauce and 1.6 tbsp (23.3 ml) rice vinegar; toss to combine.

9. Spiced Chickpea & Sweet Potato Hash

This hearty hash blends vitamin A-rich sweet potatoes with protein-packed chickpeas, supporting immune resilience. An excellent choice for women over 40 looking to maintain energy levels.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	10 min
Calories	495 kcal
Protein	20g
Carbs	74g
Fats	17g



Ingredients

Sweet potato	1.5 medium / 1.5 medium
Canned chickpeas	0.8 cup / 198 ml
Olive oil	1.7 tbsp / 24.8 ml
Cumin	1.7 tsp / 8.3 g
Paprika	1.7 tsp / 8.3 g

Instructions

1. In a skillet, heat 1.7 tbsp (24.8 ml) olive oil over medium heat. Add 1.5 medium diced sweet potato and cook for about 10 minutes until softened.
2. Stir in 0.8 cup (198 ml) rinsed chickpeas, 1.7 tsp (8.3 g) cumin, and 1.7 tsp (8.3 g) paprika. Cook for another 5-7 minutes until heated through.

Day 4

3 meals · 1,444 calories

BREAKFAST	Sweet Potato & Spinach Frittata	420 kcal
LUNCH	Quinoa & Edamame Salad with Lemon Dressing	496 kcal
DINNER	Cauliflower Rice Stir-Fry with Shrimp & Veggies	528 kcal

Protein: 106g Carbs: 145g Fats: 59g

10. Sweet Potato & Spinach Frittata

This hearty frittata combines magnesium-rich sweet potatoes and spinach, aiding in muscle relaxation and better sleep quality. Eggs provide a high-quality protein source to support muscle health for women over 40.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	10 min
Calories	420 kcal
Protein	28g
Carbs	42g
Fats	17g



Ingredients

Sweet potato	1.5 small /
Fresh spinach	1.4 cup / 336 ml
Eggs	4.2 large /
Olive oil	1.4 tbsp / 21 ml
Salt and pepper	to taste /

Instructions

1. Preheat the oven to 350°F (175°C).
2. In an oven-safe skillet, heat 1.4 tbsp (21 ml) olive oil over medium heat. Add cubed sweet potato and cook until tender, about 10 minutes.
3. Add chopped spinach and sauté until wilted, about 4.2 minutes. Pour in beaten eggs and season with salt and pepper.
4. Transfer the skillet to the oven and bake for 10 minutes or until the eggs are set.

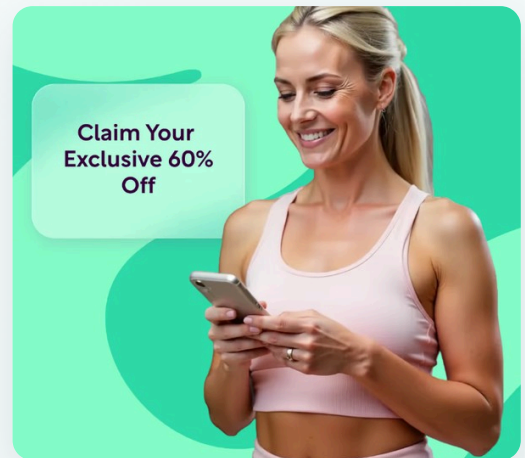
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11. Quinoa & Edamame Salad with Lemon Dressing

This refreshing salad combines quinoa and edamame for a protein-packed, fiber-rich meal. The healthy fats from olive oil and the vibrant veggies promote heart health.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	12 min
Calories	496 kcal
Protein	28g
Carbs	78g
Fats	16g



Ingredients

Cooked quinoa	1.6 cup / 372 ml
Shelled edamame	0.8 cup / 186 ml
Chopped cucumber	0.8 cup / 186 ml
Olive oil	1.6 tbsp / 23.3 ml
Lemon juice	1.6 tbsp / 23.3 ml

Instructions

1. In a bowl, combine 1.6 cup (372 ml) cooked quinoa, 0.8 cup (186 ml) shelled edamame, and 0.8 cup (186 ml) chopped cucumber.
2. Drizzle with 1.6 tbsp (23.3 ml) olive oil and 1.6 tbsp (23.3 ml) lemon juice. Toss to combine.

12. Cauliflower Rice Stir-Fry with Shrimp & Veggies

This colorful stir-fry combines cauliflower rice and shrimp for a low-carb meal high in protein and omega-3s that supports thyroid function and metabolic health.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	18 min
Calories	528 kcal
Protein	50g
Carbs	25g
Fats	26g



Ingredients

Cauliflower rice	1.7 cup / 396 ml
Shrimp, peeled and deveined	6.6 oz / 189.8 g
Mixed vegetables (bell peppers, peas, carrots)	1.7 cup / 396 ml
Soy sauce (low sodium)	1.7 tbsp / 24.8 ml
Olive oil	1.7 tbsp / 24.8 ml

Instructions

1. In a skillet, heat olive oil over medium heat and add shrimp. Cook until pink, about 5 minutes.
2. Add mixed vegetables and cauliflower rice, cooking until tender, about 5 minutes.
3. Drizzle with soy sauce before serving.

Day 5

3 meals · 1,491 calories

BREAKFAST Savory Oatmeal with Spinach & Egg **420 kcal**

LUNCH Quinoa Power Bowl with Sweet Potatoes and Spinach **543 kcal**

DINNER Ginger Infused Quinoa & Kale Stir-Fry **528 kcal**

Protein: 91g Carbs: 177g Fats: 50g

13. Savory Oatmeal with Spinach & Egg

This savory oatmeal is fortified with spinach and a poached egg, providing essential nutrients such as magnesium and vitamin D to support bone health. Oats also offer fiber for digestive health.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	5 min
Calories	420 kcal
Protein	28g
Carbs	56g
Fats	14g



Ingredients

Rolled oats	0.7 cup / 168 ml
Water	1.4 cup / 336 ml
Fresh spinach	1.4 cup / 336 ml
Egg	1.5 large / 1.5 large
Salt and pepper	to taste / to taste

Instructions

1. In a saucepan, bring 1.4 cup (336 ml) of water to a boil. Add 0.7 cup (168 ml) of rolled oats and cook for 5 minutes.
2. In the last minute of cooking, stir in 1.4 cup (336 ml) of chopped spinach until wilted.
3. While the oats are cooking, poach 1.5 large egg in a separate pot of simmering water. Serve the oatmeal topped with the poached egg, and season with salt and pepper to taste.

14. Quinoa Power Bowl with Sweet Potatoes and Spinach

This nutrient-dense quinoa power bowl is packed with protein and fiber, ideal for women over 40 looking to support hormone balance and bone health. The combination of sweet potatoes, spinach, and legumes provides essential vitamins and minerals, while healthy fats enhance heart health.

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
Sweet potato, diced	1.5 medium / 232.5 g
Spinach, fresh	3.1 cups / 93 g
Canned chickpeas, rinsed and drained	0.8 cup / 186 g
Olive oil	1.6 tablespoon / 23.3 ml
Lemon juice	1.6 tablespoon / 23.3 ml
Ground flaxseed	1.6 tablespoon / 15.5 g
Salt	to taste / to taste
Black pepper	to taste / to taste

Instructions

1. Step 1: Rinse and cook the quinoa according to package instructions (typically 15 minutes). Use 1 cup of water for every 0.8 cup of quinoa.
2. Step 2: While the quinoa is cooking, heat olive oil in a pan over medium heat. Add diced sweet potato and cook for 5 minutes until slightly tender.
3. Step 3: Add spinach and chickpeas to the pan with sweet potato, cooking until the spinach wilts (about 2-3 minutes).
4. Step 4: Once the quinoa is cooked, fluff it with a fork and combine it with the sweet potato, spinach, and chickpeas mixture.
5. Step 5: Drizzle with lemon juice, season with salt and pepper, and sprinkle ground flaxseed on top before serving.

15. Ginger Infused Quinoa & Kale Stir-Fry

This plant-based dish combines quinoa, rich in protein and fiber, with kale, a powerhouse of nutrients and antioxidants. Infused with ginger, it provides anti-inflammatory benefits while supporting digestion.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	1 min
Calories	528 kcal
Protein	20g
Carbs	74g
Fats	17g



Ingredients

Cooked quinoa	1.7 cup / 396 ml
Kale, chopped	1.7 cup / 49.5 g
Fresh ginger, grated	1.7 tsp / 8.3 g
Garlic, minced	1.5 clove / 1.5 clove
Olive oil	1.7 tbsp / 24.8 ml
Low-sodium vegetable broth	0.4 cup / 99 ml

Instructions

1. In a skillet, heat olive oil over medium heat. Add garlic and ginger, sauté for 1 minute.
2. Add chopped kale and vegetable broth, stirring until kale is wilted (about 3-4 minutes).
3. Stir in cooked quinoa and mix well. Cook for an additional 2 minutes until heated through.
4. Season with salt and pepper to taste before serving.

Day 6

3 meals · 1,491 calories

BREAKFAST Fortified Oatmeal with Eggs and Almonds **420 kcal**

LUNCH Black Bean and Quinoa Stuffed Peppers **543 kcal**

DINNER Herbed Quinoa Bowl with Grilled Vegetables **528 kcal**

Protein: 76g Carbs: 203g Fats: 46g

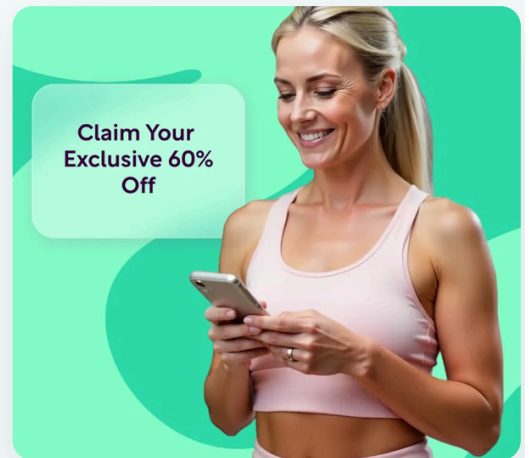
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16. Fortified Oatmeal with Eggs and Almonds

This warming bowl of fortified oats topped with eggs and almonds offers a balanced breakfast rich in vitamin D and protein, essential for maintaining bone health and energy levels.

Nutrition Information

Servings	1
Prep Time	9 min
Cook Time	5 min
Calories	420 kcal
Protein	28g
Carbs	42g
Fats	17g



Ingredients

fortified oatmeal	0.7 cup / 56 g
large egg	1.4 large / 1.5 large
sliced almonds	2.8 tbsp / 42 ml
water or milk of choice	1.4 cup / 336 ml

Instructions

1. In a small pot, bring water or milk to a boil. Stir in the fortified oatmeal and reduce to a simmer for 5 minutes.
2. Meanwhile, boil or poach the egg to your liking.
3. Serve the oatmeal in a bowl, top with the egg and sliced almonds.

17. Black Bean and Quinoa Stuffed Peppers

These stuffed peppers are a delicious way to pack in fiber and protein, essential for energy and muscle health in women over 40. The blend of black beans, quinoa, and spices also provides anti-inflammatory benefits.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	30 min
Calories	543 kcal
Protein	28g
Carbs	78g
Fats	12g



Ingredients

Bell pepper, halved	1.6 medium / 1.6g
Cooked quinoa	0.8 cup / 186 g
Canned black beans, rinsed	0.8 cup / 186 g
Olive oil	1.6 tbsp / 23.3 ml
Cumin	1.6 tsp / 7.8 g
Chili powder	0.8 tsp / 3.1 g
Salt and pepper to taste	to taste / to taste

Instructions

1. Preheat oven to 375°F (190°C).
2. In a bowl, mix cooked quinoa, black beans, olive oil, cumin, chili powder, salt, and pepper.
3. Stuff the pepper halves with the mixture, place in a baking dish, and bake for 25-30 minutes until the peppers are tender.

18. Herbed Quinoa Bowl with Grilled Vegetables

This vegetarian bowl features quinoa and grilled vegetables, drizzled with a lemon-herb dressing, offering a nutritious, anti-inflammatory meal option full of fiber.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	19 min
Calories	528 kcal
Protein	20g
Carbs	83g
Fats	17g



Ingredients

Cooked quinoa	1.7 cup / 396 ml
Zucchini, sliced	0.8 cup / 198 ml
Bell pepper, sliced	0.8 cup / 198 ml
Olive oil	1.7 tbsp / 24.8 ml
Lemon juice	3.3 tbsp / 49.5 ml
Fresh herbs (parsley, basil, etc.)	0.4 cup / 99 ml
Salt and pepper	to taste / to taste

Instructions

1. Preheat grill or grill pan over medium heat.
2. Toss sliced zucchini and bell pepper in olive oil, salt, and pepper.
3. Grill the vegetables for about 5-7 minutes until tender.
4. In a bowl, combine cooked quinoa, grilled vegetables, lemon juice, and fresh herbs. Toss to combine.

Day 7

3 meals · 1,552 calories

BREAKFAST	Savory Breakfast Quinoa with Spinach and Feta	448 kcal
LUNCH	Curried Quinoa Salad with Chickpeas and Mango	543 kcal
DINNER	Steamed Asian Dumplings with Broth	561 kcal

Protein: 109g Carbs: 172g Fats: 56g

19. Savory Breakfast Quinoa with Spinach and Feta

Quinoa is a complete protein and helps maintain muscle mass, while spinach adds iron for energy and vitality. Feta cheese provides calcium to support bone health during menopause.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	448 kcal
Protein	25g
Carbs	42g
Fats	20g



Ingredients

Quinoa, cooked	1.4 cup / 336 ml
Spinach	1.4 cup / 42 g
Feta cheese, crumbled	0.4 cup / 42 g
Olive oil	1.4 tsp / 7 ml
Salt and pepper	to taste / to taste

Instructions

1. In a skillet, heat 1.4 tsp (7 ml) olive oil over medium heat. Add spinach and sauté for 2 minutes until wilted.
2. Stir in the cooked quinoa, season with salt and pepper, and mix well.
3. Top with crumbled feta and serve warm.

20. Curried Quinoa Salad with Chickpeas and Mango

This refreshing salad combines protein-rich quinoa and chickpeas with the sweetness of mango, making it both satisfying and nourishing. The spices offer anti-inflammatory benefits and aid digestion, crucial for women experiencing hormonal changes.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	543 kcal
Protein	34g
Carbs	84g
Fats	16g



Ingredients

Quinoa, cooked	1.6 cup / 372 ml
Chickpeas, canned, rinsed	0.8 cup / 186 ml
Mango, diced	0.8 cup / 186 ml
Olive oil	1.6 tbsp / 23.3 ml
Curry powder	1.6 tsp / 7.8 g
Fresh cilantro	1.6 tbsp / 23.3 ml
Lime juice	1.6 tbsp / 23.3 ml

Instructions

1. In a large bowl, combine 1.6 cup (372 ml) cooked quinoa, 0.8 cup (186 ml) rinsed chickpeas, and 0.8 cup (186 ml) diced mango.
2. In a small bowl, whisk together 1.6 tbsp (23.3 ml) olive oil, 1.6 tsp (7.8 g) curry powder, and 1.6 tbsp (23.3 ml) lime juice. Pour over the salad and toss well.
3. Garnish with chopped cilantro before serving.

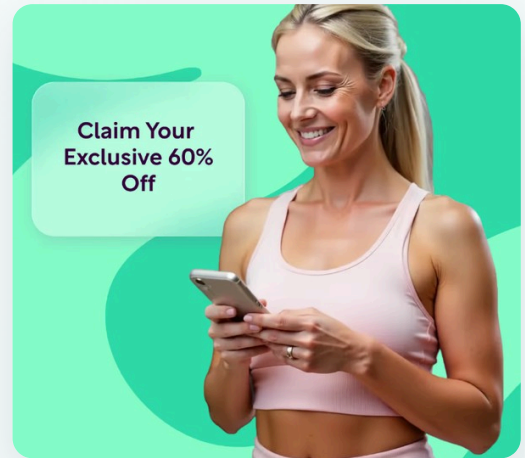
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21. Steamed Asian Dumplings with Broth

Enjoy these light and flavorful steamed dumplings served in a nourishing broth, perfect for supporting hormone balance and heart health. Packed with protein and healthy fats, this dish is designed to meet the nutritional needs of women over 40, promoting overall wellness.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	561 kcal
Protein	50g
Carbs	46g
Fats	20g



Ingredients

Ground chicken or turkey	13.2 oz / 371.3 g
Shredded cabbage	1.7 cup / 148.5 g
Chopped green onions	0.4 cup / 41.3 g
Fresh ginger, grated	1.7 tablespoon / 24.8 g
Soy sauce (low sodium)	3.3 tablespoons / 49.5 ml
Dumpling wrappers (whole wheat or rice)	20 pieces / 20 pieces
Low-sodium chicken broth	3.3 cups / 792 ml
Sesame oil	1.7 teaspoon / 8.3 ml
Fresh cilantro, chopped	3.3 tablespoons / 16.5 g

Instructions

1. In a mixing bowl, combine ground chicken or turkey, shredded cabbage, chopped green onions, grated ginger, and soy sauce. Mix well until all ingredients are evenly incorporated.
2. Place about 1.7 tablespoon of the filling in the center of each dumpling wrapper. Fold and seal the dumplings by pleating the edges together.
3. In a steamer basket, arrange the dumplings in a single layer and steam over boiling water for about 10 minutes until cooked through.
4. While dumplings are steaming, heat the chicken broth in a pot and add sesame oil. Bring to a gentle simmer.
5. Serve the steamed dumplings in bowls, ladling the hot broth over them. Garnish with fresh cilantro.

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