

7-Day Insulin Resistance Diet Plan for Women Over 40 PDF

Manage insulin resistance effectively with a specialized meal plan.

This 7-Day Insulin Resistance Diet Plan provides 21 recipes aimed at helping women over 40 manage insulin resistance. With a focus on balanced meals, this plan supports blood sugar control while delivering delicious options. Ideal for those looking to enhance their health through dietary choices.

DAILY NUTRITION OVERVIEW

DAY	CALORIES	PROTEIN	CARBS	FATS
Day 1	1,569	72g	157g	80g
Day 2	1,569	82g	148g	80g
Day 3	1,569	82g	147g	80g
Day 4	1,569	80g	165g	66g
Day 5	1,569	95g	177g	52g
Day 6	1,569	123g	155g	56g
Day 7	1,569	103g	153g	60g
Avg	1,569	91g	157g	68g

CALORIE DISTRIBUTION



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WHAT'S INSIDE

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Chickpea & Almond Stew with Spinach

Spinach & Almond Pesto Zoodles

Chia Seed Pudding with Berries and Almonds

Spicy Chickpea and Spinach Curry

Omega-3 Rich Quinoa Salad with Spinach and Chickpeas

Arugula & Roasted Beet Salad with Goat Cheese

Cinnamon Apple Oatmeal Bowl

Sarcopenia-Supporting Quinoa and Salmon Bowl

Hormone-Balancing Quinoa Bowl with Salmon

Walnut and Oat Breakfast Power Porridge

Mushroom and Spinach Stir-Fry with Quinoa

+ 9 more recipes inside

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21 Recipes

7-day meal plan



1,569 cal/day

Daily average



91g Protein

Daily average



Macro Balanced

157g C / 68g F avg

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Day 1

3 meals · 1,569 calories

BREAKFAST	Flaxseed & Berry Quinoa Bowl	448 kcal
LUNCH	Arugula & Roasted Beet Salad with Goat Cheese	543 kcal
DINNER	Chickpea & Almond Stew with Spinach	578 kcal

Protein: 72g Carbs: 157g Fats: 80g

1. Flaxseed & Berry Quinoa Bowl

Packed with protein and fiber, this quinoa bowl supports hormone balance and digestion, crucial for women over 40. The addition of flaxseed provides phytoestrogens, while berries add antioxidants to combat inflammation.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	448 kcal
Protein	17g
Carbs	59g
Fats	17g



Ingredients

Cooked quinoa	0.7 cup / 168 g
Flaxseed meal	2.8 tbsp / 42 g
Mixed berries (fresh or frozen)	0.7 cup / 105 g
Almonds, chopped	2.8 tbsp / 28 g

Almond milk

0.7 cup / 168 ml

Honey (optional)

1.4 tsp / 7 g

Instructions

1. In a bowl, combine 0.7 cup (168 g) cooked quinoa, 2.8 tbsp (42 g) flaxseed meal, and 0.7 cup (105 g) mixed berries.
2. Pour in 0.7 cup (168 ml) almond milk and mix well.
3. Top with 2.8 tbsp (28 g) chopped almonds and drizzle with honey if desired.

2. Arugula & Roasted Beet Salad with Goat Cheese

This refreshing salad features arugula and roasted beets, packed with antioxidants that help combat inflammation and support heart health. The addition of goat cheese adds creaminess and protein, beneficial for women over 40 to maintain bone density and muscle mass.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	30 min
Calories	543 kcal
Protein	22g
Carbs	39g
Fats	37g



Ingredients

Roasted beets, diced	0.8 cup / 186 ml
Arugula, fresh	3.1 cups / 744 ml
Goat cheese, crumbled	0.4 cup / 93 ml
Walnuts, chopped	0.4 cup / 93 ml
Olive oil	1.6 tbsp / 23.3 ml
Balsamic vinegar	1.6 tbsp / 23.3 ml
Salt	to taste / to taste
Pepper	to taste / to taste

Instructions

1. In a bowl, combine roasted beets and arugula.
2. Add crumbled goat cheese and chopped walnuts, then drizzle with olive oil and balsamic vinegar.
3. Season with salt and pepper, toss gently, and serve.

3. Chickpea & Almond Stew with Spinach

This hearty stew combines chickpeas and almonds for a protein-rich meal while spinach offers additional calcium. The spices provide anti-inflammatory benefits, perfect for managing menopause symptoms.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	18 min
Calories	578 kcal
Protein	33g
Carbs	59g
Fats	26g



Ingredients

Canned chickpeas, drained	1.7 cup / 396 ml
Spinach, chopped	3.3 cups / 792 ml
Almonds, slivered	0.4 cup / 99 ml
Canned diced tomatoes	1.7 cup / 396 ml
Cumin	1.7 tsp / 8.3 g
Olive oil	1.7 tbsp / 24.8 ml

Instructions

1. In a pot, heat 1.7 tbsp (24.8 ml) of olive oil over medium heat and add 1.7 tsp of cumin, cooking until fragrant.
2. Add 1.7 cup (396 ml) of canned chickpeas and 1.7 cup (396 ml) of diced tomatoes, simmering for 10 minutes.
3. Stir in 3.3 cups (792 ml) of chopped spinach and 0.4 cup (99 ml) of slivered almonds, cooking until spinach wilts.

Day 2

3 meals · 1,569 calories

BREAKFAST	Cinnamon Apple Oatmeal Bowl	448 kcal
LUNCH	Spinach & Almond Pesto Zoodles	543 kcal
DINNER	Sarcopenia-Supporting Quinoa and Salmon Bowl	578 kcal

Protein: 82g Carbs: 148g Fats: 80g

4. Cinnamon Apple Oatmeal Bowl

A warm and comforting oatmeal bowl, rich in fiber and nutrients, to support heart health and digestion. The cinnamon adds flavor while helping to regulate blood sugar levels.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	10 min
Calories	448 kcal
Protein	13g
Carbs	67g
Fats	14g



Ingredients

Rolled oats	0.7 cup / 63 g
Water or unsweetened almond milk	1.4 cup / 336 ml
Apple, diced	0.5 medium / 0.5 medium
Ground cinnamon	0.7 tsp / 2.8 g
Chopped walnuts (optional)	2.8 tbsp / 42 g

Instructions

1. In a pot, bring water or almond milk to a boil, then stir in rolled oats.
2. Add diced apple and cinnamon, cooking on medium heat for about 5 minutes until thickened.
3. Top with walnuts if using, and serve warm.

5. Spinach & Almond Pesto Zoodles

This dairy-free pesto made with spinach and almonds is high in calcium and perfect for a quick meal. Zucchini noodles offer a low-carb base while adding fiber, perfect for metabolism support.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	12 min
Calories	543 kcal
Protein	19g
Carbs	31g
Fats	43g



Ingredients

Zucchini, spiralized	3 medium / 3 medium
Fresh spinach	3.1 cups / 744 ml
Almonds	0.4 cup / 93 ml
Olive oil	3.1 tbsp / 46.5 ml
Garlic, minced	1.5 clove / 1.5 clove

Instructions

1. In a food processor, combine 3.1 cups (744 ml) of spinach, 0.4 cup (93 ml) of almonds, 3.1 tbsp (46.5 ml) of olive oil, and 1.5 clove of minced garlic. Blend until smooth.
2. In a skillet, lightly sauté 3 medium spiralized zucchinis over medium heat for 2-3 minutes.
3. Toss the zoodles with the spinach almond pesto and serve immediately.

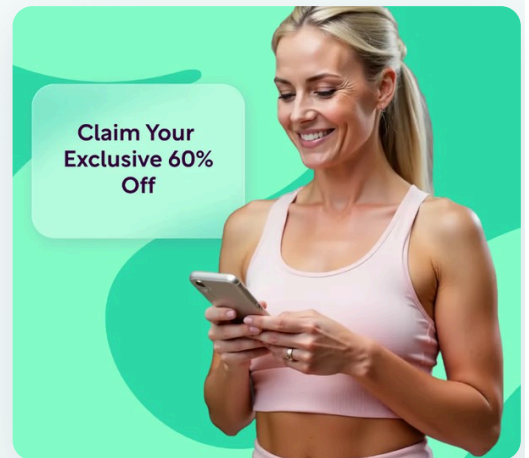
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6. Sarcopenia-Supporting Quinoa and Salmon Bowl

This nutrient-dense quinoa and salmon bowl is designed to support muscle health, hormone balance, and overall wellness for women over 40. Packed with protein, healthy fats, and phytoestrogens, this meal can help combat sarcopenia and promote better mobility and bone health.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	578 kcal
Protein	50g
Carbs	50g
Fats	23g



Ingredients

quinoa, cooked	1.7 cup / 396 ml
salmon, cooked	6.6 oz / 186.5 g
spinach, fresh	1.7 cup / 49.5 g
olive oil	1.7 tbsp / 24.8 ml
chia seeds	1.7 tbsp / 24.8 g
almonds, chopped	¼ cup / 49.5 g
lemon juice	1.7 tbsp / 24.8 ml
feta cheese, crumbled	3.3 oz / 92.4 g

Instructions

1. Step 1: In a bowl, combine the cooked quinoa, chopped spinach, and cooked salmon.
2. Step 2: Drizzle with olive oil and lemon juice, then toss gently to combine.
3. Step 3: Sprinkle chia seeds and chopped almonds over the top for added crunch and nutrition.
4. Step 4: Finish with crumbled feta cheese for flavor and serve immediately.

Day 3

3 meals · 1,569 calories

BREAKFAST Chia Seed Pudding with Berries and Almonds **448 kcal**

LUNCH Hormone-Balancing Quinoa Bowl with Salmon **543 kcal**

DINNER Spicy Chickpea and Spinach Curry **578 kcal**

Protein: 82g Carbs: 147g Fats: 80g

7. Chia Seed Pudding with Berries and Almonds

This chia seed pudding is rich in omega-3 fatty acids from the chia seeds and fiber from the berries, both supporting heart health and digestion. The protein from almond milk and almonds helps with satiety and muscle maintenance.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	5 min
Calories	448 kcal
Protein	14g
Carbs	42g
Fats	28g



Ingredients

Chia seeds	4.2 tbsp / 63 g
Almond milk	1.4 cup / 336 ml
Mixed berries	0.7 cup / 168 ml
Sliced almonds	1.4 tbsp / 21 g
Vanilla extract	1.4 tsp / 7 ml

Instructions

1. In a bowl, combine 4.2 tbsp (63 g) of chia seeds with 1.4 cup (336 ml) of almond milk and 1.4 tsp (7 ml) of vanilla extract.
2. Stir well and refrigerate for at least 2 hours or overnight until it thickens.
3. Serve topped with 0.7 cup (168 ml) of mixed berries and 1.4 tbsp (21 g) of sliced almonds.

8. Hormone-Balancing Quinoa Bowl with Salmon

This nutrient-packed quinoa bowl features salmon, a rich source of omega-3s, and is loaded with phytoestrogens from spinach and chickpeas. It's designed to support hormone balance, metabolism, and heart health for women over 40, all while providing a satisfying meal in under 30 minutes.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	543 kcal
Protein	43g
Carbs	47g
Fats	19g



Ingredients

cooked quinoa	1.6 cup / 372 g
cooked salmon	6.2 oz / 175.2 g
fresh spinach	1.6 cup / 46.5 g
canned chickpeas, rinsed and drained	0.8 cup / 186 g
extra virgin olive oil	1.6 tablespoon / 23.3 ml
lemon juice	1.6 tablespoon / 23.3 ml
chopped walnuts	3.1 tablespoons / 46.5 g
feta cheese, crumbled	1.6 oz / 43.4 g
salt and pepper	to taste / to taste

Instructions

1. Step 1: In a medium bowl, combine the cooked quinoa and chickpeas, mixing well.
2. Step 2: Flake the cooked salmon and add it to the quinoa mixture along with the fresh spinach.
3. Step 3: In a small bowl, whisk together the olive oil, lemon juice, salt, and pepper to create a dressing.
4. Step 4: Drizzle the dressing over the quinoa bowl and toss gently to combine all ingredients.
5. Step 5: Top with chopped walnuts and crumbled feta cheese before serving.

9. Spicy Chickpea and Spinach Curry

This hearty chickpea curry is rich in protein and fiber, ideal for maintaining steady blood sugar levels and managing weight. Spinach adds essential nutrients, making it a nourishing choice for women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	20 min
Calories	578 kcal
Protein	25g
Carbs	58g
Fats	33g



Ingredients

Canned chickpeas	1.7 cup / 396 ml
Fresh spinach	3.3 cups / 792 ml
Coconut milk	0.8 cup / 198 ml
Curry powder	1.7 tbsp / 24.8 g
Olive oil	1.7 tbsp / 24.8 ml
Salt and pepper	to taste / to taste

Instructions

1. In a pot, heat olive oil over medium heat; add curry powder and cook for 1 minute.
2. Add chickpeas and coconut milk, stir to combine; simmer for 10 minutes.
3. Stir in fresh spinach until wilted; season with salt and pepper.

Day 4

3 meals · 1,569 calories

BREAKFAST Walnut and Oat Breakfast Power Porridge **448 kcal**

LUNCH Omega-3 Rich Quinoa Salad with Spinach and Chickpeas **543 kcal**

DINNER Mushroom and Spinach Stir-Fry with Quinoa **578 kcal**

Protein: 80g Carbs: 165g Fats: 66g

10. Walnut and Oat Breakfast Power Porridge

This hearty porridge combines oats and walnuts, both excellent sources of fiber and healthy fats that help reduce cholesterol and triglycerides. The combination also offers sustained energy, perfect for women over 40 starting their day.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	10 min
Calories	448 kcal
Protein	17g
Carbs	52g
Fats	22g



Ingredients

Rolled oats	0.7 cup / 56 g
Water or unsweetened almond milk	1.4 cup / 336 ml
Chopped walnuts	0.4 cup / 42 g
Ground cinnamon	0.7 tsp / 2.8 g
Honey or maple syrup (optional)	1.4 tsp / 7 ml

Instructions

1. In a saucepan, bring water or almond milk to a boil.
2. Add rolled oats and ground cinnamon, then reduce heat to low and simmer for 5-7 minutes until oats are cooked.
3. Stir in chopped walnuts and sweetener, if using, and serve hot.

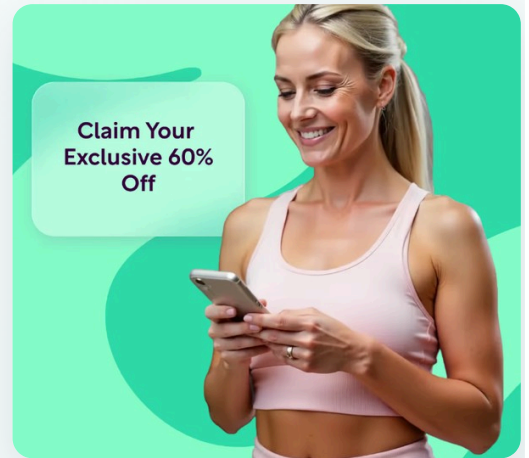
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11. Omega-3 Rich Quinoa Salad with Spinach and Chickpeas

This nutrient-dense salad is packed with omega-3 fatty acids, fiber, and phytoestrogens, making it perfect for women over 40. It supports hormone balance, metabolism, and bone health while being quick and easy to prepare.

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
Spinach, fresh	3.1 cups / 93 g
Chickpeas, canned and drained	0.8 cup / 186 g
Walnuts, chopped	0.4 cup / 46.5 g
Olive oil	3.1 tablespoons / 46.5 ml
Lemon juice	3.1 tablespoons / 46.5 ml
Feta cheese, crumbled (optional)	0.4 cup / 62 g
Salt	0.4 teaspoon / 1.6 g
Black pepper	0.4 teaspoon / 1.6 g

Instructions

1. Rinse the quinoa under cold water and cook it in a saucepan with 1 cup (240ml) of water. Bring to a boil, then reduce heat, cover, and simmer for about 15 minutes until the water is absorbed.
2. While the quinoa is cooking, in a large bowl, combine fresh spinach, chickpeas, walnuts, feta cheese (if using), salt, and black pepper.
3. Once the quinoa is cooked, fluff it with a fork and let it cool for a few minutes before adding it to the bowl with the other ingredients.
4. Drizzle with olive oil and lemon juice, then toss everything together until well combined. Serve immediately or refrigerate for later.

12. Mushroom and Spinach Stir-Fry with Quinoa

This quick stir-fry features mushrooms and spinach, which are packed with vitamins and minerals crucial for maintaining overall health in women over 40. Served with quinoa, this dish provides protein and fiber to support a healthy metabolism.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	578 kcal
Protein	20g
Carbs	66g
Fats	25g



Ingredients

Cooked quinoa	1.7 cup / 305.3 g
Mushrooms, sliced	1.7 cup / 115.5 g
Fresh spinach, chopped	3.3 cups / 99 g
Olive oil	1.7 tbsp / 24.8 ml
Garlic, minced	3 cloves / 9.9 g
Salt and pepper	to taste / to taste

Instructions

1. In a skillet, heat 1.7 tbsp (24.8 ml) olive oil over medium heat and sauté 2 minced garlic cloves (9.9 g) until fragrant.
2. Add 1.7 cup (115.5 g) sliced mushrooms and cook until softened, about 5 minutes.
3. Stir in 3.3 cups (99 g) chopped spinach and cook until wilted.
4. Serve over 1.7 cup (305.3 g) cooked quinoa and season with salt and pepper.

Day 5

3 meals · 1,569 calories

BREAKFAST Apple Cinnamon Overnight Oats with Walnuts **448 kcal**

LUNCH Savory Quinoa and Spinach Power Bowl **543 kcal**

DINNER Hearty Mediterranean Lentil & Vegetable Stir-Fry **578 kcal**

Protein: 95g Carbs: 177g Fats: 52g

13. Apple Cinnamon Overnight Oats with Walnuts

These overnight oats are a convenient, fiber-rich meal that helps maintain stable energy levels with a balance of complex carbs, protein, and healthy fats.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	8 min
Calories	448 kcal
Protein	14g
Carbs	56g
Fats	20g



Ingredients

Rolled oats	0.7 cup / 56 g
Almond milk	1.4 cup / 336 ml
Diced apple	0.7 medium / 0.7g
Cinnamon	0.7 tsp / 3.5 g
Walnuts	2.8 tbsp / 42 g

Instructions

1. In a jar or bowl, combine 0.7 cup (56 g) rolled oats, 1.4 cup (336 ml) almond milk, 0.7 diced apple, and 0.7 tsp (3.5 g) cinnamon.
2. Mix well, cover, and refrigerate overnight. In the morning, top with 2.8 tbsp (42 g) chopped walnuts before serving.

14. Savory Quinoa and Spinach Power Bowl

This protein-packed quinoa and spinach bowl is designed to support muscle preservation, hormone balance, and heart health for women over 40. Rich in omega-3s and phytoestrogens, it's a delicious way to fuel your body while providing essential nutrients for overall wellness.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	543 kcal
Protein	43g
Carbs	47g
Fats	19g



Ingredients

Quinoa (cooked)	1.6 cup / 372 g
Fresh spinach	3.1 cups / 93 g
Chickpeas (canned, drained)	0.8 cup / 186 g
Feta cheese, crumbled	0.4 cup / 62 g
Walnuts, chopped	0.4 cup / 46.5 g
Olive oil	1.6 tablespoon / 23.3 ml
Lemon juice	1.6 tablespoon / 23.3 ml
Salt	to taste / to taste
Black pepper	to taste / to taste

Instructions

1. In a large bowl, combine the cooked quinoa, fresh spinach, and drained chickpeas.
2. Drizzle olive oil and lemon juice over the mixture and toss gently to combine.
3. Add crumbled feta cheese and chopped walnuts, then season with salt and black pepper to taste.
4. Serve immediately or chill in the fridge for 10 minutes before serving for a refreshing meal.

15. Hearty Mediterranean Lentil & Vegetable Stir-Fry

This dish combines lentils and a variety of veggies for a nutrient-dense meal that helps support muscle maintenance and boosts metabolism. Rich in iron and folate, it helps combat fatigue often experienced during menopause.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	2 min
Calories	578 kcal
Protein	38g
Carbs	74g
Fats	13g



Ingredients

Brown lentils, cooked	0.8 cup / 198 ml
Zucchini, diced	0.8 cup / 123.8 g
Red onion, sliced	0.4 cup / 66 g
Spinach, fresh	1.7 cup / 49.5 g
Olive oil	1.7 tbsp / 24.8 ml

Instructions

1. Heat 1.7 tbsp (24.8 ml) olive oil in a pan over medium heat.
2. Add 0.4 cup (66 g) sliced red onion and sauté for 2 minutes until translucent.
3. Stir in 0.8 cup (123.8 g) diced zucchini and cook for an additional 3 minutes.
4. Add 0.8 cup (198 ml) cooked brown lentils and 1.7 cup (49.5 g) fresh spinach, cooking for another 3 minutes until spinach is wilted.

Day 6

3 meals · 1,569 calories

BREAKFAST	Power-Packed Anti-Inflammatory Breakfast Scramble	448 kcal
LUNCH	Protein-Packed Quinoa Bowl with Salmon and Spinach	543 kcal
DINNER	Seafood Chowder with Clams and Spinach	578 kcal

Protein: 123g Carbs: 155g Fats: 56g

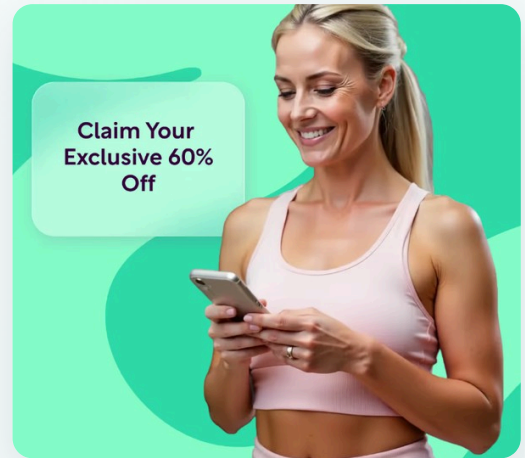
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16. Power-Packed Anti-Inflammatory Breakfast Scramble

This vibrant breakfast scramble combines protein-rich eggs with nutrient-dense spinach and tomatoes, served alongside antioxidant-rich berries. It's designed to support hormone balance, boost metabolism, and promote heart health for women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	448 kcal
Protein	39g
Carbs	42g
Fats	20g



Ingredients

large eggs	2.8 large / 3 large
fresh spinach	1.4 cup / 42 g
cherry tomatoes	0.7 cup / 105 g
extra virgin olive oil	1.4 tablespoon / 21 ml
mixed berries (strawberries, blueberries, raspberries)	1.4 cup / 210 g
sea salt	to taste / to taste
black pepper	to taste / to taste

Instructions

1. Step 1: In a skillet, heat the olive oil over medium heat.
2. Step 2.8: Add the spinach and cherry tomatoes to the skillet and sauté for 2.8-3 minutes until the spinach wilts.
3. Step 3: Crack the eggs directly into the skillet, add sea salt and black pepper, and scramble gently until cooked through, about 3-4 minutes.
4. Step 4: Serve the scramble on a plate with a side of mixed berries.

17. Protein-Packed Quinoa Bowl with Salmon and Spinach

This nutrient-dense quinoa bowl is rich in protein, omega-3 fatty acids, and phytoestrogens, making it an excellent choice for women over 40. It supports hormone balance, bone health, and heart health while being quick to prepare.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	543 kcal
Protein	43g
Carbs	47g
Fats	19g



Ingredients

quinoa, cooked	1.6 cup / 372 ml
cooked salmon, flaked	6.2 ounces / 175.2 g
fresh spinach, chopped	1.6 cup / 46.5 g
chickpeas, canned and rinsed	0.8 cup / 186 g
olive oil	1.6 tablespoon / 23.3 ml
lemon juice	1.6 tablespoon / 23.3 ml
chopped walnuts	0.4 cup / 46.5 g
feta cheese, crumbled	0.4 cup / 62 g
black pepper	to taste / to taste

Instructions

1. In a large bowl, combine the cooked quinoa, flaked salmon, chopped spinach, and chickpeas.
2. Drizzle olive oil and lemon juice over the mixture and toss to combine.
3. Top with chopped walnuts and crumbled feta cheese, and season with black pepper to taste.
4. Serve immediately or store in the refrigerator for later use.

18. Seafood Chowder with Clams and Spinach

This seafood chowder is a nutritious option for calcium and omega-3s, especially important for women over 40. Spinach adds vitamins and minerals, while clams provide a rich source of protein.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	15 min
Calories	578 kcal
Protein	41g
Carbs	66g
Fats	17g



Ingredients

Clams, canned, drained	1.5 can / 24.8 oz / 420g
Potatoes, diced	3.3 cups / 495 g
Spinach, chopped	3.3 cups / 99 g
Low-sodium vegetable broth	6.6 cups / 1584 ml
Coconut milk	1.7 cup / 396 ml
Garlic, minced	3 cloves / 3 cloves
Olive oil	1.7 tbsp / 24.8 ml
Black pepper, to taste	0.8 tsp / 3.3 g

Instructions

1. In a large pot, heat 1.7 tbsp (24.8 ml) olive oil over medium heat. Add 3 cloves (3 cloves) minced garlic and cook until fragrant.
2. Add 3.3 cups (495 g) diced potatoes and 6.6 cups (1584 ml) low-sodium vegetable broth. Bring to a boil, then reduce heat and simmer for 15 minutes until potatoes are soft.
3. Stir in 1.5 can (24.8 oz / 420g) clams, 3.3 cups (99 g) chopped spinach, and 1.7 cup (396 ml) coconut milk. Cook for another 5 minutes, then season with black pepper before serving.

Day 7

3 meals · 1,569 calories

BREAKFAST Greek Yogurt Parfait with Berries **448 kcal**

LUNCH Savory Quinoa and Chickpea Bowl with Spinach and Feta **543 kcal**

DINNER Creamy Coconut & Spinach Stew **578 kcal**

Protein: 103g Carbs: 153g Fats: 60g

19. Greek Yogurt Parfait with Berries

This refreshing parfait combines Greek yogurt with fiber-rich berries for a satisfying breakfast. It's high in protein and perfect for a quick meal.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	10 min
Calories	448 kcal
Protein	35g
Carbs	56g
Fats	8g



Ingredients

Non-fat Greek yogurt	1.4 cup / 336 g
Mixed berries (strawberries, blueberries)	0.7 cup / 105 g
Chia seeds	1.4 tbsp / 21 g
Honey	1.4 tsp / 7 ml
Granola (optional)	2.8 tbsp / 42 g

Instructions

1. Layer Greek yogurt in a serving glass.
2. Add a layer of mixed berries and sprinkle chia seeds on top.
3. Drizzle with honey and add granola if desired.
4. Repeat layering and serve immediately.

20. Savory Quinoa and Chickpea Bowl with Spinach and Feta

This nutrient-dense bowl combines the satiating power of protein-rich quinoa and chickpeas with the hormone-balancing benefits of spinach and feta. Packed with omega-3s, calcium, and fiber, it's perfect for supporting women's health after 40.

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
Chickpeas (cooked)	0.8 cup / 186 g
Fresh spinach	3.1 cups / 93 g
Feta cheese, crumbled	0.4 cup / 58.9 g
Olive oil	1.6 tablespoon / 23.3 ml
Lemon juice	1.6 tablespoon / 23.3 ml
Chopped walnuts	3.1 tablespoons / 23.3 g
Salt	to taste / to taste
Black pepper	to taste / to taste

Instructions

1. Rinse quinoa under cold water and combine it with 1 cup of water in a saucepan. Bring to a boil, reduce heat, cover, and simmer for 15 minutes until water is absorbed and quinoa is fluffy.
2. In a large bowl, combine cooked quinoa, chickpeas, and fresh spinach.
3. Drizzle olive oil and lemon juice over the mixture, and toss to combine.
4. Add crumbled feta cheese and chopped walnuts, and season with salt and black pepper to taste.
5. Serve immediately and enjoy your nutrient-rich meal!

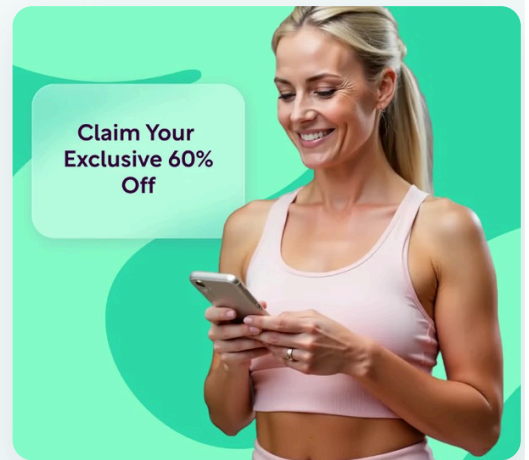
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21. Creamy Coconut & Spinach Stew

This hearty stew is rich in fiber from spinach and coconut milk, providing nourishment for gut health and regularity. The inclusion of spices adds anti-inflammatory properties, beneficial for women over 40 experiencing menopause symptoms.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	5 min
Calories	578 kcal
Protein	25g
Carbs	50g
Fats	33g



Ingredients

Fresh spinach, chopped	4.9 cups / 1188 ml
Canned coconut milk	1.7 cup / 396 ml
Diced tomatoes (canned)	1.7 cup / 396 ml
Chickpeas, drained and rinsed	1.7 cup / 396 ml
Garlic, minced	3 cloves / 3 cloves
Curry powder	1.7 tbsp / 24.8 g
Salt	½ tsp / 4.9 g
Black pepper	¼ tsp / 2.5 g

Instructions

1. In a saucepan, heat coconut milk, garlic, and curry powder over medium heat.
2. Add diced tomatoes and chickpeas; simmer for 5 minutes.
3. Stir in spinach until wilted, then season with salt and pepper before serving.

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