

7-Day Healthy Weight Gain Diet Plan PDF

Nourish your body with a targeted meal plan for healthy weight gain.

This 7-Day Healthy Weight Gain Diet Plan includes 21 nutritious recipes designed to help you gain weight in a healthy way. Ideal for women seeking to increase their calorie intake without compromising on nutrition. Discover how to enjoy delicious meals while achieving your weight goals!

DAILY NUTRITION OVERVIEW

DAY	CALORIES	PROTEIN	CARBS	FATS
Day 1	1,809	113g	222g	56g
Day 2	1,824	113g	182g	78g
Day 3	1,824	110g	205g	70g
Day 4	1,840	138g	192g	60g
Day 5	1,840	106g	219g	76g
Day 6	1,840	135g	178g	65g
Day 7	1,854	123g	154g	84g
Avg	1,833	120g	193g	70g

CALORIE DISTRIBUTION



Nourish Your Body, Transform Your Health

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Need a plan that fits your goals? Reverse Health creates personalized meal plans based on your body, preferences, and lifestyle. [Get started at reverse.health](https://reverse.health)



21 Recipes

7-day meal plan



120g Protein

Daily average



1,833 cal/day

Daily average



Macro Balanced

193g C / 70g F avg

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Day 1

3 meals · 1,809 calories

BREAKFAST	Berry Quinoa Pancakes with Greek Yogurt	560 kcal
LUNCH	Thai Chicken & Mango Salad	605 kcal
DINNER	Spicy Chickpea and Sweet Potato Stew	644 kcal

Protein: 113g Carbs: 222g Fats: 56g

1. Berry Quinoa Pancakes with Greek Yogurt

These fluffy pancakes are high in protein and fiber, making them a filling breakfast that supports energy levels and keeps you satisfied throughout the morning.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	8 min
Calories	560 kcal
Protein	34g
Carbs	70g
Fats	14g



Ingredients

Cooked quinoa	0.7 cup / 168 ml
Whole wheat flour	0.4 cup / 42 g
Baking powder	1.4 tsp / 7 g
Egg	1.5 large / 1.5 large

Mixed berries

0.7 cup / 168 ml

Greek yogurt

0.4 cup / 84 ml

Instructions

1. In a bowl, mix 0.7 cup (168 ml) cooked quinoa, 0.4 cup (42 g) whole wheat flour, 1.4 tsp (7 g) baking powder, and 1 beaten egg until combined.
2. Fold in 0.7 cup (168 ml) mixed berries gently.
3. Cook on a heated non-stick skillet for 2-3 minutes per side until golden. Serve topped with 0.4 cup (84 ml) Greek yogurt.

2. Thai Chicken & Mango Salad

This refreshing salad combines grilled chicken with sweet mango and crunchy vegetables, offering a balance of protein and healthy fats. The lime dressing is hydrating and cooling, perfect for menopause symptom relief.

Nutrition Information

Servings	1
Prep Time	17 min
Cook Time	12 min
Calories	605 kcal
Protein	43g
Carbs	53g
Fats	25g



Ingredients

grilled chicken breast, sliced	6.2 oz / 170.5 g
mango, diced	0.8 cup / 186 ml
mixed greens (spinach, romaine)	3.1 cups / 744 ml
carrot, shredded	0.4 cup / 93 ml
red bell pepper, sliced	0.8 cup / 186 ml
lime juice	1.6 tbsp / 23.3 ml
fish sauce	1.6 tbsp / 23.3 ml
olive oil	1.6 tbsp / 23.3 ml
chopped cilantro	3.1 tbsp / 46.5 ml

Instructions

1. In a bowl, combine mixed greens, diced mango, carrot, and bell pepper.
2. Top the salad with sliced grilled chicken.
3. In a small bowl, whisk together lime juice, fish sauce, and olive oil, then drizzle over the salad.

3. Spicy Chickpea and Sweet Potato Stew

This hearty stew is loaded with fiber and protein, essential for digestive health and muscle preservation. Sweet potatoes provide beta-carotene and complex carbs, offering a steady energy supply to combat fatigue.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	20 min
Calories	644 kcal
Protein	36g
Carbs	99g
Fats	17g



Ingredients

Sweet potato, diced	1.5 medium / 247.5 g
Chickpeas, canned, rinsed	0.8 cup / 198 ml
Diced tomatoes, canned	0.8 cup / 198 ml
Vegetable broth	1.7 cup / 396 ml
Cumin	1.7 tsp / 8.3 g
Cayenne pepper	0.4 tsp / 1.7 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. Add 1.5 medium diced sweet potato and sauté for 5 minutes.
2. Add 0.8 cup (198 ml) rinsed chickpeas, 0.8 cup (198 ml) diced tomatoes, and 1.7 cup (396 ml) vegetable broth, along with 1.7 tsp (8.3 g) cumin and 0.4 tsp (1.7 g) cayenne pepper. Simmer for 20 minutes until sweet potatoes are tender.
3. Serve hot.

Day 2

3 meals · 1,824 calories

BREAKFAST	Tropical Protein Bliss Bowl	560 kcal
LUNCH	Spicy Quinoa and Black Bean Bowl	620 kcal
DINNER	Tom Kha Gai with Mushrooms and Tofu	644 kcal

Protein: 113g Carbs: 182g Fats: 78g

4. Tropical Protein Bliss Bowl

This vibrant bowl combines tropical fruits with high-protein yogurt and nuts, supporting energy levels and offering vitamins for bone health. The coconut adds a delicious flair while providing healthy fats.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	8 min
Calories	560 kcal
Protein	42g
Carbs	56g
Fats	21g



Ingredients

Frozen mango chunks	1.4 cup / 336 ml
Greek yogurt	0.7 cup / 168 ml
Coconut milk	0.7 cup / 168 ml
Hemp seeds	2.8 tbsp / 42 g
Sliced almonds	2.8 tbsp / 42 g
Desiccated coconut	1.4 tbsp / 21 g

Instructions

1. Combine 1.4 cup (336 ml) frozen mango chunks, 0.7 cup (168 ml) Greek yogurt, and 0.7 cup (168 ml) coconut milk in a blender. Blend until smooth.
2. Pour the smoothie mixture into a bowl and top with 2.8 tbsp (42 g) sliced almonds, 2.8 tbsp (42 g) hemp seeds, and 1.4 tbsp (21 g) desiccated coconut.

5. Spicy Quinoa and Black Bean Bowl

This hearty bowl combines protein-rich quinoa and black beans, providing a complete protein source and fiber to support a healthy digestive system. The spices used in this dish also help with metabolism and provide anti-inflammatory benefits.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	20 min
Calories	620 kcal
Protein	31g
Carbs	93g
Fats	16g



Ingredients

Cooked quinoa	1.6 cup / 372 ml
Canned black beans	0.8 cup / 186 ml
Red bell pepper	0.8 medium / 0.8g
Cumin powder	1.6 tsp / 6.2 g
Chili powder	0.8 tsp / 3.1 g
Olive oil	1.6 tbsp / 23.3 ml

Instructions

1. In a skillet, heat 1.6 tbsp (23.3 ml) olive oil over medium heat, add chopped bell pepper, and sauté for 5 minutes.
2. Add 0.8 cup (186 ml) black beans, 1.6 cup (372 ml) quinoa, cumin, and chili powder; stir well and heat through.
3. Serve warm.

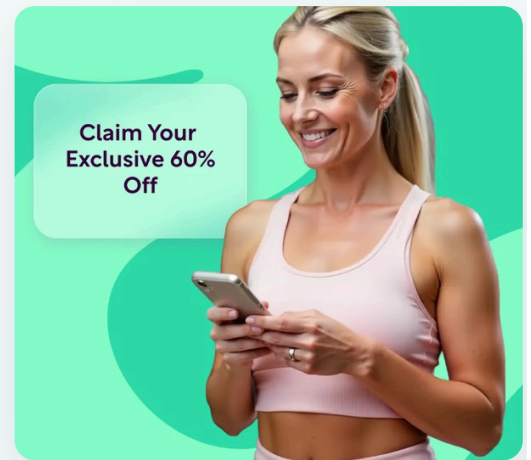
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6. Tom Kha Gai with Mushrooms and Tofu

A warming Thai coconut soup enriched with tofu, which is high in protein and phytoestrogens, assisting with hormone regulation. Contains mushrooms rich in antioxidants to combat inflammation, making it great for women over 40.

Nutrition Information

Servings	1
Prep Time	17 min
Cook Time	18 min
Calories	644 kcal
Protein	40g
Carbs	33g
Fats	41g



Ingredients

coconut milk	1.5 can (13.5oz) / 660 ml
vegetable broth	3.3 cups / 792 ml
tofu, cubed	1.7 cup / 412.5 g
mushrooms, sliced	1.7 cup / 247.5 g
galangal or ginger, thinly sliced	1.7 inch / 1.7 inch
lemongrass, bruised	1.5 stalk / 1.5 stalk
lime juice	3.3 tbsp / 49.5 ml
cilantro, for garnish	0.4 cup / 24.8 g
salt	to taste /

Instructions

1. In a pot, combine 1 can (660 ml) coconut milk and 3.3 cups (792 ml) vegetable broth. Bring to a simmer.
2. Add 1.7 cup (412.5 g) cubed tofu, 1.7 cup (247.5 g) sliced mushrooms, 1.7 inch of sliced galangal or ginger, and bruised stalk of lemongrass.
3. Simmer for 10-15 minutes. Stir in 3.3 tbsp (49.5 ml) lime juice and season with salt to taste. Serve garnished with cilantro.

Day 3

3 meals · 1,824 calories

BREAKFAST	Chocolate Almond Dream Bowl	560 kcal
LUNCH	Creamy Mushroom and Barley Risotto	620 kcal
DINNER	Jamaican Jerk Chicken & Veggie Sheet Pan	644 kcal

Protein: 110g Carbs: 205g Fats: 70g

7. Chocolate Almond Dream Bowl

A deliciously indulgent bowl that satisfies chocolate cravings while providing a protein punch. The cacao powder is high in antioxidants, while the almond milk and nuts support heart health.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	8 min
Calories	560 kcal
Protein	42g
Carbs	63g
Fats	21g



Ingredients

Banana (frozen)	1.5 medium / 1.5 medium
Cacao powder	2.8 tbsp / 21 g
Almond milk (unsweetened)	0.7 cup / 168 ml
Protein powder (chocolate flavor)	1.5 scoop / 42 g
Chopped almonds	2.8 tbsp / 42 g

Instructions

1. Blend 1 frozen banana, 2.8 tbsp (21 g) cacao powder, 0.7 cup (168 ml) almond milk, and 1.5 scoop (42 g) protein powder until smooth.
2. Pour into a bowl and top with 2.8 tbsp (42 g) chopped almonds and a drizzle of almond butter.

8. Creamy Mushroom and Barley Risotto

This risotto is rich in fiber from barley and provides a hearty meal that supports digestive health, making it especially beneficial for women over 40. The mushrooms add vitamin D and antioxidants, contributing to bone health.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	25 min
Calories	620 kcal
Protein	22g
Carbs	109g
Fats	16g



Ingredients

Pearl barley	0.8 cup / 155 g
Mushrooms, sliced	1.6 cup / 232.5 g
Vegetable broth	4.7 cups / 1116 ml
Onion, diced	0.8 cup / 116.3 g
Olive oil	1.6 tbsp / 23.3 ml
Salt and pepper	to taste / to taste

Instructions

1. In a pot, heat olive oil over medium heat and sauté onion until translucent.
2. Add mushrooms and cook until soft, then stir in pearl barley.
3. Gradually add vegetable broth, one cup at a time, stirring often until the barley is cooked (about 20-25 minutes).
4. Season with salt and pepper before serving.

9. Jamaican Jerk Chicken & Veggie Sheet Pan

This flavorful sheet pan meal features jerk chicken, providing lean protein and spices that may help alleviate menopause symptoms. The combination of vegetables boosts fiber intake and provides antioxidants essential for overall health.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	20 min
Calories	644 kcal
Protein	46g
Carbs	33g
Fats	33g



Ingredients

Boneless chicken thighs, seasoned with jerk seasoning	1.7 cup / 247.5 g
Zucchini, sliced	1.7 cup / 247.5 g
Red bell pepper, sliced	0.8 cup / 123.8 g
Red onion, cut into wedges	0.8 cup / 123.8 g
Olive oil	1.7 tbsp / 24.8 ml

Instructions

1. Preheat oven to 425°F (220°C) and toss chicken and vegetables with olive oil on a sheet pan.
2. Roast for 20 minutes or until chicken is cooked through and vegetables are tender.
3. Serve hot and enjoy the spicy flavors.

Day 4

3 meals · 1,840 calories

BREAKFAST Blueberry Almond Power Bowl **560 kcal**

LUNCH Smoked Herring and Quinoa Bowl **620 kcal**

DINNER Loaded Sweet Potato with Turkey and Greens **660 kcal**

Protein: 138g Carbs: 192g Fats: 60g

10. Blueberry Almond Power Bowl

Packed with blueberries high in antioxidants and almonds rich in healthy fats, this bowl supports heart health while providing sustained energy. The addition of Greek yogurt boosts protein to maintain muscle mass.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	8 min
Calories	560 kcal
Protein	41g
Carbs	56g
Fats	22g



Ingredients

Frozen blueberries	1.4 cup / 336 ml
Greek yogurt (plain, unsweetened)	1.4 cup / 336 ml
Almond butter	2.8 tbsp / 42 g
Chia seeds	1.4 tbsp / 21 g
Honey or maple syrup	1.4 tbsp / 21 ml
Almonds (sliced)	2.8 tbsp / 42 g
Fresh blueberries	0.4 cup / 84 ml

Instructions

1. In a blender, combine 1.4 cup (336 ml) frozen blueberries, 1.4 cup (336 ml) Greek yogurt, 2.8 tbsp (42 g) almond butter, 1.4 tbsp (21 g) chia seeds, and 1.4 tbsp (21 ml) honey. Blend until smooth.
2. Pour the smoothie into a bowl and top with 2.8 tbsp (42 g) sliced almonds and 0.4 cup (84 ml) fresh blueberries.
3. Enjoy immediately for the best flavor and texture.

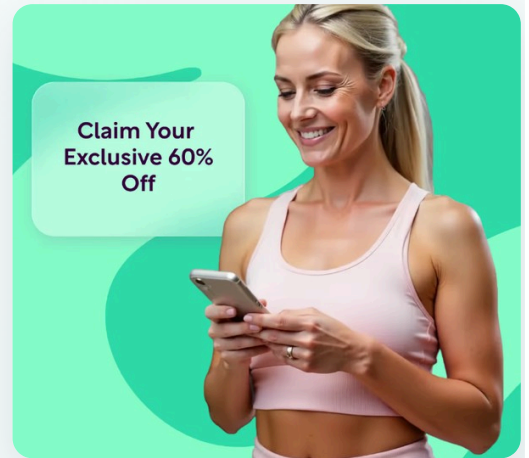
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11. Smoked Herring and Quinoa Bowl

Smoked herring is an excellent source of omega-3 fatty acids and vitamin D, crucial for bone health and hormone balance in women over 40. Combined with quinoa, this dish offers a complete protein source for sustained energy and muscle support.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	620 kcal
Protein	47g
Carbs	62g
Fats	23g



Ingredients

Cooked quinoa	1.6 cup / 372 ml
Smoked herring fillet	6.2 oz / 175.2 g
Cucumber, diced	0.8 cup / 116.3 g
Cherry tomatoes, halved	0.8 cup / 116.3 g
Olive oil	1.6 tbsp / 23.3 ml
Lemon juice	1.6 tbsp / 23.3 ml
Fresh parsley, chopped	1.6 tbsp / 23.3 g

Instructions

1. In a mixing bowl, combine cooked quinoa, diced cucumber, cherry tomatoes, olive oil, lemon juice, and parsley.
2. Flake the smoked herring and gently mix it into the quinoa bowl.
3. Serve immediately.

12. Loaded Sweet Potato with Turkey and Greens

This hearty dish combines a sweet potato with lean turkey and nutritious greens for a meal rich in fiber and protein, perfect for hormone balance. The sweet potato provides complex carbs for sustained energy while the combination of ingredients boosts metabolism.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	30 min
Calories	660 kcal
Protein	50g
Carbs	74g
Fats	15g



Ingredients

Sweet potato, medium	1.7 medium / 1.7g
Ground turkey	6.6 oz / 186.5 g
Kale or spinach, chopped	1.7 cup / 49.5 g
Olive oil	1.7 tbsp / 24.8 ml
Salt and pepper to taste	to taste / to taste

Instructions

1. Preheat the oven to 400°F (200°C). Poke holes in 1.7 medium sweet potato with a fork and bake for 25-30 minutes until soft.
2. In a skillet, heat 1.7 tbsp (24.8 ml) of olive oil over medium heat and add 6.6 oz (186.5 g) of ground turkey; cook until browned, about 6-8 minutes.
3. Add 1.7 cup (49.5 g) of chopped kale or spinach to the turkey and cook for another 2-3 minutes until wilted.
4. Slice the baked sweet potato and fill with the turkey and greens mixture. Season with salt and pepper to taste.

Day 5

3 meals · 1,840 calories

BREAKFAST Nourishing Vegetable Omelet with Avocado Toast **560 kcal**

LUNCH Roasted Vegetable Salad with Quinoa and Lemon Tahini Dressing **620 kcal**

DINNER Mushroom & Pea Quinoa Risotto **660 kcal**

Protein: 106g Carbs: 219g Fats: 76g

13. Nourishing Vegetable Omelet with Avocado Toast

This hearty breakfast is designed to support hormone balance and bone health for women over 40. Packed with protein, healthy fats, and fiber, it provides sustained energy while promoting heart health and overall well-being.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	560 kcal
Protein	42g
Carbs	42g
Fats	31g



Ingredients

Eggs	4 large / 4 large
Spinach (fresh)	1.4 cup / 42 g
Mushrooms (sliced)	0.7 cup / 49 g
Tomatoes (diced)	0.7 cup / 105 g
Whole grain bread	1.5 slice / 42 g
Avocado (medium)	0.7 medium / 98 g
Olive oil	1.4 tablespoon / 21 ml
Salt	to taste / to taste
Pepper	to taste / to taste

Instructions

1. Step 1: In a non-stick skillet, heat the olive oil over medium heat. Add spinach, mushrooms, and tomatoes, cooking until softened, about 3-4 minutes.
2. Step 2: Whisk the eggs in a bowl and season with salt and pepper. Pour the eggs into the skillet over the vegetables, cooking until the edges set, then gently fold the omelet in half and cook for another 2-3 minutes until fully cooked.
3. Step 3: While the omelet cooks, toast the whole grain bread. Once toasted, mash the avocado on top and season with salt and pepper.
4. Step 4: Serve the omelet alongside the avocado toast for a balanced and nutritious breakfast.

14. Roasted Vegetable Salad with Quinoa and Lemon Tahini Dressing

This hearty salad combines nutrient-rich roasted vegetables with quinoa for a complete protein source, ideal for muscle maintenance. The lemon tahini dressing adds healthy fats, enhancing the absorption of fat-soluble vitamins.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	25 min
Calories	620 kcal
Protein	28g
Carbs	70g
Fats	28g



Ingredients

Mixed vegetables (bell peppers, carrots, zucchini)	3.1 cups / 744 ml
Quinoa, cooked	0.8 cup / 186 ml
Tahini	3.1 tbsp / 46.5 g
Lemon juice	1.6 tbsp / 23.3 ml
Olive oil	1.6 tbsp / 23.3 ml
Salt and pepper	to taste / to taste

Instructions

1. Preheat oven to 425°F (220°C). Toss chopped mixed vegetables with 1.6 tbsp (23.3 ml) olive oil, salt, and pepper; roast for 25 minutes.
2. In a small bowl, whisk together 3.1 tbsp (46.5 g) tahini and 1.6 tbsp (23.3 ml) lemon juice.
3. In a large bowl, combine roasted vegetables and 0.8 cup (186 ml) cooked quinoa. Drizzle with tahini dressing before serving.

15. Mushroom & Pea Quinoa Risotto

This creamy risotto is made with quinoa for a protein-packed meal, while mushrooms provide essential nutrients that support bone density. Peas add fiber and a touch of sweetness, making this dish a satisfying option for dinner.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	20 min
Calories	660 kcal
Protein	36g
Carbs	107g
Fats	17g



Ingredients

Quinoa	0.8 cup / 148.5 g
Mushrooms, sliced	1.7 cup / 148.5 g
Frozen peas	0.8 cup / 123.8 g
Vegetable broth	3.3 cups / 792 ml
Olive oil	1.7 tbsp / 24.8 ml
Onion, diced	0.8 cup / 123.8 g
Garlic, minced	3 cloves / 3 cloves

Instructions

1. In a pot, heat 1.7 tbsp (24.8 ml) olive oil over medium heat and sauté diced onion and garlic until translucent.
2. Add sliced mushrooms and cook until softened, about 5 minutes.
3. Stir in quinoa, vegetable broth, and bring to a simmer. Cook for about 15 minutes until quinoa is fluffy.
4. Fold in frozen peas and cook for an additional 2 minutes until heated through.

Day 6

3 meals · 1,840 calories

BREAKFAST Nutty Berry Greek Yogurt Bowl **560 kcal**

LUNCH Apple Walnut Chicken Salad **620 kcal**

DINNER Lentil and Spinach Stew **660 kcal**

Protein: 135g Carbs: 178g Fats: 65g

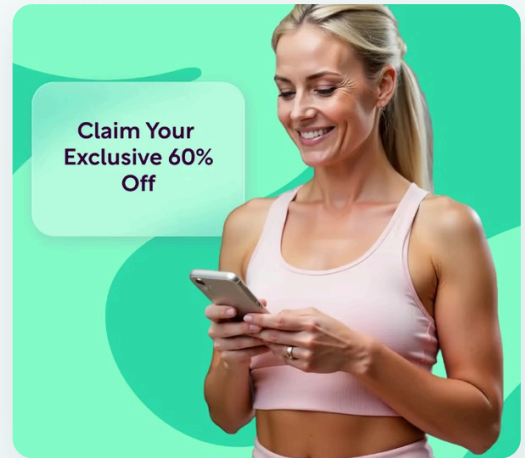
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16. Nutty Berry Greek Yogurt Bowl

This nutrient-dense breakfast bowl is designed to support hormone balance and bone health, making it ideal for women over 40. Packed with protein, fiber, and healthy fats, it provides sustained energy while promoting heart health.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	None
Calories	560 kcal
Protein	42g
Carbs	56g
Fats	17g



Ingredients

Greek yogurt	1.4 cup / 336 ml
protein powder (plant-based or whey)	1.5 scoop / 42 g
mixed berries (blueberries, strawberries, raspberries)	1.4 cup / 210 g
rolled oats	0.5 cup / 42 g
almond butter	1.4 tablespoon / 22.4 g

Instructions

1. In a mixing bowl, combine the Greek yogurt and protein powder until well blended.
2. Add the rolled oats and mixed berries to the yogurt mixture, stirring gently to combine.
3. Drizzle almond butter on top and enjoy your nutritious breakfast!

17. Apple Walnut Chicken Salad

This hearty salad combines lean chicken with crunchy walnuts and crisp apples, providing a boost of protein and healthy fats to support heart health. The fiber from apples and greens aids digestion and keeps you feeling full.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	620 kcal
Protein	47g
Carbs	39g
Fats	31g



Ingredients

Grilled chicken breast (diced)	6.2 oz / 175.2 g
Mixed greens	3.1 cups / 744 ml
Apple (diced)	0.8 medium / 0.8g
Walnuts (chopped)	3.1 tbsp / 46.5 g
Balsamic vinaigrette	3.1 tbsp / 46.5 ml

Instructions

1. In a bowl, combine 6.2 oz (175.2 g) of diced grilled chicken with 3.1 cups (744 ml) of mixed greens, 0.8 of a diced apple, and 3.1 tbsp (46.5 g) of chopped walnuts.
2. Drizzle with 3.1 tbsp (46.5 ml) of balsamic vinaigrette and toss to combine.
3. Serve immediately.

18. Lentil and Spinach Stew

This hearty stew is packed with protein from lentils and iron-rich spinach, making it ideal for maintaining energy levels during menopause. The spices add warmth and anti-inflammatory properties, aiding digestion.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	30 min
Calories	660 kcal
Protein	46g
Carbs	83g
Fats	17g



Ingredients

Cooked lentils	1.7 cup / 396 g
Spinach, chopped	1.7 cup / 49.5 g
Vegetable broth	3.3 cups / 792 ml
Olive oil	1.7 tbsp / 24.8 ml
Onion, chopped	0.8 medium / 115.5 g
Garlic, minced	3 cloves / 3 cloves
Cumin	1.7 tsp / 3.3 g
Salt	to taste / to taste
Black pepper	to taste / to taste

Instructions

1. In a pot, heat 1.7 tbsp (24.8 ml) olive oil over medium heat and sauté chopped onion and garlic until softened.
2. Add cooked lentils, spinach, vegetable broth, and cumin, bringing to a simmer.
3. Season with salt and pepper to taste and cook for 15-20 minutes until heated through.

Day 7

3 meals · 1,854 calories

BREAKFAST Mediterranean Egg & Quinoa Bowl **574 kcal**

LUNCH Thai Spiced Vegetable and Tofu Soup **620 kcal**

DINNER Rainbow Kale Salad with Grilled Chicken **660 kcal**

Protein: 123g Carbs: 154g Fats: 84g

19. Mediterranean Egg & Quinoa Bowl

Combining eggs with quinoa and Mediterranean vegetables offers a wholesome meal rich in protein and fiber. This bowl supports heart health and provides sustained energy levels, ideal for women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	10 min
Calories	574 kcal
Protein	34g
Carbs	49g
Fats	28g



Ingredients

Eggs	3 large / 3 large
Cooked quinoa	0.7 cup / 168 ml
Cherry tomatoes, halved	0.7 cup / 168 ml
Cucumber, diced	0.7 cup / 168 ml
Olive oil	1.4 tbsp / 21 ml
Salt	to taste / to taste
Pepper	to taste / to taste

Instructions

1. In a skillet, scramble 3 large eggs and season with salt and pepper.
2. In a bowl, combine 0.7 cup (168 ml) cooked quinoa, 0.7 cup (168 ml) halved cherry tomatoes, and 0.7 cup (168 ml) diced cucumber.
3. Top the quinoa mixture with the scrambled eggs and drizzle with 1.4 tbsp (21 ml) olive oil.

20. Thai Spiced Vegetable and Tofu Soup

A fragrant soup loaded with vegetables and tofu, this recipe is rich in protein and phytoestrogens to help balance hormones in women over 40. The spices also aid digestion and have anti-inflammatory properties, great for menopause relief.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	620 kcal
Protein	39g
Carbs	47g
Fats	31g



Ingredients

firm tofu, cubed

1.6 cup / 372 ml

Instructions

1. In a pot, heat 1 tbsp (15ml) coconut oil over medium heat.
2. Add 1.6 cup (372 ml) cubed tofu and sauté for 5 minutes until golden.
3. Stir in 2 cups (480ml) mixed vegetables (broccoli, bell peppers, carrots), 4 cups (960ml) vegetable broth, and 1 tbsp (15ml) Thai red curry paste. Simmer for 10 minutes.

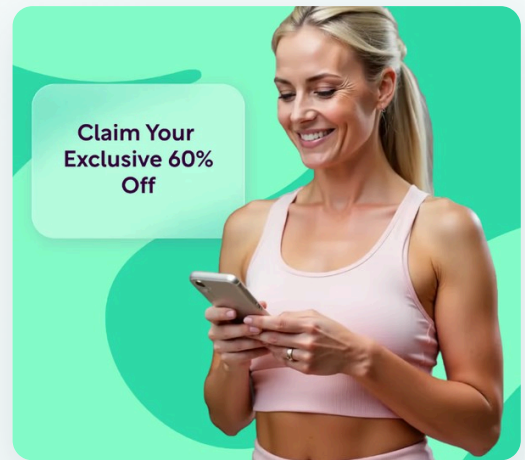
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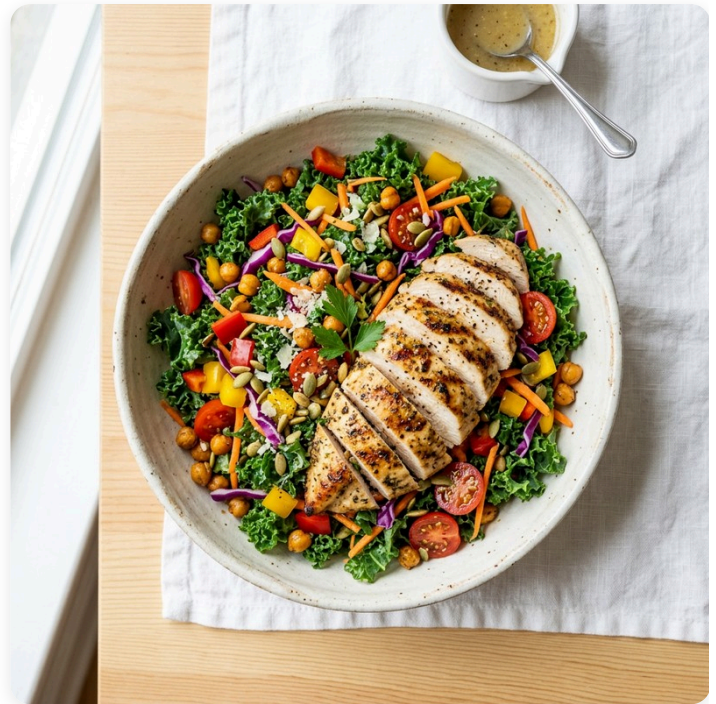


21. Rainbow Kale Salad with Grilled Chicken

This colorful kale salad features grilled chicken and vibrant vegetables, offering a rich source of protein and antioxidants that support heart and bone health. The combination of healthy fats and fiber helps to keep energy levels stable and promotes hormone balance, ideal for women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	660 kcal
Protein	50g
Carbs	58g
Fats	25g



Ingredients

Kale, chopped	3.3 cups / 792 ml
Grilled chicken breast, sliced	1.7 cup / 396 ml
Bell pepper, diced	0.8 medium / 0.8g
Carrots, grated	0.8 medium / 0.8g
Olive oil	1.7 tbsp / 24.8 ml
Balsamic vinegar	1.7 tbsp / 24.8 ml
Salt	to taste / to taste
Pepper	to taste / to taste

Instructions

1. In a large bowl, combine chopped kale, sliced grilled chicken, diced bell pepper, and grated carrots.
2. Drizzle with olive oil and balsamic vinegar, and season with salt and pepper.
3. Toss well and serve.



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