

7-Day Low-Cholesterol Diet Plan for Women PDF

Promote heart health with this targeted low-cholesterol meal plan for women.

Our 7-Day Low-Cholesterol Diet Plan offers 21 heart-healthy recipes crafted especially for women. This diet emphasizes whole foods and nutritional balance to help manage cholesterol levels effectively. Take control of your heart health with delicious meals that nourish and satisfy.

DAILY NUTRITION OVERVIEW

DAY	CALORIES	PROTEIN	CARBS	FATS
Day 1	1,399	90g	180g	47g
Day 2	1,398	103g	151g	55g
Day 3	1,397	64g	160g	55g
Day 4	1,396	95g	139g	59g
Day 5	1,396	99g	106g	61g
Day 6	1,513	62g	226g	50g
Day 7	1,380	92g	119g	59g
Avg	1,411	86g	154g	55g

CALORIE DISTRIBUTION



Nourish Your Body, Transform Your Health

WHAT'S INSIDE

Garlic Feta Avocado Toast

Spicy Pumpkin & Black Bean Chili

Holy Basil & Avocado Toast with Silken Tofu

Lemon Herb Overnight Oats

Zucchini Noodles with Avocado Pesto and Fermented Vegetables

Savory Quinoa and Black Bean Bowl with Avocado and Spinach

Spicy Garlic Shrimp Tacos

Savory Spinach and Egg Skillet with Avocado

Turmeric Lentil Soup with Kale

Savory Quinoa and Black Bean Bowl

Savory Spinach & Feta Omelette with Avocado

Rich Tomato and Basil Soup with Spinach

+ 9 more recipes inside

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21 Recipes

7-day meal plan



1,411 cal/day

Daily average



86g Protein

Daily average



Macro Balanced

154g C / 55g F avg

Contents

A quick overview of what's inside

01 Day 1

1. Garlic Feta Avocado Toast

2. Spicy Garlic Shrimp Tacos

3. Spicy Pumpkin & Black Bean Chili

02 Day 2

4. Savory Spinach and Egg Skillet with Avocado

5. Holy Basil & Avocado Toast with Silken Tofu

6. Turmeric Lentil Soup with Kale

03 Day 3

7. Lemon Herb Overnight Oats

8. Savory Quinoa and Black Bean Bowl

9. Zucchini Noodles with Avocado Pesto and Fermented Vegetables

04 Day 4

10. Savory Spinach & Feta Omelette with Avocado

11. Savory Quinoa and Black Bean Bowl with Avocado and Spinach

12. Rich Tomato and Basil Soup with Spinach

05 Day 5

13. Spinach & Egg Breakfast Bowl with Avocado

14. Savory Quinoa & Black Bean Bowl with Avocado

15. Mushroom and Spinach Stuffed Portobello

06 Day 6

16. Berry Oatmeal Bowl

17. Baked Sweet Potato & Black Bean Bowl

18. Zesty Roasted Vegetable & Bean Tacos

07 Day 7

19. Balanced Veggie Scramble with Poached Eggs

20. Quinoa & Chickpea Power Bowl

21. Spaghetti Squash with Garlic and Spinach

Day 1

3 meals · 1,399 calories

BREAKFAST	Garlic Feta Avocado Toast	406 kcal
LUNCH	Spicy Garlic Shrimp Tacos	465 kcal
DINNER	Spicy Pumpkin & Black Bean Chili	528 kcal

Protein: 90g Carbs: 180g Fats: 47g

1. Garlic Feta Avocado Toast

Creamy avocado on toast, topped with garlic and feta for a savory breakfast lift.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	3 min
Calories	406 kcal
Protein	13g
Carbs	50g
Fats	18g



Ingredients

whole grain bread	1.5 slice / 39.2g
avocado, mashed	0.7 medium / 98g
feta cheese, crumbled	2.8 tablespoons / 42g
garlic, minced	1.5 clove / 7g
black pepper	to taste / to taste

Instructions

1. Toast the slice of whole-grain bread.
2. Spread mashed avocado on the toast.
3. Top with minced garlic and crumbled feta.
4. Season with black pepper and serve.

2. Spicy Garlic Shrimp Tacos

Packed with protein and healthy fats, these tacos feature shrimp sautéed with garlic and lime, providing a boost for heart health and hormone balance. The cooling avocado helps relieve menopause symptoms.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	1 min
Calories	465 kcal
Protein	47g
Carbs	47g
Fats	16g



Ingredients

Raw shrimp, peeled and deveined	9.3 oz / 263.5 g
Garlic, minced	3 cloves / 3 cloves
Lime juice	1.6 tbsp / 23.3 ml
Corn tortillas	3.1 slice(s) / 3.1g
Avocado, sliced	0.8 medium / 0.8g
Cilantro, chopped	1.6 tbsp / 23.3 ml
Olive oil	1.6 tbsp / 23.3 ml
Salt and pepper to taste	to taste / to taste

Instructions

1. Heat 1.6 tbsp (23.3 ml) olive oil in a skillet over medium heat.
2. Add minced garlic and cook for 1 minute until fragrant.
3. Add shrimp, lime juice, salt, and pepper; sauté for 5-7 minutes until shrimp are pink and opaque.
4. Warm corn tortillas in a separate pan for 1 minute each side.
5. Assemble tacos with shrimp, avocado, and cilantro.

3. Spicy Pumpkin & Black Bean Chili

This hearty chili is rich in zinc from pumpkin seeds and fiber from black beans, which supports metabolism and digestive health. The spices add anti-inflammatory benefits, making it perfect for women over 40.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	15 min
Calories	528 kcal
Protein	30g
Carbs	83g
Fats	13g



Ingredients

Canned black beans, drained	1.7 cup / 396 ml
Pumpkin puree	0.8 cup / 198 ml
Diced tomatoes, canned	1.7 cup / 396 ml
Chili powder	1.7 tbsp / 24.8 ml
Cumin	1.7 tsp / 8.3 ml
Pumpkin seeds, toasted	3.3 tbsp / 49.5 ml

Instructions

1. In a pot, combine black beans, pumpkin puree, diced tomatoes, chili powder, and cumin. Bring to a simmer.
2. Cook for 15 minutes, stirring occasionally.
3. Top with toasted pumpkin seeds before serving.

Day 2

3 meals · 1,398 calories

BREAKFAST Savory Spinach and Egg Skillet with Avocado **490 kcal**

LUNCH Holy Basil & Avocado Toast with Silken Tofu **512 kcal**

DINNER Turmeric Lentil Soup with Kale **396 kcal**

Protein: 103g Carbs: 151g Fats: 55g

4. Savory Spinach and Egg Skillet with Avocado

This nutrient-packed breakfast features eggs paired with spinach and avocado, providing essential omega-3s, calcium, and phytoestrogens to support hormone balance and heart health for women over 40. Quick to prepare, it ensures you start your day with a protein-rich meal that promotes bone health and metabolism support.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	490 kcal
Protein	39g
Carbs	42g
Fats	17g



Ingredients

large eggs	4.2 large / 4 large
fresh spinach, chopped	2.8 cups / 84 g
avocado, diced	0.7 medium / 105 g
olive oil	1.4 tablespoon / 21 ml
feta cheese, crumbled	0.4 cup / 56 g
salt	0.4 teaspoon / 2.1 g
black pepper	0.4 teaspoon / 1.4 g
fresh lemon juice	1.4 teaspoon / 7 ml

Instructions

1. In a skillet, heat the olive oil over medium heat.
2. Add the chopped spinach and sauté for 2-4.2 minutes until wilted.
3. Crack the eggs into the skillet and season with salt and black pepper.
4. Cook for 4.2-4 minutes, until the eggs are set to your liking.
5. Remove from heat and top with diced avocado, crumbled feta cheese, and a squeeze of fresh lemon juice.

5. Holy Basil & Avocado Toast with Silken Tofu

This unique take on avocado toast features silken tofu, a great source of plant-based protein, along with antioxidant-rich holy basil. It's a refreshing, nutrient-dense option that supports mental clarity and hormone balance for women over 40.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	12 min
Calories	512 kcal
Protein	34g
Carbs	43g
Fats	28g



Ingredients

Whole grain bread	3 slices / 93 g
Silken tofu	0.8 cup / 186 g
Ripe avocado	0.8 medium / 116.3 g
Holy basil leaves	1.6 tbsp / 7.8 g
Chili flakes	0.4 tsp / 1.6 g

Instructions

1. Toast 3 slices (93 g) of whole grain bread to desired crispness.
2. In a bowl, mash 0.8 (116.3 g) ripe avocado and mix in 0.8 cup (186 g) silken tofu and chopped holy basil leaves.
3. Spread the avocado-tofu mixture on toasted bread and sprinkle with chili flakes if using.

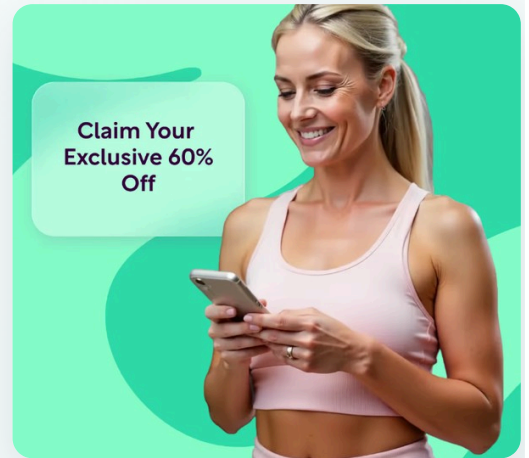
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6. Turmeric Lentil Soup with Kale

This hearty soup is packed with protein-rich lentils and nutrient-dense kale, both essential for supporting bone health. Turmeric and black pepper offer anti-inflammatory benefits that are crucial for energy and vitality in women over 40.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	20 min
Calories	396 kcal
Protein	30g
Carbs	66g
Fats	10g



Ingredients

Red lentils, rinsed	1.7 cup / 330 g
Kale, chopped	3.3 cups / 132 g
Vegetable broth	6.6 cups / 1584 ml
Ground turmeric	1.7 tbsp / 24.8 g
Ground black pepper	0.8 tsp / 3.3 g
Onion, diced	1.5 medium / 1.5 medium
Olive oil	1.7 tbsp / 24.8 ml
Salt and pepper	to taste / to taste

Instructions

1. In a large pot, heat 1.7 tbsp (24.8 ml) olive oil over medium heat. Add 1 diced onion and sauté until translucent, about 5 minutes.
2. Add 1.7 tbsp (24.8 g) ground turmeric and 0.8 tsp (3.3 g) ground black pepper, stir for 1 minute.
3. Add 1.7 cup (330 g) red lentils and 6.6 cups (1584 ml) vegetable broth, bring to a boil, then reduce heat and simmer for 20 minutes.
4. Stir in 3.3 cups (132 g) chopped kale, cook for an additional 5 minutes, and season with salt and pepper to taste.

Day 3

3 meals · 1,397 calories

BREAKFAST Lemon Herb Overnight Oats **392 kcal**

LUNCH Savory Quinoa and Black Bean Bowl **543 kcal**

DINNER Zucchini Noodles with Avocado Pesto and Fermented Vegetables **462 kcal**

Protein: 64g Carbs: 160g Fats: 55g

7. Lemon Herb Overnight Oats

Overnight oats infused with lemon and fresh herbs for a revitalizing and nutritious breakfast.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	None
Calories	392 kcal
Protein	11g
Carbs	63g
Fats	10g



Ingredients

rolled oats	0.5 cup / 42 grams
almond milk	1.4 cup / 336 milliliters
lemon zest	1.4 teaspoon / 7 grams
fresh mint, chopped	1.4 tablespoon / 21 grams
honey (optional)	1.4 teaspoon / 7 grams

Instructions

1. In a jar, combine rolled oats, almond milk, lemon zest, and chopped mint.
2. Stir well, cover, and refrigerate overnight.
3. In the morning, add honey if desired and enjoy cold.

8. Savory Quinoa and Black Bean Bowl

This nutrient-rich bowl combines quinoa and black beans, providing a complete amino acid profile essential for women over 40. Packed with fiber, phytoestrogens, and healthy fats, it's designed to support hormone balance and heart health.

Nutrition Information

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



Ingredients

quinoa	0.8 cup / 139.5 g
black beans, canned and rinsed	0.8 cup / 186 g
spinach, fresh	1.6 cup / 46.5 g
cherry tomatoes, halved	0.8 cup / 116.3 g
avocado, diced	0.4 medium / 77.5 g
olive oil	1.6 tablespoon / 23.3 ml
lime juice	1.6 tablespoon / 23.3 ml
cumin	0.8 teaspoon / 3.1 g
salt	to taste / to taste
black pepper	to taste / to taste

Instructions

1. Rinse quinoa under cold water and combine it with 1.6 cup (240ml) of water in a saucepan. Bring to a boil, then reduce heat, cover, and simmer for 15 minutes until water is absorbed.
2. In a large bowl, mix black beans, spinach, cherry tomatoes, and diced avocado.
3. Once quinoa is cooked, fluff it with a fork and add it to the bowl with the vegetables.
4. Drizzle olive oil and lime juice over the mixture. Add cumin, salt, and pepper to taste. Toss gently to combine.

9. Zucchini Noodles with Avocado Pesto and Fermented Vegetables

This dish features low-carb zucchini noodles with creamy avocado pesto, complemented by fermented vegetables for added probiotics and digestive benefits.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	18 min
Calories	462 kcal
Protein	10g
Carbs	50g
Fats	26g



Ingredients

Zucchini, spiralized	1.5 medium / 1.5 medium
Ripe avocado	0.8 medium / 0.8g
Basil leaves	0.4 cup / 24.8 g
Lemon juice	1.7 tbsp / 24.8 ml
Fermented vegetables (e.g., sauerkraut or kimchi)	0.4 cup / 99 ml

Instructions

1. In a blender, combine 0.8 of a ripe avocado, 0.4 cup (24.8 g) of basil leaves, and 1.7 tbsp (24.8 ml) of lemon juice. Blend until smooth.
2. In a skillet, lightly sauté 1.5 medium spiralized zucchini over medium heat for 2-3 minutes until warmed.
3. Toss the zucchini noodles with the avocado pesto and top with 0.4 cup (99 ml) of fermented vegetables.

Day 4

3 meals · 1,396 calories

BREAKFAST Savory Spinach & Feta Omelette with Avocado **490 kcal**

LUNCH Savory Quinoa and Black Bean Bowl with Avocado and Spinach **543 kcal**

DINNER Rich Tomato and Basil Soup with Spinach **363 kcal**

Protein: 95g Carbs: 139g Fats: 59g

10. Savory Spinach & Feta Omelette with Avocado

This nutrient-dense omelette is designed to support hormone balance and bone health for women over 40. Packed with protein, healthy fats, and phytoestrogens, it helps maintain muscle mass while providing essential vitamins and minerals for overall well-being.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	490 kcal
Protein	39g
Carbs	42g
Fats	28g



Ingredients

Eggs	4 large / 4 large
Fresh spinach	1.4 cup / 42 g
Feta cheese, crumbled	0.4 cup / 56 g
Avocado, diced	0.5 medium / 105 g
Olive oil	1.4 tablespoon / 21 ml
Black pepper	to taste / to taste
Salt	to taste / to taste

Instructions

1. Step 1: In a non-stick skillet, heat the olive oil over medium heat.
2. Step 2: Add the fresh spinach and sauté until wilted, about 2-3 minutes.
3. Step 3: In a bowl, whisk the eggs with salt and black pepper. Pour the egg mixture into the skillet over the spinach.
4. Step 4: Sprinkle crumbled feta cheese evenly over the eggs and cook until the eggs are set, about 5-7 minutes.
5. Step 5: Slide the omelette onto a plate and top with diced avocado before serving.

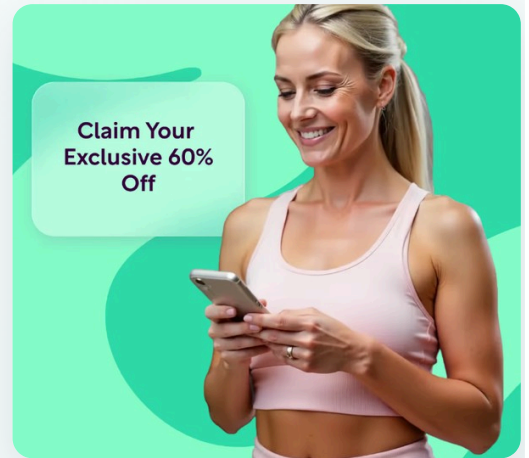
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11. Savory Quinoa and Black Bean Bowl with Avocado and Spinach

This protein-rich quinoa and black bean bowl is designed for women over 40, promoting hormone balance and supporting bone and heart health. Loaded with phytoestrogens, omega-3s, and essential vitamins, it's a satisfying meal that keeps your metabolism active.

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
Black beans, canned (drained and rinsed)	0.8 cup / 186 g
Spinach, fresh	1.6 cup / 46.5 g
Avocado, diced	1 medium / 116.3 g
Olive oil	1.6 tablespoon / 23.3 ml
Lemon juice	1.6 tablespoon / 23.3 ml
Pumpkin seeds	3.1 tablespoons / 46.5 g
Salt	0.4 teaspoon / 1.6 g
Black pepper	0.4 teaspoon / 1.6 g

Instructions

1. In a medium bowl, combine the cooked quinoa and black beans, mixing well.
2. Add the fresh spinach and diced avocado to the quinoa mixture.
3. In a small bowl, whisk together the olive oil, lemon juice, salt, and black pepper, then pour over the quinoa mixture.
4. Toss gently to combine all ingredients and top with pumpkin seeds before serving.

12. Rich Tomato and Basil Soup with Spinach

This vibrant tomato soup is enriched with spinach and fresh basil, providing vitamins and antioxidants for heart health, particularly important for women over 40. The fiber from the tomatoes and spinach aids digestion and helps control weight.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	363 kcal
Protein	13g
Carbs	50g
Fats	12g



Ingredients

canned diced tomatoes

3.3 cups / 792 ml

Instructions

1. In a pot, heat 1 tbsp (15ml) olive oil over medium heat.
2. Add 1 cup (240ml) diced onion and sauté for 5 minutes.
3. Stir in 3.3 cups (792 ml) canned diced tomatoes, 3.3 cups (792 ml) vegetable broth, and 3.3 cups (792 ml) fresh spinach. Simmer for 10 minutes and blend until smooth.

Day 5

3 meals · 1,396 calories

BREAKFAST Spinach & Egg Breakfast Bowl with Avocado **490 kcal**

LUNCH Savory Quinoa & Black Bean Bowl with Avocado **543 kcal**

DINNER Mushroom and Spinach Stuffed Portobello **363 kcal**

Protein: 99g Carbs: 106g Fats: 61g

13. Spinach & Egg Breakfast Bowl with Avocado

This nutrient-dense breakfast bowl is designed to support hormone balance and bone health for women over 40. Packed with protein, healthy fats, and fiber, it provides essential nutrients to fuel your day while promoting heart health.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	490 kcal
Protein	39g
Carbs	42g
Fats	17g



Ingredients

Large eggs	2.8 large / 2.8g
Fresh spinach	1.4 cup / 42 g
Olive oil	1.4 tsp / 7 ml
Avocado	0.7 medium / 105 g
Chia seeds	1.4 tbsp / 21 g
Salt and pepper	to taste / to taste

Instructions

1. In a small saucepan, bring water to a boil and gently add the eggs. Boil for about 6-7 minutes for soft-boiled eggs or longer for hard-boiled, then transfer to an ice bath to cool.
2. In a skillet, heat the olive oil over medium heat, add the spinach, and sauté until wilted, about 2.8-3 minutes. Season with salt and pepper.
3. Peel and slice the avocado while the spinach cooks.
4. Once the eggs are cool, peel them and cut them in half. In a bowl, arrange the sautéed spinach, avocado, and eggs. Sprinkle chia seeds on top for added nutrition.

14. Savory Quinoa & Black Bean Bowl with Avocado

This nutrient-dense bowl is packed with protein and healthy fats, making it ideal for women over 40. The combination of quinoa and black beans provides essential amino acids and fiber, while avocado adds omega-3s and heart-healthy fats to support hormone balance and overall well-being.

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
black beans, canned, rinsed	0.8 cup / 186 g
avocado, diced	1 medium / 116.3 g
cherry tomatoes, halved	0.8 cup / 116.3 g
spinach, fresh	1.6 cup / 46.5 g
olive oil	1.6 tablespoon / 23.3 ml
lemon juice	1.6 tablespoon / 23.3 ml
cumin	1.6 teaspoon / 7.8 g
salt	0.4 teaspoon / 2.3 g
pepper	0.4 teaspoon / 2.3 g

Instructions

1. In a medium bowl, combine the cooked quinoa, black beans, and spinach.
2. Add the diced avocado and halved cherry tomatoes to the mixture.
3. In a small bowl, whisk together olive oil, lemon juice, cumin, salt, and pepper.
4. Pour the dressing over the quinoa mixture and gently toss to combine.
5. Serve immediately and enjoy your nutritious bowl!

15. Mushroom and Spinach Stuffed Portobello

These stuffed portobello mushrooms are loaded with fiber and nutrients from spinach and mushrooms, supporting digestive health and bone strength. The dish is low in calories yet high in flavor, perfect for a light dinner.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	20 min
Calories	363 kcal
Protein	17g
Carbs	17g
Fats	25g



Ingredients

Portobello mushroom cap	1.5 large / 1.5 large
Spinach, chopped	1.7 cup / 49.5 g
Mushrooms, chopped	0.8 cup / 123.8 g
Olive oil	1.7 tbsp / 24.8 ml
Garlic, minced	1.5 clove / 1.5 clove
Parmesan cheese, grated (optional)	3.3 tbsp / 24.8 g

Instructions

1. Preheat the oven to 375°F (190°C). Heat 1.7 tbsp (24.8 ml) olive oil in a skillet over medium heat and add minced garlic and chopped mushrooms. Sauté for 3 minutes.
2. Stir in chopped spinach and cook until wilted. Remove from heat and fill the portobello cap with the mixture.
3. Place on a baking sheet and top with grated Parmesan cheese if using. Bake for 15 minutes until the mushroom is tender.

Day 6

3 meals · 1,513 calories

BREAKFAST Berry Oatmeal Bowl **392 kcal**

LUNCH Baked Sweet Potato & Black Bean Bowl **543 kcal**

DINNER Zesty Roasted Vegetable & Bean Tacos **578 kcal**

Protein: 62g Carbs: 226g Fats: 50g

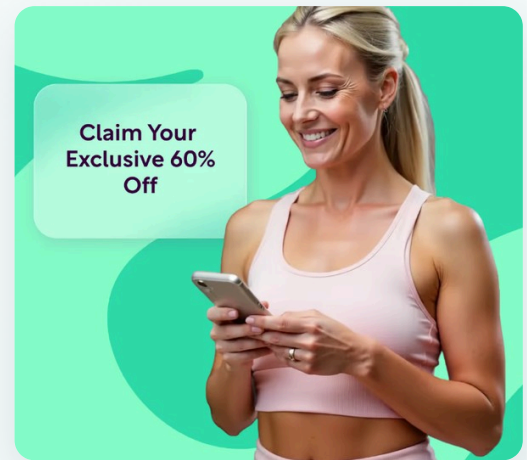
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16. Berry Oatmeal Bowl

This warm oatmeal bowl is packed with antioxidant-rich berries and fiber from oats, making it a nourishing breakfast choice. Drizzle with olive oil for a unique twist and added health benefits.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	5 min
Calories	392 kcal
Protein	11g
Carbs	70g
Fats	10g



Ingredients

Rolled oats	0.7 cup / 56 g
Water or milk	1.4 cup / 336 ml
Mixed berries (fresh or frozen)	0.7 cup / 105 g
Olive oil	1.4 tsp / 7 ml
Honey or maple syrup	1.4 tsp / 7 ml

Instructions

1. In a saucepan, bring water or milk to a boil.
2. Add rolled oats and reduce heat to simmer for about 5 minutes, stirring occasionally.
3. Once the oats are cooked, stir in the mixed berries.
4. Drizzle with olive oil and sweeten with honey or maple syrup before serving.

17. Baked Sweet Potato & Black Bean Bowl

This hearty bowl features iron-rich black beans and sweet potatoes, combined with avocado and lime for an extra vitamin C boost. It's a delicious, fiber-rich meal that supports energy levels and combats anemia, tailored for women over 40.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	12 min
Calories	543 kcal
Protein	16g
Carbs	78g
Fats	23g



Ingredients

Sweet potato, cubed	1.5 medium / 1.5 medium
Canned black beans, drained	0.8 cup / 186 ml
Avocado, sliced	0.8 fruit / 0.8 fruit
Olive oil	1.6 tbsp / 23.3 ml
Lime juice	1.6 tbsp / 23.3 ml
Salt and pepper	to taste / to taste

Instructions

1. Preheat the oven to 400°F (200°C). Toss 1 cubed sweet potato with 1.6 tbsp (23.3 ml) of olive oil, salt, and pepper. Spread on a baking sheet and bake for 25-30 minutes until tender.
2. In a bowl, combine the baked sweet potato, 0.8 cup of drained black beans, and top with 1/2 sliced avocado and a squeeze of 1.6 tbsp (23.3 ml) lime juice.

18. Zesty Roasted Vegetable & Bean Tacos

These colorful tacos are full of roasted veggies and protein-rich beans, making them an excellent choice for maintaining energy levels and supporting heart health. The fiber helps balance blood sugar while enhancing digestion.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	15 min
Calories	578 kcal
Protein	35g
Carbs	78g
Fats	17g



Ingredients

Corn tortillas	3.3 slice(s) / 3.3 pcs
Zucchini, diced	0.8 cup / 123.8 g
Red bell pepper, diced	0.8 cup / 123.8 g
Black beans, drained	0.8 cup / 198 ml
Cilantro, chopped	3.3 tbsp / 16.5 g

Instructions

1. Preheat oven to 425°F (220°C). Toss 0.8 cup (123.8 g) diced zucchini and 0.8 cup (123.8 g) diced red bell pepper in olive oil and roast for 15 minutes.
2. Warm 3.3 corn tortillas in a skillet, then fill with the roasted vegetables and 0.8 cup (198 ml) black beans.
3. Garnish with chopped cilantro before serving.

Day 7

3 meals · 1,380 calories

BREAKFAST Balanced Veggie Scramble with Poached Eggs **490 kcal**

LUNCH Quinoa & Chickpea Power Bowl **543 kcal**

DINNER Spaghetti Squash with Garlic and Spinach **347 kcal**

Protein: 92g Carbs: 119g Fats: 59g

19. Balanced Veggie Scramble with Poached Eggs

This delightful breakfast combines nutrient-dense ingredients to support hormone balance, metabolism, and bone health, making it ideal for women over 40. The combination of eggs, leafy greens, and healthy fats provides essential nutrients while promoting heart health.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	490 kcal
Protein	39g
Carbs	42g
Fats	17g



Ingredients

Large eggs	2.8 large / 2.8g
Fresh spinach	1.4 cup / 42 g
Olive oil or coconut oil	1.4 teaspoon / 7 ml
Cherry tomatoes	0.7 cup / 105 g
Avocado	0.4 medium / 70 g
Feta cheese (optional)	2.8 tablespoons / 42 g
Salt and pepper	to taste / to taste

Instructions

1. Step 1: Heat the olive oil or coconut oil in a non-stick skillet over medium heat.
2. Step 2.8: Add the fresh spinach and cherry tomatoes to the skillet and sauté for about 2.8-3 minutes until the spinach wilts and the tomatoes soften.
3. Step 3: Meanwhile, poach the two eggs in a separate pot of simmering water for about 3-4 minutes or until the whites are set.
4. Step 4: Once the vegetables are cooked, season with salt and pepper, and transfer them to a plate.
5. Step 5: Place the poached eggs on top of the sautéed vegetables, add sliced avocado, and sprinkle with feta cheese if desired.

20. Quinoa & Chickpea Power Bowl

This nutrient-dense Power Bowl is designed for women over 40, emphasizing hormone balance, bone health, and heart health. Packed with protein, fiber, and healthy fats, it supports metabolism 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

cooked quinoa	1.6 cup / 372 ml
canned chickpeas, drained and rinsed	0.8 cup / 186 g
spinach, fresh	1.6 cup / 46.5 g
cherry tomatoes, halved	0.8 cup / 116.3 g
avocado, diced	1 medium / 116.3 g
olive oil	1.6 tablespoon / 23.3 ml
lemon juice	1.6 tablespoon / 23.3 ml
feta cheese, crumbled (optional)	0.4 cup / 62 g
chia seeds	1.6 tablespoon / 23.3 g
salt and pepper, to taste	to taste / to taste

Instructions

1. In a large bowl, combine the cooked quinoa and chickpeas.
2. Add the fresh spinach, cherry tomatoes, and diced avocado to the bowl.
3. In a small bowl, whisk together the olive oil, lemon juice, salt, and pepper.
4. Pour the dressing over the quinoa mixture and toss gently to combine.
5. Sprinkle with feta cheese and chia seeds before serving.

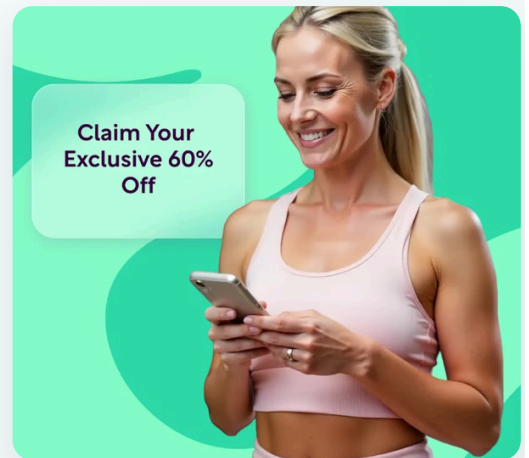
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21. Spaghetti Squash with Garlic and Spinach

This low-carb, nutrient-packed dish features spaghetti squash as a healthy alternative to pasta, while spinach provides iron and magnesium for optimal energy levels. Garlic enhances flavor and adds anti-inflammatory properties.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	30 min
Calories	347 kcal
Protein	10g
Carbs	30g
Fats	23g



Ingredients

Spaghetti squash, halved	1.5 small / 1.5 small
Fresh spinach, chopped	1.7 cup / 396 ml
Garlic, minced	3 cloves / 3 cloves
Olive oil	1.7 tbsp / 24.8 ml
Black pepper	to taste / to taste

Instructions

1. Preheat oven to 400°F (200°C) and place spaghetti squash cut side down on a baking sheet. Bake for about 30 minutes until tender.
2. While the squash is baking, heat olive oil in a skillet and sauté minced garlic for 1 minute.
3. Add chopped spinach and cook until wilted. Once squash is done, scrape out the strands and combine with spinach mixture.

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