

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

Revitalize your health with a refreshing juice-based diet.

The 7-Day Juice Diet Plan features 21 invigorating juice recipes specifically designed for women over 40. This plan emphasizes detoxification and revitalization, making it perfect for those looking to cleanse their bodies while enjoying delicious, fresh juices.

## DAILY NUTRITION OVERVIEW

DAY	CALORIES	PROTEIN	CARBS	FATS
Day 1	1,500	61g	157g	76g
Day 2	1,498	81g	151g	74g
Day 3	1,498	142g	117g	58g
Day 4	1,497	90g	181g	76g
Day 5	1,497	114g	141g	64g
Day 6	1,497	86g	146g	65g
Day 7	1,512	103g	176g	69g
<b>Avg</b>	<b>1,500</b>	<b>97g</b>	<b>153g</b>	<b>69g</b>

## CALORIE DISTRIBUTION



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Creamy Garlic Beet Soup with Cauliflower

Mediterranean Chickpea & Avocado Salad

Protein-Packed Hormone-Balancing Smoothie

Lemon Garlic Shrimp & Asparagus Skillet

Bell Pepper and Quinoa Salad

Citrus Chickpea Salad

Tropical Protein Smoothie

Mediterranean Chickpea and Arugula Salad

Zesty Chicken and Quinoa Salad

Walnut and Blueberry Smoothie Bowl

Grilled Sardines with Lemon and Herbs

+ 9 more recipes inside

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**21 Recipes**

7-day meal plan



**1,500 cal/day**

Daily average



**97g Protein**

Daily average



**Macro Balanced**

153g C / 69g F avg

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# Day 1

3 meals · 1,500 calories

<b>BREAKFAST</b>	Protein-Packed Quinoa Breakfast Bowl	<b>476 kcal</b>
<b>LUNCH</b>	Citrus Chickpea Salad	<b>496 kcal</b>
<b>DINNER</b>	Creamy Garlic Beet Soup with Cauliflower	<b>528 kcal</b>

**Protein: 61g   Carbs: 157g   Fats: 76g**

## 1. Protein-Packed Quinoa Breakfast Bowl

This warm quinoa bowl is not only high in protein but also rich in fiber from vegetables. It's a nutritious and filling way to kickstart your day.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	5 min
<b>Cook Time</b>	5 min
<b>Calories</b>	476 kcal
<b>Protein</b>	29g
<b>Carbs</b>	49g
<b>Fats</b>	21g



### Ingredients

Cooked quinoa	0.7 cup / 126 g
Egg, poached	1.5 large / 1.5 large
Cherry tomatoes, halved	0.7 cup / 105 g
Avocado, diced	0.5 medium / 70 g

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Fresh cilantro

1.4 tbsp / 4.2 g

Lemon juice

1.4 tsp / 7 ml

## Instructions

1. In a bowl, layer cooked quinoa at the bottom.
2. Top with halved cherry tomatoes, poached egg, and diced avocado.
3. Sprinkle with fresh cilantro and drizzle with lemon juice.
4. Serve warm and enjoy.

## 2. Citrus Chickpea Salad

Combining chickpeas with fresh citrus creates a refreshing salad rich in protein and fiber, helping with satiety and digestive health. The vitamin C from citrus enhances iron absorption from chickpeas, promoting overall vitality.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	5 min
<b>Calories</b>	496 kcal
<b>Protein</b>	22g
<b>Carbs</b>	62g
<b>Fats</b>	22g



### Ingredients

Canned chickpeas (drained and rinsed)	1.6 cup / 372 ml
Orange segments	0.8 medium / 0.8g
Red onion (finely chopped)	0.4 medium / 0.4g
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) of canned chickpeas, 0.8 of an orange segmented, and 0.4 of a finely chopped red onion.
2. Drizzle with 1.6 tbsp (23.3 ml) of olive oil and 1.6 tbsp (23.3 ml) of lemon juice.
3. Toss the salad to combine and serve immediately.

### 3. Creamy Garlic Beet Soup with Cauliflower

This comforting soup blends beets and cauliflower, both known for their detoxifying properties. Garlic provides additional liver support while the creaminess aids digestion.

#### Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	15 min
Calories	528 kcal
Protein	10g
Carbs	46g
Fats	33g



#### Ingredients

Beets	3.3 cups / 792 ml
Cauliflower florets	1.7 cup / 396 ml
Vegetable broth	4.9 cups / 1188 ml
Garlic cloves	3.3 clove(s) / 3.3g
Olive oil	1.7 tbsp / 24.8 ml
Coconut milk	1.7 cup / 396 ml

#### Instructions

1. In a pot, heat olive oil over medium heat and sauté garlic until fragrant.
2. Add beets, cauliflower, and vegetable broth. Bring to a boil, then reduce heat and simmer for 15 minutes.
3. Blend the soup until smooth, stir in coconut milk, and heat through before serving.

# Day 2

3 meals · 1,498 calories

**BREAKFAST** Tropical Protein Smoothie **476 kcal**

**LUNCH** Mediterranean Chickpea & Avocado Salad **543 kcal**

**DINNER** Mediterranean Chickpea and Arugula Salad **479 kcal**

**Protein: 81g   Carbs: 151g   Fats: 74g**

## 4. Tropical Protein Smoothie

This tropical smoothie mixes the sweetness of mango with pineapple, enriched with protein to help maintain muscle mass. The vitamins in tropical fruits can boost mood and energy levels, making it perfect for women over 40.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	5 min
<b>Cook Time</b>	5 min
<b>Calories</b>	476 kcal
<b>Protein</b>	35g
<b>Carbs</b>	63g
<b>Fats</b>	14g



### Ingredients

Frozen mango chunks	1.4 cup / 336 ml
Fresh pineapple chunks	0.7 cup / 168 ml
Unsweetened coconut milk	1.4 cup / 336 ml
Vanilla protein powder	1.5 scoop / 42 g
Ground flaxseed	1.4 tbsp / 21 g

### Instructions

1. Add 1.4 cup (336 ml) frozen mango, 0.7 cup (168 ml) fresh pineapple, 1.4 cup (336 ml) unsweetened coconut milk, 1.5 scoop (42 g) protein powder, and 1.4 tbsp (21 g) ground flaxseed to a blender.
2. Blend on high until smooth and creamy, adjusting consistency with more coconut milk if needed.
3. Serve immediately for a refreshing breakfast.

## 5. Mediterranean Chickpea & Avocado Salad

Chickpeas provide an excellent source of protein and fiber to help manage weight and support digestive health, crucial for women in their 40s. Avocado adds beneficial fats that promote heart health and hormone balance.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	5 min
<b>Calories</b>	543 kcal
<b>Protein</b>	23g
<b>Carbs</b>	47g
<b>Fats</b>	34g



### Ingredients

Canned chickpeas, drained	1.6 cup / 372 ml
Avocado, diced	1 medium / 1 medium
Cherry tomatoes, halved	0.8 cup / 186 ml
Cucumber, diced	0.8 cup / 186 ml
Olive oil	1.6 tbsp / 23.3 ml
Lemon juice	1.6 tbsp / 23.3 ml
Salt	to taste /
Black pepper	to taste /

### Instructions

1. In a bowl, combine drained chickpeas, diced avocado, cherry tomatoes, and cucumber.
2. Drizzle with olive oil and lemon juice, then season with salt and pepper.
3. Toss gently to combine and serve immediately.

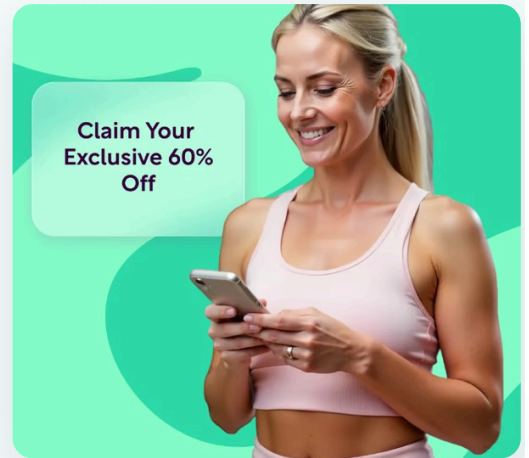
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## 6. Mediterranean Chickpea and Arugula Salad

This vibrant salad features protein-rich chickpeas and nutrient-dense arugula, providing beneficial phytoestrogens for hormone balance. It's also rich in antioxidants, which can help reduce inflammation associated with menopause.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	5 min
<b>Calories</b>	479 kcal
<b>Protein</b>	23g
<b>Carbs</b>	41g
<b>Fats</b>	26g



### Ingredients

Arugula, fresh	3.3 cups / 792 ml
Canned chickpeas, drained and rinsed	0.8 cup / 198 ml
Cucumber, diced	0.8 medium / 0.8g
Feta cheese, crumbled	0.4 cup / 99 ml
Olive oil	1.7 tbsp / 24.8 ml
Lemon juice	1.7 tbsp / 24.8 ml
Salt	to taste / to taste
Pepper	to taste / to taste

### Instructions

1. In a large bowl, mix the arugula, chickpeas, diced cucumber, and feta cheese.
2. Drizzle with olive oil and lemon juice, then season with salt and pepper to taste.
3. Toss gently and serve chilled or at room temperature.

# Day 3

3 meals · 1,498 calories

**BREAKFAST** Protein-Packed Hormone-Balancing Smoothie **476 kcal**

**LUNCH** Zesty Chicken and Quinoa Salad **543 kcal**

**DINNER** Lemon Garlic Shrimp & Asparagus Skillet **479 kcal**

**Protein: 142g   Carbs: 117g   Fats: 58g**

## 7. Protein-Packed Hormone-Balancing Smoothie

This nutrient-dense smoothie is designed to support hormone balance and bone health in women over 40. Packed with quality protein, omega-3s, and phytoestrogens, it's a delicious way to fuel your day and promote overall wellness.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	None
<b>Calories</b>	476 kcal
<b>Protein</b>	42g
<b>Carbs</b>	45g
<b>Fats</b>	14g



### Ingredients

Unsweetened almond milk	1.4 cup / 336 ml
Quality protein powder (whey, pea, or hemp)	2 scoops / 63 g
Chia seeds	2.8 tablespoons / 42 g
Frozen mixed berries (blueberries, strawberries, raspberries)	1.4 cup / 210 g
Spinach	1.4 cup / 42 g
Ground flaxseed	1.4 tablespoon / 14 g
Greek yogurt (plain, low-fat)	0.7 cup / 168 g
Honey (optional)	1.4 teaspoon / 7 g

## Instructions

1. Step 1: In a blender, combine the almond milk, protein powder, chia seeds, frozen mixed berries, spinach, ground flaxseed, and Greek yogurt.
2. Step 2: Blend on high until smooth and creamy, adding a little water if needed to reach desired consistency.
3. Step 3: Taste and add honey if you prefer additional sweetness, then blend again briefly.
4. Step 4: Pour into a glass and enjoy immediately for optimal freshness.

## 8. Zesty Chicken and Quinoa Salad

This colorful salad is loaded with protein from chicken and quinoa, supporting muscle health and metabolic function. The zesty lemon dressing adds a refreshing flavor while providing antioxidants.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	15 min
<b>Calories</b>	543 kcal
<b>Protein</b>	50g
<b>Carbs</b>	47g
<b>Fats</b>	19g



### Ingredients

grilled chicken breast, diced	6.2 oz / 178.3 g
cooked quinoa	0.8 cup / 186 ml
bell pepper, diced	0.8 medium / 116.3 g
cucumber, diced	0.8 medium / 116.3 g
olive oil	1.6 tbsp / 23.3 ml
lemon juice	1.6 tbsp / 23.3 ml

### Instructions

1. In a bowl, combine diced grilled chicken, cooked quinoa, bell pepper, and cucumber.
2. Drizzle with olive oil and lemon juice, tossing to combine.
3. Serve immediately or chill in the fridge for 30 minutes before serving.

## 9. Lemon Garlic Shrimp & Asparagus Skillet

This quick shrimp dish is rich in protein and omega-3s, essential for hormonal balance. Asparagus is a cooling food that aids in digestion and is packed with nutrients beneficial for bone health.

### Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	5 min
Calories	479 kcal
Protein	50g
Carbs	25g
Fats	25g



### Ingredients

Shrimp, peeled and deveined	1.7 cup / 247.5 g
Asparagus, trimmed and cut	1.7 cup / 247.5 g
Garlic, minced	3 cloves / 16.5 g
Lemon juice	3.3 tbsp / 49.5 ml
Olive oil	1.7 tbsp / 24.8 ml
Fresh parsley, chopped	3.3 tbsp / 49.5 g

### Instructions

1. Heat 1.7 tbsp (24.8 ml) olive oil in a skillet over medium heat and add minced garlic.
2. Stir in asparagus and cook for 5 minutes until tender-crisp.
3. Add shrimp and lemon juice; cook for an additional 5 minutes until shrimp are pink and fully cooked. Garnish with parsley.

# Day 4

3 meals · 1,497 calories

**BREAKFAST** Walnut and Blueberry Smoothie Bowl **490 kcal**

**LUNCH** Bell Pepper and Quinoa Salad **512 kcal**

**DINNER** Grilled Sardines with Lemon and Herbs **495 kcal**

**Protein: 90g   Carbs: 181g   Fats: 76g**

## 10. Walnut and Blueberry Smoothie Bowl

Rich in antioxidants from blueberries and healthy fats from walnuts, this smoothie bowl is perfect for cognitive support. Its combination of protein and fiber helps keep energy levels stable throughout the day.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	5 min
<b>Calories</b>	490 kcal
<b>Protein</b>	25g
<b>Carbs</b>	63g
<b>Fats</b>	21g



### Ingredients

Frozen blueberries	1.4 cup / 336 ml
Greek yogurt	0.7 cup / 168 ml
Chopped walnuts	4.2 tbsp / 30.8 g
Flaxseed meal	1.4 tbsp / 14 g
Honey	1.4 tsp / 7 g
Coconut flakes	1.4 tbsp / 21 g

### Instructions

1. In a blender, combine frozen blueberries, Greek yogurt, and flaxseed meal until smooth.
2. Pour the smoothie into a bowl and top with chopped walnuts, coconut flakes, and a drizzle of honey if desired.
3. Serve immediately for a refreshing breakfast.

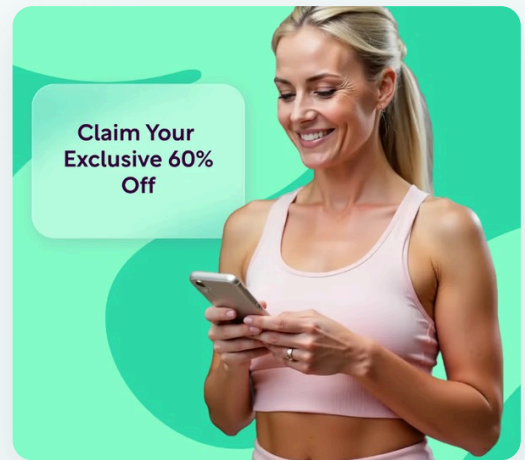
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## 11. Bell Pepper and Quinoa Salad

This colorful salad is filled with bell peppers and quinoa, offering a complete source of protein and essential vitamins to support metabolism and hormone balance. The fiber content promotes digestive health, essential 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>	512 kcal
<b>Protein</b>	19g
<b>Carbs</b>	68g
<b>Fats</b>	22g



### Ingredients

Quinoa, rinsed	0.8 cup / 139.5 g
Red bell pepper, diced	0.8 cup / 116.3 g
Cucumber, diced	0.8 cup / 116.3 g
Olive oil	1.6 tbsp / 23.3 ml
Lemon juice	1.6 tbsp / 23.3 ml
Salt and pepper to taste	/

### Instructions

1. Cook 0.8 cup (139.5 g) quinoa according to package instructions, usually about 12-15 minutes.
2. In a bowl, combine the cooked quinoa, 0.8 cup (116.3 g) diced red bell pepper, and 0.8 cup (116.3 g) diced cucumber.
3. Dress with 1.6 tbsp (23.3 ml) olive oil, 1.6 tbsp (23.3 ml) lemon juice, and season with salt and pepper.

## 12. Grilled Sardines with Lemon and Herbs

Sardines are a fantastic source of omega-3 fatty acids and calcium, making them a great choice for women over 40. Grilling enhances flavor without added fats, keeping it heart-healthy and nutritious.

### Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	18 min
Calories	495 kcal
Protein	46g
Carbs	50g
Fats	33g



### Ingredients

fresh sardines	6.6 /
olive oil	3.3 tbsp / 49.5 ml
fresh lemon juice	1.7 tbsp / 24.8 ml
fresh parsley	3.3 tbsp / 49.5 ml
sea salt	to taste /
black pepper	to taste /

### Instructions

1. Preheat grill to medium-high heat. In a bowl, mix olive oil, lemon juice, parsley, salt, and pepper.
2. Brush sardines with the mixture and place them on the grill. Grill for around 5 minutes on each side until cooked through.
3. Serve with additional lemon and herbs.

# Day 5

3 meals · 1,497 calories

**BREAKFAST** Turmeric-Spiced Salmon with Flaxseed and Kale Salad **490 kcal**

**LUNCH** Lentil and Vegetable Power Salad **512 kcal**

**DINNER** Zesty Cilantro & Lime Fish Tacos **495 kcal**

**Protein: 114g   Carbs: 141g   Fats: 64g**

### 13. Turmeric-Spiced Salmon with Flaxseed and Kale Salad

This dish combines omega-3-rich salmon with turmeric, known for its anti-inflammatory properties, perfect for PCOS management. The addition of flaxseed and leafy greens provides essential phytoestrogens and fiber to support hormone balance.

#### Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	490 kcal
Protein	42g
Carbs	21g
Fats	28g



#### Ingredients

Salmon fillet	5.6 oz / 161 g
Kale, chopped	1.4 cup / 336 ml
Ground flaxseed	1.4 tbsp / 21 g
Turmeric powder	1.4 tsp / 7 g
Olive oil	1.4 tbsp / 21 ml
Lemon juice	1.4 tbsp / 21 ml

#### Instructions

1. Preheat the oven to 400°F (200°C).
2. Season the salmon with turmeric, salt, and pepper; place on a baking sheet lined with parchment.
3. Bake for 12-15 minutes until cooked through.
4. In a bowl, massage the kale with olive oil and lemon juice until softened; add flaxseed and toss.
5. Plate the kale salad and top with the baked salmon.

## 14. Lentil and Vegetable Power Salad

This hearty salad combines lentils with fresh vegetables, offering high protein and fiber to support digestive health and energy for women over 40. Packed with vitamins and minerals, it also promotes bone health and hormone balance.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	15 min
<b>Cook Time</b>	5 min
<b>Calories</b>	512 kcal
<b>Protein</b>	31g
<b>Carbs</b>	70g
<b>Fats</b>	19g



### Ingredients

Cooked green lentils	1.6 cup / 372 g
Chopped cucumber	0.8 cup / 116.3 g
Chopped bell pepper	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
Salt and pepper to taste	to taste / to taste

### Instructions

1. In a large bowl, combine cooked lentils, cucumber, bell pepper, and cherry tomatoes.
2. Drizzle with olive oil and lemon juice, then toss to combine.
3. Season with salt and pepper to taste and serve chilled.

## 15. Zesty Cilantro & Lime Fish Tacos

These vibrant fish tacos feature omega-3-rich fish and fresh veggies, supporting immune health and vitality. A delicious option for women over 40 to enhance overall wellness.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	11 min
<b>Cook Time</b>	18 min
<b>Calories</b>	495 kcal
<b>Protein</b>	41g
<b>Carbs</b>	50g
<b>Fats</b>	17g



### Ingredients

White fish fillet	6.6 oz / 189.8 g
Corn tortillas	3.3 slice(s) / 3.3g
Fresh cilantro	3.3 tbsp / 13.2 g
Lime juice	1.7 tbsp / 24.8 ml
Cabbage	1.7 cup / 99 g

### Instructions

1. In a skillet, cook 6.6 oz (189.8 g) white fish fillet over medium heat for about 4-5 minutes on each side, until cooked through.
2. Warm 3.3 corn tortillas in a separate pan for about 30 seconds on each side.
3. Assemble tacos with fish, 1.7 cup (99 g) shredded cabbage, and top with 3.3 tbsp (13.2 g) chopped cilantro and 1.7 tbsp (24.8 ml) lime juice.

# Day 6

3 meals · 1,497 calories

**BREAKFAST** Banana Oatmeal Smoothie **490 kcal**

**LUNCH** Zesty Quinoa Salad with Roasted Veggies **512 kcal**

**DINNER** Shrimp and Broccoli Stir-Fry with Ginger **495 kcal**

**Protein: 86g   Carbs: 146g   Fats: 65g**

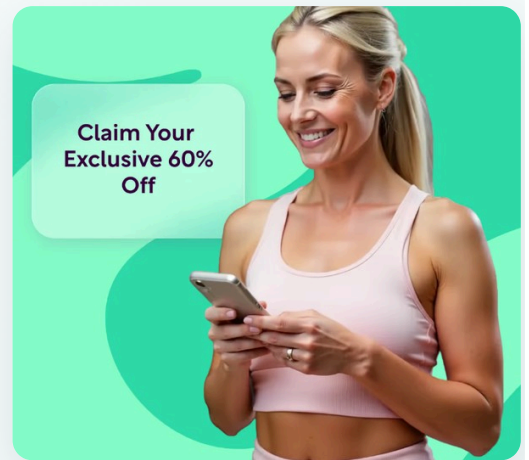
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## 16. Banana Oatmeal Smoothie

This hearty smoothie combines oats and banana for slow-releasing energy, perfect for keeping blood sugar stable and boosting metabolism. The fiber content helps with digestion, making it ideal for women over 40.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	5 min
<b>Cook Time</b>	5 min
<b>Calories</b>	490 kcal
<b>Protein</b>	20g
<b>Carbs</b>	63g
<b>Fats</b>	21g



### Ingredients

Rolled oats	0.4 cup / 42 g
Banana	1.5 medium / 140 g
Almond milk	1.4 cup / 336 ml
Peanut butter	1.4 tbsp / 21 g
Cinnamon	0.7 tsp / 2.8 g

### Instructions

1. In a blender, combine 0.4 cup (42 g) rolled oats, 1 banana, and 1.4 cup (336 ml) almond milk.
2. Blend until smooth; add 1.4 tbsp (21 g) peanut butter and 0.7 tsp (2.8 g) cinnamon, then blend again.
3. Serve immediately for a satisfying breakfast.

## 17. Zesty Quinoa Salad with Roasted Veggies

This vibrant quinoa salad features roasted vegetables that provide antioxidants, while quinoa offers complete protein. The zesty dressing helps with digestion and promotes a healthy metabolism.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	11 min
<b>Cook Time</b>	20 min
<b>Calories</b>	512 kcal
<b>Protein</b>	16g
<b>Carbs</b>	70g
<b>Fats</b>	19g



### Ingredients

Quinoa, cooked	1.6 cup / 372 ml
Bell pepper, diced	0.8 medium / 116.3 g
Zucchini, diced	0.8 medium / 116.3 g
Olive oil	1.6 tbsp / 23.3 ml
Lemon juice	1.6 tbsp / 23.3 ml

### Instructions

1. Preheat the oven to 400°F (200°C). Spread 0.8 diced bell pepper and 0.8 diced zucchini on a baking sheet, drizzled with 1.6 tbsp (23.3 ml) olive oil, and roast for 20 minutes.
2. In a bowl, combine 1.6 cup (372 ml) cooked quinoa, roasted vegetables, and 1.6 tbsp (23.3 ml) lemon juice.
3. Toss well and serve warm or cold.

## 18. Shrimp and Broccoli Stir-Fry with Ginger

This vibrant stir-fry features shrimp and broccoli, rich in vitamin C and protein, supporting immune function and muscle maintenance. The ginger adds an anti-inflammatory boost, great for easing menopause symptoms.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	14 min
<b>Cook Time</b>	18 min
<b>Calories</b>	495 kcal
<b>Protein</b>	50g
<b>Carbs</b>	13g
<b>Fats</b>	25g



### Ingredients

Large shrimp, peeled and deveined	1.7 lb / 742.5 g
Broccoli florets	3.3 cups / 396 g
Olive oil	3.3 tbsp / 49.5 ml
Garlic, minced	5 cloves / 5 cloves
Fresh ginger, minced	1.7 tbsp / 24.8 g
Soy sauce	3.3 tbsp / 49.5 ml
Lemon juice	1.7 tbsp / 24.8 ml

### Instructions

1. In a large skillet, heat olive oil over medium heat. Add garlic and ginger, stir for 1 minute.
2. Add shrimp and cook until pink, then add broccoli and stir-fry for 3-4 minutes.
3. Drizzle with soy sauce and lemon juice before serving.

# Day 7

3 meals · 1,512 calories

**BREAKFAST** Berry-Nut Smoothie with Spinach **490 kcal**

**LUNCH** Mediterranean Chickpea Salad with Turmeric **543 kcal**

**DINNER** Garlic and Herb Grilled Sardines **479 kcal**

**Protein: 103g   Carbs: 176g   Fats: 69g**

## 19. Berry-Nut Smoothie with Spinach

This refreshing smoothie is loaded with vitamins, minerals, and antioxidants from spinach and berries, supporting overall health and aiding in digestion. The nuts provide healthy fats and protein, crucial for maintaining energy levels.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	5 min
<b>Cook Time</b>	5 min
<b>Calories</b>	490 kcal
<b>Protein</b>	14g
<b>Carbs</b>	56g
<b>Fats</b>	25g



### Ingredients

Fresh spinach	1.4 cup / 336 ml
Mixed berries (fresh or frozen)	1.4 cup / 336 ml
Almonds	2.8 tbsp / 42 g
Almond milk	1.4 cup / 336 ml
Chia seeds	1.4 tbsp / 21 g

### Instructions

1. In a blender, combine 1.4 cup (336 ml) of fresh spinach, 1.4 cup (336 ml) of mixed berries, 2.8 tbsp (42 g) of almonds, 1.4 cup (336 ml) of almond milk, and 1.4 tbsp (21 g) of chia seeds.
2. Blend until smooth and creamy.
3. Pour into a glass and enjoy immediately.

## 20. Mediterranean Chickpea Salad with Turmeric

Chickpeas provide a great plant-based protein source, while the spices like turmeric and a variety of veggies add flavor and anti-inflammatory benefits. This salad is filling and nutrient-dense, supporting metabolic health.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	5 min
<b>Calories</b>	543 kcal
<b>Protein</b>	31g
<b>Carbs</b>	70g
<b>Fats</b>	19g



### Ingredients

canned chickpeas, drained and rinsed	1.6 cup / 372 ml
cucumber, diced	0.8 medium / 116.3 g
tomato, diced	0.8 medium / 116.3 g
red onion, diced	0.4 medium / 62 g
turmeric powder	0.8 tsp / 3.1 g
olive oil	1.6 tbsp / 23.3 ml
lemon juice	1.6 tbsp / 23.3 ml

### Instructions

1. In a large bowl, combine chickpeas, diced cucumber, tomato, red onion, turmeric, olive oil, and lemon juice.
2. Toss everything together until well combined.
3. Serve chilled or at room temperature.

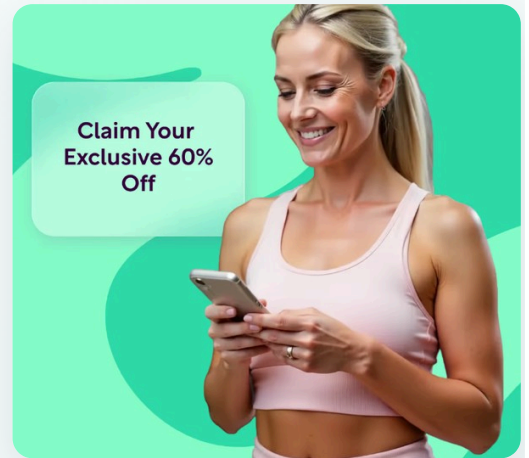
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## 21. Garlic and Herb Grilled Sardines

Sardines are a powerhouse of omega-3 fatty acids and vitamin D, vital for bone health and hormone balance. This simple grilling method locks in flavors while promoting heart health.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	12 min
<b>Cook Time</b>	4 min
<b>Calories</b>	479 kcal
<b>Protein</b>	58g
<b>Carbs</b>	50g
<b>Fats</b>	25g



### Ingredients

Fresh sardines, cleaned	1.7 lb / 742.5 g
Olive oil	4.9 tbsp / 74.3 ml
Garlic, minced	6.5 cloves / 6.5 cloves
Fresh parsley, chopped	0.4 cup / 99 ml
Lemon juice	3.3 tbsp / 49.5 ml
Salt and pepper	to taste / to taste

### Instructions

1. Preheat grill to medium heat.
2. In a bowl, mix olive oil, garlic, parsley, lemon juice, salt, and pepper.
3. Brush sardines with the mixture and grill for 4 minutes per side until cooked through.

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