

7-Day Liquid Diet Plan for Women Over 40 PDF

Transform your health with this refreshing liquid diet tailored for women over 40.

This 7-Day Liquid Diet Plan features 21 delicious recipes crafted specifically for women over 40 looking to detox and rejuvenate. Enjoy a variety of nutrient-packed smoothies and soups that support weight loss while promoting overall wellness. Embrace this opportunity to refresh your eating habits and feel your best.

DAILY NUTRITION OVERVIEW

DAY	CALORIES	PROTEIN	CARBS	FATS
Day 1	1,486	82g	164g	58g
Day 2	1,486	96g	193g	42g
Day 3	1,486	116g	206g	41g
Day 4	1,477	83g	117g	73g
Day 5	1,527	97g	169g	47g
Day 6	1,527	84g	186g	53g
Day 7	1,513	71g	139g	77g
Avg	1,500	90g	168g	56g

CALORIE DISTRIBUTION



Nourish Your Body, Transform Your Health

WHAT'S INSIDE

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Creamy Spinach & Almond Quinoa Bowl

Creamy Broccoli and Cheese Soup

Pumpkin Spice Protein Smoothie

Curried Chickpea & Spinach Soup

Hearty Bone Broth and Lentil Stew

Chia Berry Smoothie Bowl with Flaxseed

Zucchini Noodles with Bone Broth and Shrimp

+ 9 more recipes inside

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



90g Protein

Daily average



1,500 cal/day

Daily average



Macro Balanced

168g C / 56g F avg

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Day 1

3 meals · 1,486 calories

BREAKFAST	Mushroom & Oatmeal Power Bowl	448 kcal
LUNCH	Creamy Broccoli and Cheese Soup	543 kcal
DINNER	Spicy Lentil & Carrot Soup with Ginger	495 kcal

Protein: 82g Carbs: 164g Fats: 58g

1. Mushroom & Oatmeal Power Bowl

This savory bowl combines vitamin D-rich mushrooms with whole grains, offering sustained energy and immune support. Perfect for women over 40 to maintain strength and vitality.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	5 min
Calories	448 kcal
Protein	21g
Carbs	56g
Fats	14g



Ingredients

Rolled oats	0.7 cup / 56 g
Sliced mushrooms	1.4 cup / 98 g
Vegetable broth	1.4 cup / 336 ml
Spinach	0.7 cup / 21 g

Instructions

1. In a saucepan, bring 1.4 cup (336 ml) vegetable broth to a boil. Stir in 0.7 cup (56 g) rolled oats and simmer for about 5 minutes.
2. In a skillet, sauté 1.4 cup (98 g) sliced mushrooms and 0.7 cup (21 g) spinach in a little water until tender.
3. Serve the oatmeal topped with the sautéed mushrooms, spinach, and 2.8 tbsp (21 g) nutritional yeast.

2. Creamy Broccoli and Cheese Soup

This comforting soup is rich in calcium from cheese and vitamin K from broccoli, making it a deliciously nutritious option for supporting bone health.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	10 min
Calories	543 kcal
Protein	31g
Carbs	34g
Fats	34g



Ingredients

Broccoli florets	3.1 cups / 744 ml
Vegetable broth	3.1 cups / 744 ml
Cheddar cheese, shredded	0.8 cup / 186 ml
Olive oil	1.6 tbsp / 23.3 ml
Onion, diced	1.5 small / 1.5 small
Garlic, minced	1.5 clove / 1.5 clove

Instructions

1. In a pot, heat 1.6 tbsp (23.3 ml) olive oil over medium heat. Sauté 1.5 small diced onion and 1.5 clove minced garlic until translucent.
2. Add 3.1 cups (744 ml) broccoli florets and 3.1 cups (744 ml) vegetable broth. Bring to a boil, then simmer for 10 minutes.
3. Blend the soup until smooth, return to heat, and stir in 0.8 cup (186 ml) shredded cheddar cheese until melted.

3. Spicy Lentil & Carrot Soup with Ginger

This warming soup combines protein-rich lentils with vitamin C-rich carrots, providing immune support. The addition of ginger adds anti-inflammatory properties, which are beneficial for women over 40.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	20 min
Calories	495 kcal
Protein	30g
Carbs	74g
Fats	10g



Ingredients

Lentils, rinsed	0.8 cup / 198 ml
Carrots, diced	1.5 medium / 1.5 medium
Vegetable broth	4.9 cups / 1188 ml
Fresh ginger, minced	1.7 tbsp / 24.8 g
Olive oil	1.7 tbsp / 24.8 ml
Cumin	1.7 tsp / 8.3 g

Instructions

1. In a pot, heat 1.7 tbsp (24.8 ml) olive oil over medium heat. Sauté 1.7 tbsp (24.8 g) minced ginger for 1 minute.
2. Add 1.5 medium diced carrot and cook for another 3 minutes.
3. Stir in 0.8 cup (198 ml) rinsed lentils, 4.9 cups (1188 ml) vegetable broth, and 1.7 tsp (8.3 g) cumin. Bring to a boil, then simmer for 20 minutes until lentils are tender.
4. Serve hot.

Day 2

3 meals · 1,486 calories

BREAKFAST Pumpkin Spice Protein Smoothie **448 kcal**

LUNCH Savory Pumpkin and Lentil Soup **543 kcal**

DINNER Curried Chickpea & Spinach Soup **495 kcal**

Protein: 96g Carbs: 193g Fats: 42g

4. Pumpkin Spice Protein Smoothie

A delicious way to incorporate protein and healthy fats with pumpkin and almond milk, this smoothie boosts energy and supports immune health with pumpkin's antioxidants.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	8 min
Calories	448 kcal
Protein	35g
Carbs	49g
Fats	14g



Ingredients

Pumpkin puree	0.7 cup / 168 ml
Almond milk	1.4 cup / 336 ml
Vanilla protein powder	1.5 scoop / 42 g
Ground cinnamon	0.7 tsp / 2.8 g
Ice	1.4 cup / 336 ml

Instructions

1. In a blender, combine 0.7 cup (168 ml) pumpkin puree, 1.4 cup (336 ml) almond milk, 1.5 scoop (42 g) vanilla protein powder, and 0.7 tsp (2.8 g) ground cinnamon.
2. Add 1.4 cup (336 ml) of ice and blend until smooth.

5. Savory Pumpkin and Lentil Soup

This comforting soup combines pumpkin and lentils, delivering a hearty source of fiber and protein to promote satiety and digestive health. The pumpkin is rich in antioxidants and vitamins that can help mitigate menopause symptoms.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	20 min
Calories	543 kcal
Protein	36g
Carbs	78g
Fats	11g



Ingredients

canned pumpkin puree 1.6 cup / 372 ml

Instructions

1. In a pot, heat 1 tbsp (15ml) olive oil over medium heat.
2. Sauté 1/2 cup (120ml) diced onion and 2 cloves garlic (minced) for 3 minutes until soft.
3. Add 1.6 cup (372 ml) canned pumpkin puree, 1/2 cup (90g) lentils, and 4 cups (960ml) vegetable broth. Simmer for 15 minutes, season with cumin and salt, and blend until smooth.

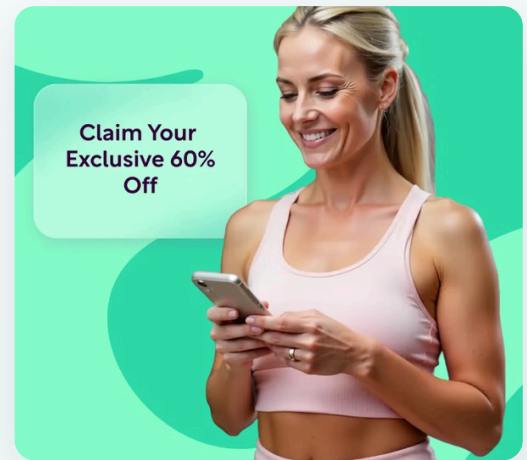
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6. Curried Chickpea & Spinach Soup

This warming soup is rich in protein and fiber from chickpeas, offering sustained energy for mental clarity. Spinach and spices provide antioxidants that support cognitive function.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	15 min
Calories	495 kcal
Protein	25g
Carbs	66g
Fats	17g



Ingredients

Canned chickpeas, drained	1.7 cup / 396 g
Fresh spinach	3.3 cups / 99 g
Onion, chopped	0.8 medium / 82.5 g
Garlic, minced	3 cloves / 3 cloves
Curry powder	1.7 tsp / 8.3 g
Vegetable broth	4.9 cups / 1188 ml
Olive oil	1.7 tbsp / 24.8 ml

Instructions

1. Heat 1.7 tbsp (24.8 ml) olive oil in a saucepan over medium heat. Add 0.8 chopped onion and sauté until translucent, about 5 minutes.
2. Stir in 3 minced garlic cloves and 1.7 tsp (8.3 g) curry powder, cooking for another minute.
3. Add 1.7 cup (396 g) canned chickpeas, 3.3 cups (99 g) fresh spinach, and 4.9 cups (1188 ml) vegetable broth. Simmer for 15 minutes.

Day 3

3 meals · 1,486 calories

BREAKFAST	Berry Bliss Protein Bowl	448 kcal
LUNCH	Hearty Bone Broth and Lentil Stew	543 kcal
DINNER	Protein-Packed Lentil & Vegetable Stew	495 kcal

Protein: 116g Carbs: 206g Fats: 41g

7. Berry Bliss Protein Bowl

Packed with antioxidant-rich berries and plant-based protein, this smoothie bowl supports energy levels and hormone balance. The flaxseed adds omega-3 fatty acids, while almond butter provides healthy fats necessary for hormone production.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	8 min
Calories	448 kcal
Protein	39g
Carbs	45g
Fats	17g



Ingredients

Frozen mixed berries	1.4 cup / 336 ml
Almond milk (unsweetened)	0.7 cup / 168 ml
Protein powder (plant-based)	1.5 scoop / 42 g
Ground flaxseed	1.4 tbsp / 21 g
Almond butter	1.4 tbsp / 22.4 g

Instructions

1. In a blender, combine 1.4 cup (336 ml) frozen mixed berries, 0.7 cup (168 ml) almond milk, 1.5 scoop (42 g) protein powder, 1.4 tbsp (21 g) ground flaxseed, and 1.4 tbsp (22.4 g) almond butter.
2. Blend until smooth and creamy, adding more almond milk if needed to reach desired consistency.
3. Pour into a bowl and top with fresh berries, sliced almonds, and chia seeds.

8. Hearty Bone Broth and Lentil Stew

This filling stew combines bone broth with lentils and vegetables for a comforting lunch packed with protein and fiber. Lentils are a great source of iron, supporting energy levels and combating fatigue often experienced during menopause.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	30 min
Calories	543 kcal
Protein	34g
Carbs	78g
Fats	16g



Ingredients

Bone broth	3.1 cups / 744 ml
Lentils, dried	0.8 cup / 139.5 g
Carrots, diced	0.8 cup / 186 ml
Celery, diced	0.8 cup / 186 ml
Onion, chopped	0.4 cup / 93 ml
Cumin powder	1.6 tsp / 7.8 ml
Olive oil	1.6 tbsp / 23.3 ml
Salt and pepper to taste	to taste / to taste

Instructions

1. In a pot, heat 1.6 tbsp (23.3 ml) of olive oil over medium heat, add chopped onion, cooking until translucent.
2. Add diced carrots and celery and cook for an additional 5 minutes.
3. Stir in 0.8 cup (139.5 g) of dried lentils, then pour in 3.1 cups (744 ml) of bone broth.
4. Add 1.6 tsp (7.8 ml) of cumin powder, salt, and pepper; bring to a boil and then reduce to a simmer for 20-25 minutes until lentils are tender.

9. Protein-Packed Lentil & Vegetable Stew

This hearty stew is rich in protein from lentils and loaded with frozen vegetables, providing essential nutrients for women 40+. High in fiber and iron, it helps support digestion and energy levels.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	25 min
Calories	495 kcal
Protein	43g
Carbs	83g
Fats	8g



Ingredients

Green lentils	3.3 cups / 792 ml
Frozen mixed vegetables	6.6 cups / 1584 ml
Diced tomatoes (canned)	1.5 can (15 oz) / 701.3 g
Garlic powder	1.7 tsp / 8.3 g
Onion powder	1.7 tsp / 8.3 g
Olive oil	3.3 tbsp / 49.5 ml
Vegetable broth	6.6 cups / 1584 ml

Instructions

1. Heat 3.3 tbsp (49.5 ml) olive oil in a large pot over medium heat.
2. Add 3.3 cups (792 ml) rinsed green lentils, 6.6 cups (1584 ml) frozen mixed vegetables, 1 can of diced tomatoes, and 6.6 cups (1584 ml) vegetable broth.
3. Season with 1.7 tsp (8.3 g) garlic powder and 1.7 tsp (8.3 g) onion powder. Bring to a boil, then reduce heat and simmer for 25 minutes until lentils are tender.

Day 4

3 meals · 1,477 calories

BREAKFAST Chia Berry Smoothie Bowl with Flaxseed **406 kcal**

LUNCH Creamy Spinach & Almond Quinoa Bowl **543 kcal**

DINNER Zucchini Noodles with Bone Broth and Shrimp **528 kcal**

Protein: 83g Carbs: 117g Fats: 73g

10. Chia Berry Smoothie Bowl with Flaxseed

This refreshing smoothie bowl is packed with antioxidants from berries and fiber from chia seeds and flaxseed, promoting digestive health and hormone balance. It's a quick breakfast or dessert option that fuels energy levels and supports heart health.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	5 min
Calories	406 kcal
Protein	14g
Carbs	42g
Fats	22g



Ingredients

Almond milk	1.4 cup / 336 ml
Mixed berries	1.4 cup / 210 g
Chia seeds	2.8 tbsp / 42 g
Flaxseed meal	1.4 tbsp / 21 g
Almonds	0.4 cup / 49 g

Instructions

1. In a blender, combine almond milk, mixed berries, chia seeds, and flaxseed meal. Blend until smooth.
2. Pour the smoothie into a bowl and top with chopped almonds and a few extra berries.
3. Serve immediately for a refreshing treat.

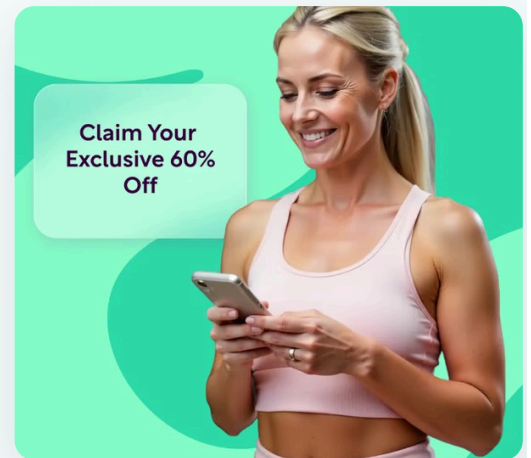
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11. Creamy Spinach & Almond Quinoa Bowl

This nutritious bowl is rich in magnesium from spinach and almonds, which helps relax muscles and supports quality sleep. The protein from quinoa also promotes muscle maintenance, essential for women over 40.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	12 min
Calories	543 kcal
Protein	19g
Carbs	62g
Fats	25g



Ingredients

Cooked quinoa	1.6 cup / 372 ml
Fresh spinach	3.1 cups / 744 ml
Almonds	0.4 cup / 93 ml
Olive oil	1.6 tbsp / 23.3 ml
Garlic	1.5 clove / 1.5 clove
Lemon juice	1.6 tbsp / 23.3 ml
Salt and pepper	to taste /

Instructions

1. In a skillet, heat 1.6 tbsp (23.3 ml) olive oil over medium heat. Add minced garlic and sauté until fragrant, about 1 minute.
2. Add the chopped spinach and cook until wilted, about 3 minutes.
3. In a bowl, combine cooked quinoa, sautéed spinach, sliced almonds, lemon juice, and season with salt and pepper to taste.

12. Zucchini Noodles with Bone Broth and Shrimp

This light and refreshing dish combines zucchini noodles with shrimp cooked in bone broth, providing a protein-rich, low-carb dinner option. The dish is rich in antioxidants and vitamins, supporting skin health and vitality for women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	10 min
Calories	528 kcal
Protein	50g
Carbs	13g
Fats	26g



Ingredients

Bone broth	0.8 cup / 198 ml
Shrimp, peeled and deveined	1.7 cup / 396 ml
Zucchini, spiralized	1.5 medium / 1.5 medium
Garlic, minced	3 cloves / 3 cloves
Olive oil	1.7 tbsp / 24.8 ml
Salt and pepper to taste	to taste / to taste

Instructions

1. In a skillet, heat 1.7 tbsp (24.8 ml) of olive oil over medium heat and sauté minced garlic until fragrant.
2. Add 1.7 cup (396 ml) of peeled shrimp, cooking until pink and opaque.
3. Pour in 0.8 cup (198 ml) of bone broth and add spiralized zucchini, cooking for an additional 2-3 minutes until zucchini is tender; season with salt and pepper to taste.

Day 5

3 meals · 1,527 calories

BREAKFAST	Carrot and Berry Smoothie	406 kcal
LUNCH	Thai Peanut & Edamame Salad	543 kcal
DINNER	Lentil & Cabbage Soup with Probiotic Boost	578 kcal

Protein: 97g Carbs: 169g Fats: 47g

13. Carrot and Berry Smoothie

This refreshing smoothie combines carrots and berries, providing a powerful dose of beta-carotene and antioxidants that promote skin health and reduce inflammation. The addition of protein powder helps meet your daily requirements for muscle support.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	5 min
Calories	406 kcal
Protein	36g
Carbs	42g
Fats	8g



Ingredients

Carrot, chopped	1.5 medium / 70 g
Mixed berries (frozen or fresh)	1.4 cup / 210 g
Greek yogurt, unsweetened	0.7 cup / 168 g
Protein powder (optional)	1.5 scoop / 42 g
Almond milk (unsweetened)	1.4 cup / 336 ml

Instructions

1. In a blender, combine 1.5 medium chopped carrot, 1.4 cup (210 g) mixed berries, 0.7 cup (168 g) Greek yogurt, and 1.4 cup (336 ml) almond milk.
2. Add 1.5 scoop (42 g) protein powder if using.
3. Blend until smooth and creamy, adjusting thickness with additional almond milk if necessary.

14. Thai Peanut & Edamame Salad

This refreshing salad features edamame and carrots, high in fiber and essential nutrients, promoting gut health and regularity. The peanut dressing adds healthy fats, supporting hormone balance and energy for women over 40.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	12 min
Calories	543 kcal
Protein	28g
Carbs	53g
Fats	26g



Ingredients

Shelled edamame, cooked	1.6 cup / 372 ml
Shredded carrots	1.6 cup / 186 g
Red bell pepper, sliced	1.6 cup / 372 ml
Peanut butter	3.1 tbsp / 46.5 g
Soy sauce (low sodium)	1.6 tbsp / 23.3 ml
Lime juice	1.6 tbsp / 23.3 ml
Honey or maple syrup (optional)	1.6 tsp / 7.8 ml
Sesame seeds for garnish	1.6 tbsp / 23.3 g

Instructions

1. In a large bowl, combine edamame, carrots, and bell pepper.
2. In a small bowl, whisk together peanut butter, soy sauce, lime juice, and honey (if using).
3. Pour the dressing over the salad and toss to combine. Sprinkle sesame seeds on top before serving.

15. Lentil & Cabbage Soup with Probiotic Boost

This hearty soup combines lentils and cabbage, both rich in fiber, promoting digestive health. Topped with a dollop of yogurt, it provides probiotics to enhance gut flora and reduce bloating.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	30 min
Calories	578 kcal
Protein	33g
Carbs	74g
Fats	13g



Ingredients

Green lentils, rinsed	0.8 cup / 198 ml
Cabbage, chopped	1.7 cup / 396 ml
Vegetable broth	6.6 cups / 1584 ml
Olive oil	1.7 tbsp / 24.8 ml
Plain Greek yogurt	0.4 cup / 99 ml

Instructions

1. In a pot, heat 1.7 tbsp (24.8 ml) of olive oil over medium heat. Add chopped cabbage and sauté for 5 minutes.
2. Add 0.8 cup (198 ml) of rinsed lentils and 6.6 cups (1584 ml) of vegetable broth. Bring to a boil, then reduce heat and simmer for 25 minutes until lentils are tender.
3. Serve topped with 0.4 cup (99 ml) of plain Greek yogurt for a probiotic boost.

Day 6

3 meals · 1,527 calories

BREAKFAST Peachy Protein Shake **406 kcal**

LUNCH Cinnamon Roasted Brussels Sprouts & Almond Salad **543 kcal**

DINNER Lentil and Root Vegetable Stew **578 kcal**

Protein: 84g Carbs: 186g Fats: 53g

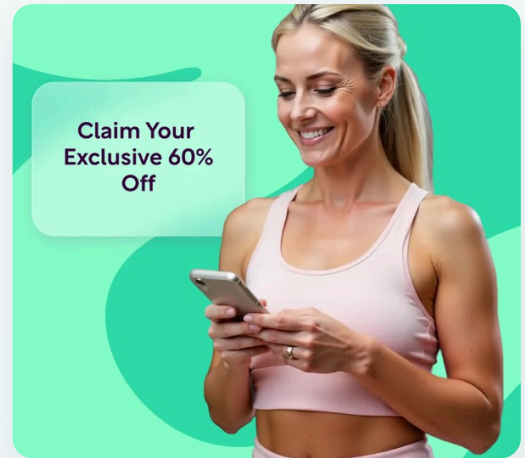
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16. Peachy Protein Shake

This super quick shake combines peaches and Greek yogurt for a deliciously creamy drink packed with protein and calcium, essential for bone health. The natural sweetness of peaches helps satisfy cravings while providing vitamins and fiber.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	5 min
Calories	406 kcal
Protein	35g
Carbs	56g
Fats	6g



Ingredients

Fresh or frozen peaches	1.4 cup / 336 ml
Greek yogurt	0.7 cup / 168 ml
Almond milk	0.7 cup / 168 ml
Honey (optional)	1.4 tsp / 7 g
Cinnamon	0.7 tsp / 2.8 g

Instructions

1. In a blender, combine 1.4 cup (336 ml) peaches, 0.7 cup (168 ml) Greek yogurt, and 0.7 cup (168 ml) almond milk.
2. Blend until smooth; add honey and cinnamon, then blend again.
3. Serve immediately as a fulfilling breakfast shake.

17. Cinnamon Roasted Brussels Sprouts & Almond Salad

This vibrant salad combines fiber-rich Brussels sprouts with heart-healthy almonds and a hint of cinnamon. It supports blood sugar regulation and provides essential nutrients for women over 40.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	20 min
Calories	543 kcal
Protein	16g
Carbs	31g
Fats	39g



Ingredients

Brussels sprouts, halved	3.1 cups / 372 g
Olive oil	1.6 tbsp / 23.3 ml
Sliced almonds	0.4 cup / 46.5 g
Cinnamon	0.8 tsp / 3.1 g
Lemon juice	1.6 tbsp / 23.3 ml

Instructions

1. Preheat oven to 400°F (200°C). Toss 3.1 cups (372 g) halved Brussels sprouts with 1.6 tbsp (23.3 ml) olive oil, 0.8 tsp (3.1 g) cinnamon, and roast for 20 minutes.
2. Once roasted, mix with 0.4 cup (46.5 g) sliced almonds and drizzle with 1.6 tbsp (23.3 ml) lemon juice before serving.

18. Lentil and Root Vegetable Stew

This nourishing stew is packed with protein and fiber from lentils, promoting satiety and digestive health, crucial for women over 40. The root vegetables provide essential vitamins and minerals that support bone health.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	30 min
Calories	578 kcal
Protein	33g
Carbs	99g
Fats	8g



Ingredients

Lentils, rinsed	0.8 cup / 165 g
Carrots, diced	0.8 cup / 123.8 g
Potato, diced	0.8 cup / 123.8 g
Celery, diced	0.4 cup / 66 g
Vegetable broth	6.6 cups / 1584 ml
Olive oil	1.7 tbsp / 24.8 ml
Bay leaf	1.7 / 1.7g
Salt and pepper	to taste / to taste

Instructions

1. In a pot, heat olive oil over medium heat; add diced celery and cook for 5 minutes.
2. Add diced carrots and potato, then stir in lentils and vegetable broth.
3. Add the bay leaf and bring to a boil, then reduce heat and simmer for 25-30 minutes until lentils are tender.
4. Season with salt and pepper before serving.

Day 7

3 meals · 1,513 calories

BREAKFAST	Lemon Garlic Avocado Toast	392 kcal
LUNCH	Chickpea & Avocado Refresh Bowl	543 kcal
DINNER	Vegetable and Tofu Stir-Fry Soup	578 kcal

Protein: 71g Carbs: 139g Fats: 77g

19. Lemon Garlic Avocado Toast

Creamy avocado spread on whole-grain toast with fresh herbs, garlic, and lemon.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	3 min
Calories	392 kcal
Protein	7g
Carbs	42g
Fats	21g



Ingredients

Avocado	0.7 medium / 98g
Whole grain bread	1.4 slice(s) / 42g
Garlic	0.7 clove(s) / 1.4g
Fresh cilantro	0.7 / 10.5g
Lemon juice	1.4 medium / 21g

Instructions

1. Toast the bread until golden brown.
2. In a bowl, mash the avocado with minced garlic and lemon juice.
3. Spread the avocado mixture on the toast and garnish with chopped cilantro.

20. Chickpea & Avocado Refresh Bowl

A refreshing blend of chickpeas and avocado, providing plant protein and healthy fats that aid in hormone balance. The fiber content also supports digestive health.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	12 min
Calories	543 kcal
Protein	23g
Carbs	47g
Fats	31g



Ingredients

Chickpeas, cooked	1.6 cup / 372 ml
Avocado, diced	1 medium / 1 medium
Cucumber, diced	1 medium / 1 medium
Parsley, chopped	3.1 tbsp / 46.5 ml
Lemon juice	1.6 tbsp / 23.3 ml

Instructions

1. In a bowl, combine 1.6 cup (372 ml) cooked chickpeas, 1 medium diced avocado, and 1 medium diced cucumber.
2. Add 3.1 tbsp (46.5 ml) chopped parsley and 1.6 tbsp (23.3 ml) lemon juice.
3. Toss gently to mix.

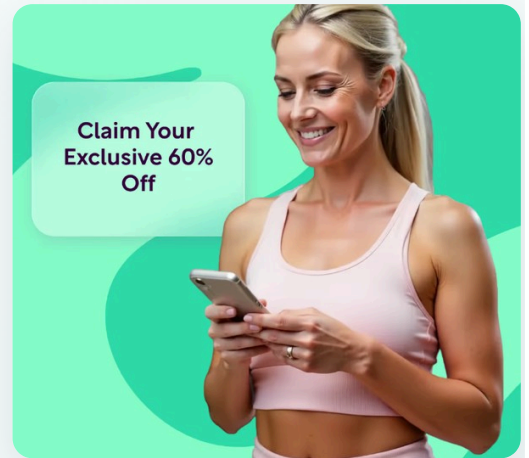
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21. Vegetable and Tofu Stir-Fry Soup

This quick stir-fry soup combines tofu and mixed vegetables, providing a complete protein source alongside vitamins and minerals for women over 40. Tofu contains phytoestrogens, which can help balance hormones during menopause.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	578 kcal
Protein	41g
Carbs	50g
Fats	25g



Ingredients

firm tofu, diced

1.7 cup / 396 ml

Instructions

1. In a pot, heat 1 tbsp (15ml) sesame oil over medium heat.
2. Add 1.7 cup (396 ml) diced bell peppers, 1.7 cup (396 ml) diced broccoli, and sauté for 3 minutes.
3. Stir in 1.7 cup (396 ml) diced tofu, 4 cups (960ml) vegetable broth, and 1 tbsp (15ml) soy sauce. Simmer for 10 minutes.

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