

7-Day Low-Sodium Diet Plan for Women Over 40 PDF

Manage your sodium intake with this practical low-sodium diet designed for women over 40.

The 7-Day Low-Sodium Diet Plan includes 21 flavorful recipes tailored for women over 40 who want to reduce sodium intake. This plan helps promote better heart health and overall wellness while still enjoying delicious meals. Discover how easy and tasty low-sodium eating can be!

DAILY NUTRITION OVERVIEW

DAY	CALORIES	PROTEIN	CARBS	FATS
Day 1	1,493	106g	112g	66g
Day 2	1,493	114g	97g	80g
Day 3	1,468	85g	140g	70g
Day 4	1,468	100g	195g	38g
Day 5	1,468	97g	176g	52g
Day 6	1,503	88g	124g	83g
Day 7	1,443	87g	170g	72g
Avg	1,477	97g	145g	66g

CALORIE DISTRIBUTION



Nourish Your Body, Transform Your Health

WHAT'S INSIDE

High Fiber Avocado Toast

Grilled Lemon Garlic Halibut with Spinach Salad

Grilled Chicken Egg Salad with Mixed Veggies

Lemon Garlic Chia Seed Pudding

Mediterranean Vegetable and Tofu Skillet

Mediterranean Lentil & Tuna Salad Bowl

Savory Shrimp and Quinoa Bowl with Spinach and Avocado

Herb-Infused Lemon Yogurt Parfait

Colorful Stir-Fry with Bok Choy, Bell Peppers, and Tempeh

Harissa Marinated Grilled Eggplant with Chickpea Salad

Lemon Garlic Herb Toast

Lentil & Roasted Vegetable Salad

+ 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



97g Protein

Daily average



1,477 cal/day

Daily average



Macro Balanced

145g C / 66g F avg

Contents

A quick overview of what's inside

01 Day 1

1. High Fiber Avocado Toast

2. Savory Shrimp and Quinoa Bowl with Spinach and Avocado

3. Grilled Lemon Garlic Halibut with Spinach Salad

02 Day 2

4. Herb-Infused Lemon Yogurt Parfait

5. Grilled Chicken Egg Salad with Mixed Veggies

6. Colorful Stir-Fry with Bok Choy, Bell Peppers, and Tempeh

03 Day 3

7. Lemon Garlic Chia Seed Pudding

8. Harissa Marinated Grilled Eggplant with Chickpea Salad

9. Mediterranean Vegetable and Tofu Skillet

04 Day 4

10. Lemon Garlic Herb Toast

11. Mediterranean Lentil & Tuna Salad Bowl

12. Lentil & Roasted Vegetable Salad

05 Day 5

13. Lemon Blueberry Muffins

14. Curry-Spiced Lentil & Kale Salad

15. Savory Beef & Spinach Stuffed Bell Peppers

06 Day 6

16. Egg & Sweet Potato Hash

17. Protein-Packed Tuna Lettuce Wraps with Avocado and Quinoa

18. Coconut Milk & Miso Soup with Bok Choy

07 Day 7

19. Beet & Garlic Detox Smoothie

20. Spicy Lentil Tacos with Avocado Salsa

21. Baked Lemon-Ginger Chicken Thighs

Day 1

3 meals · 1,493 calories

BREAKFAST	High Fiber Avocado Toast	308 kcal
LUNCH	Savory Shrimp and Quinoa Bowl with Spinach and Avocado	558 kcal
DINNER	Grilled Lemon Garlic Halibut with Spinach Salad	627 kcal

Protein: 106g Carbs: 112g Fats: 66g

1. High Fiber Avocado Toast

Deliciously creamy avocado spread on whole grain toast, packed with fiber and healthy fats.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	2 min
Calories	308 kcal
Protein	8g
Carbs	32g
Fats	17g



Ingredients

Whole grain bread	1.5 slice / 42 g
Avocado	0.7 medium / 98 g
Chili flakes	0.4 tsp / 1.4 g
Salt	to taste / to taste
Lemon juice	1.4 tsp / 7 ml

Instructions

1. Toast the whole grain bread until golden brown.
2. Mash avocado with lemon juice, salt, and chili flakes.
3. Spread avocado on toast and serve.

2. Savory Shrimp and Quinoa Bowl with Spinach and Avocado

This nutrient-dense bowl combines lean shrimp with protein-rich quinoa and fiber-packed spinach, providing essential omega-3s and phytoestrogens for hormone balance. It's quick to prepare and supports heart health and bone density, making it an ideal meal for women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	558 kcal
Protein	47g
Carbs	47g
Fats	19g



Ingredients

Shrimp, peeled and deveined	9.3 oz / 263.5 g
Quinoa, uncooked	0.8 cup / 139.5 g
Baby spinach	3.1 cups / 93 g
Avocado, diced	1 medium / 116.3 g
Olive oil	1.6 tablespoon / 23.3 ml
Lemon juice	1.6 tablespoon / 23.3 ml
Garlic, minced	1.5 clove / 4.7 g
Salt	to taste / to taste
Black pepper	to taste / to taste

Instructions

1. Rinse quinoa under cold water and cook it according to package instructions, typically 15 minutes.
2. In a skillet, heat olive oil over medium heat and sauté minced garlic until fragrant, about 1 minute.
3. Add shrimp to the skillet, season with salt and black pepper, and cook for 3-4 minutes until pink and cooked through.
4. Stir in baby spinach and cook until wilted, about 1-2 minutes.
5. In a bowl, combine cooked quinoa, shrimp and spinach mixture, diced avocado, and lemon juice. Toss gently to combine.

3. Grilled Lemon Garlic Halibut with Spinach Salad

Halibut is a lean fish high in protein and omega-3 fatty acids, supporting hormone balance and heart health. Coupled with a fresh spinach salad, this plate offers essential nutrients for women over 40.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	18 min
Calories	627 kcal
Protein	51g
Carbs	33g
Fats	30g



Ingredients

Halibut fillet	9.9 oz / 280.5 g
Lemon juice	1.7 tbsp / 24.8 ml
Garlic, minced	1.5 clove / 1.5 clove
Fresh spinach	3.3 cups / 792 ml
Cherry tomatoes, halved	0.8 cup / 198 ml

Instructions

1. Marinate halibut in lemon juice and minced garlic for at least 10 minutes.
2. Preheat the grill to medium heat. Grill halibut for 4-5 minutes on each side, or until cooked through.
3. Toss fresh spinach with halved cherry tomatoes and serve with grilled halibut.

Day 2

3 meals · 1,493 calories

BREAKFAST Herb-Infused Lemon Yogurt Parfait **308 kcal**

LUNCH Grilled Chicken Egg Salad with Mixed Veggies **558 kcal**

DINNER Colorful Stir-Fry with Bok Choy, Bell Peppers, and Tempeh **627 kcal**

Protein: 114g Carbs: 97g Fats: 80g

4. Herb-Infused Lemon Yogurt Parfait

A refreshing parfait made with yogurt, fresh herbs, and a splash of lemon.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	None
Calories	308 kcal
Protein	21g
Carbs	28g
Fats	10g



Ingredients

Greek yogurt	1.4 / 210g
Honey	1.4 / 21g
Fresh dill	0.7 / 10.5g
Lemon zest	1.4 medium / 7g
Mixed berries	0.7 / 105g

Instructions

1. In a bowl, mix Greek yogurt with honey, lemon zest, and chopped dill.
2. Layer the yogurt mixture with mixed berries in a glass.
3. Serve chilled.

5. Grilled Chicken Egg Salad with Mixed Veggies

This nutritious Chicken Egg Salad is designed to support hormone balance and bone health for women over 40. Packed with protein and healthy fats, it provides essential nutrients while keeping your metabolism in check.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	558 kcal
Protein	47g
Carbs	19g
Fats	37g



Ingredients

grilled chicken breast, diced	4.7 oz / 131.8 g
large hard-boiled egg, chopped	1.5 large / 1.5 large
mixed vegetables (cucumber, celery, bell pepper), chopped	1.6 cup / 372 ml
olive oil	1.6 tsp / 7.8 ml
fresh lemon juice	1.6 tbsp / 23.3 ml
fresh parsley, chopped	3.1 tbsp / 46.5 ml
salt and pepper to taste	to taste / to taste

Instructions

1. Step 1: In a medium bowl, combine the diced grilled chicken, chopped hard-boiled egg, and mixed vegetables.
2. Step 2: Drizzle the olive oil and lemon juice over the mixture and stir gently to combine.
3. Step 3: Add the chopped parsley, and season with salt and pepper to taste. Mix well.
4. Step 4: Serve immediately or refrigerate for up to 2 hours for a cooler option.

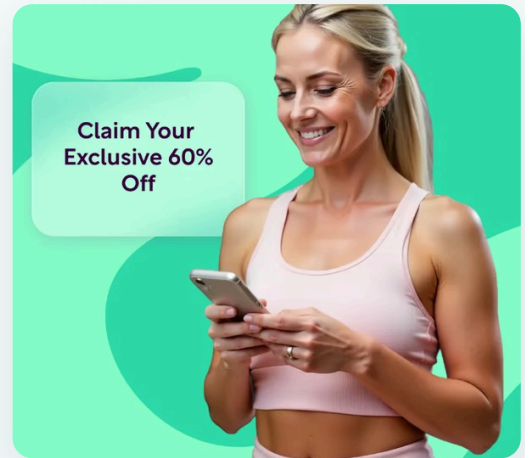
EXCLUSIVE OFFER

Start Your Personalized Plan

Get personalized meal plans, macro tracking, and expert guidance — all tailored to your unique body and goals. Join thousands of women already transforming their health with Reverse Health.

[Get Started Now](#)

**Join +1,100,000 women transforming their health*



6. Colorful Stir-Fry with Bok Choy, Bell Peppers, and Tempeh

A quick-to-make stir-fry featuring protein-rich tempeh and nutrient-dense vegetables, fostering hormone balance and increasing energy levels. The variety of colors ensures a wide range of antioxidants.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	18 min
Calories	627 kcal
Protein	46g
Carbs	50g
Fats	33g



Ingredients

Tempeh, cubed	1.7 cup / 396 ml
Bok choy, chopped	1.7 cup / 396 ml
Red bell pepper, sliced	0.8 medium / 0.8g
Yellow bell pepper, sliced	0.8 medium / 0.8g
Garlic, minced	3 cloves / 3 cloves
Olive oil	3.3 tbsp / 49.5 ml
Soy sauce or tamari	3.3 tbsp / 49.5 ml

Instructions

1. Heat olive oil in a pan over medium heat. Add cubed tempeh and cook until golden brown, about 5 minutes.
2. Add garlic, bok choy, and bell peppers to the pan and stir-fry for another 5 minutes until veggies are tender.
3. Pour in soy sauce or tamari and toss to coat, cooking for an additional 2 minutes.

Day 3

3 meals · 1,468 calories

BREAKFAST Lemon Garlic Chia Seed Pudding **252 kcal**

LUNCH Harissa Marinated Grilled Eggplant with Chickpea Salad **589 kcal**

DINNER Mediterranean Vegetable and Tofu Skillet **627 kcal**

Protein: 85g Carbs: 140g Fats: 70g

7. Lemon Garlic Chia Seed Pudding

A creamy chia pudding flavored with lemon zest, garlic, and fresh herbs.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	None
Calories	252 kcal
Protein	8g
Carbs	20g
Fats	15g



Ingredients

Chia seeds	4.2 / 42g
Almond milk	1.4 / 336g
Lemon zest	1.4 medium / 7g
Fresh mint	1.4 / 21g
Garlic	0.7 clove(s) / 1.4g

Instructions

1. In a bowl, combine chia seeds, almond milk, minced garlic, and lemon zest.
2. Mix well and let sit for 21-20 minutes until thickened.
3. Serve chilled, garnished with fresh mint.

8. Harissa Marinated Grilled Eggplant with Chickpea Salad

Marinated eggplant in zesty harissa promotes flavor and antioxidants, supporting heart health. Paired with a protein-rich chickpea salad for a filling, nourishing meal perfect for hormone balance.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	12 min
Calories	589 kcal
Protein	34g
Carbs	70g
Fats	22g



Ingredients

Eggplant, sliced	1.6 cup / 186 g
Harissa paste	3.1 tbsp / 46.5 g
Canned chickpeas, drained and rinsed	0.8 cup / 186 g
Red onion, diced	0.4 cup / 62 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

Instructions

1. In a bowl, mix harissa paste (46.5 g) and olive oil (23.3 ml). Coat eggplant slices and marinate for 15 minutes.
2. Preheat the grill to medium-high heat. Grill eggplant for 4-5 minutes per side until tender.
3. Combine chickpeas (186 g), red onion (62 g), cucumber (116.3 g), and lemon juice (23.3 ml) in a bowl. Serve alongside grilled eggplant.

9. Mediterranean Vegetable and Tofu Skillet

This Mediterranean-inspired dish features vibrant veggies such as eggplant, zucchini, and tomatoes with protein-rich tofu. These ingredients help maintain hormone levels and boost energy with complex carbohydrates.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	1 min
Calories	627 kcal
Protein	43g
Carbs	50g
Fats	33g



Ingredients

Firm tofu	1.7 cup / 396 g
Eggplant (cubed)	1.7 cup / 247.5 g
Zucchini (sliced)	1.5 medium / 247.5 g
Cherry tomatoes (halved)	1.7 cup / 247.5 g
Olive oil	1.7 tbsp / 24.8 ml
Italian seasoning	1.7 tsp / 8.3 g
Garlic (minced)	3 cloves / 3 cloves

Instructions

1. In a skillet, heat olive oil over medium heat. Add garlic and sauté for 1 minute.
2. Add eggplant and zucchini, cooking for 5 minutes until tender.
3. Add cherry tomatoes and tofu, season with Italian seasoning, and stir-fry for another 5-7 minutes.

Day 4

3 meals · 1,468 calories

BREAKFAST	Lemon Garlic Herb Toast	252 kcal
LUNCH	Mediterranean Lentil & Tuna Salad Bowl	589 kcal
DINNER	Lentil & Roasted Vegetable Salad	627 kcal

Protein: 100g Carbs: 195g Fats: 38g

10. Lemon Garlic Herb Toast

Crispy toast topped with a fragrant mix of fresh herbs, garlic, and a squeeze of lemon.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	3 min
Calories	252 kcal
Protein	8g
Carbs	42g
Fats	4g



Ingredients

Whole grain bread	1.4 slice(s) / 42g
Fresh basil	0.7 / 10.5g
Fresh oregano	0.7 / 10.5g
Garlic	1.4 clove(s) / 2.8g
Lemon juice	1.4 medium / 21g

Instructions

1. Toast the bread until golden brown.
2. In a small bowl, mix minced garlic, chopped herbs, and lemon juice.
3. Spread the herb mixture on the toast and serve immediately.

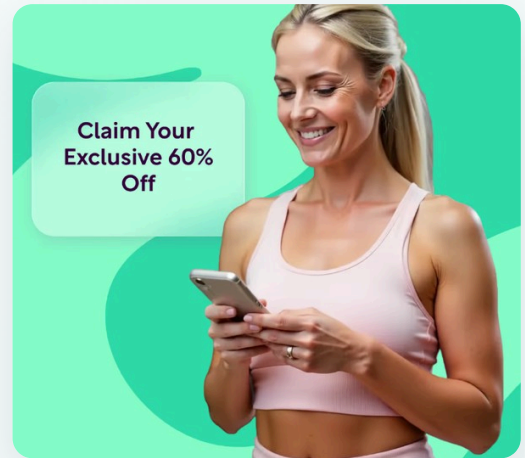
EXCLUSIVE OFFER

Start Your Personalized Plan

Get personalized meal plans, macro tracking, and expert guidance — all tailored to your unique body and goals. Join thousands of women already transforming their health with Reverse Health.

[Get Started Now](#)

**Join +1,100,000 women transforming their health*



11. Mediterranean Lentil & Tuna Salad Bowl

A combination of lentils and tuna provides a powerhouse of protein and omega-3s, beneficial for hormone regulation and heart health. The fresh vegetables are loaded with antioxidants that combat inflammation.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	12 min
Calories	589 kcal
Protein	47g
Carbs	62g
Fats	19g



Ingredients

Canned tuna, drained	7.8 oz / 217 g
Cooked lentils	0.8 cup / 186 g
Cherry tomatoes, halved	0.8 cup / 116.3 g
Cucumber, diced	0.8 cup / 116.3 g
Red bell pepper, diced	0.8 cup / 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 canned tuna, cooked lentils, cherry tomatoes, cucumber, and red bell pepper.
2. Drizzle olive oil and lemon juice over the salad and toss gently to combine.

12. Lentil & Roasted Vegetable Salad

This hearty salad features protein-rich lentils and a colorful array of roasted vegetables, providing fiber and nutrients essential for women over 40. The balsamic dressing adds flavor while promoting digestion.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	20 min
Calories	627 kcal
Protein	45g
Carbs	91g
Fats	15g



Ingredients

cooked lentils	1.7 cup / 396 ml
bell peppers, diced	0.8 cup / 198 ml
zucchini, diced	0.8 cup / 198 ml
red onion, diced	0.4 cup / 99 ml
olive oil	1.7 tbsp / 24.8 ml
balsamic vinegar	1.7 tbsp / 24.8 ml
garlic powder	0.8 tsp / 3.3 g
salt and pepper to taste	to taste / to taste

Instructions

1. Preheat the oven to 400°F (200°C). Toss bell peppers, zucchini, and red onion in olive oil, season with salt and pepper, and roast for about 20 minutes.
2. In a large bowl, combine cooked lentils with the roasted vegetables.
3. Drizzle with balsamic vinegar and adjust seasoning before serving.

Day 5

3 meals · 1,468 calories

BREAKFAST	Lemon Blueberry Muffins	252 kcal
LUNCH	Curry-Spiced Lentil & Kale Salad	589 kcal
DINNER	Savory Beef & Spinach Stuffed Bell Peppers	627 kcal

Protein: 97g Carbs: 176g Fats: 52g

13. Lemon Blueberry Muffins

Wholesome muffins with a burst of blueberries and citrusy lemon flavor.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	25 min
Calories	252 kcal
Protein	8g
Carbs	42g
Fats	6g



Ingredients

whole wheat flour	1.4 cup / 168g
baking powder	1.4 teaspoon / 7g
fresh blueberries	0.7 cup / 105g
lemon zest	1.4 teaspoon / 7g
egg, beaten	1.4 large / 1.4g

Instructions

1. Preheat oven to 350°F (175°C).
2. In a bowl, mix flour and baking powder.
3. In another bowl, combine egg, lemon zest, and blueberries.
4. Blend wet and dry ingredients and pour into muffin tin.
5. Bake for 20-25 minutes or until golden.

14. Curry-Spiced Lentil & Kale Salad

This hearty, plant-based salad features protein-rich lentils and nutrient-dense kale, supporting bone health and hormone balance. The curry spices add anti-inflammatory properties while providing a satisfying flavor profile.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	12 min
Calories	589 kcal
Protein	39g
Carbs	93g
Fats	16g



Ingredients

Cooked lentils	1.6 cup / 372 ml
Kale, chopped	1.6 cup / 372 ml
Carrot, grated	0.8 medium / 116.3 g
Red onion, diced	0.4 cup / 93 ml
Curry powder	1.6 tbsp / 23.3 g
Olive oil	1.6 tbsp / 23.3 ml
Lemon juice	1.6 tbsp / 23.3 ml
Salt and pepper	to taste / to taste

Instructions

1. In a bowl, combine cooked lentils, chopped kale, grated carrot, and diced onion.
2. In a small bowl, whisk together olive oil, lemon juice, curry powder, salt, and pepper.
3. Pour dressing over the salad and mix well before serving.

15. Savory Beef & Spinach Stuffed Bell Peppers

Packed with heme iron from lean beef and non-heme iron from spinach, these stuffed peppers are great for combating fatigue and preventing anemia. The vitamin C-rich tomatoes enhance iron absorption, making this dish a powerhouse for women 40+.

Nutrition Information

Servings	1
Prep Time	17 min
Cook Time	20 min
Calories	627 kcal
Protein	50g
Carbs	41g
Fats	30g



Ingredients

Lean ground beef	13.2 oz / 371.3 g
Fresh spinach, chopped	3.3 cups / 792 ml
Bell peppers, halved	3 large / 3 large
Diced tomatoes, canned	1.7 cup / 396 ml
Onion, chopped	1.5 small / 1.5 small
Olive oil	1.7 tbsp / 24.8 ml
Garlic, minced	3 cloves / 3 cloves
Cumin	1.7 tsp / 8.3 g
Salt and pepper	to taste / to taste

Instructions

1. Preheat the oven to 375°F (190°C).
2. In a skillet, heat 1.7 tbsp (24.8 ml) olive oil over medium heat. Add 1.5 small chopped onion and 2 minced garlic cloves, sauté until translucent.
3. Add 13.2 oz (371.3 g) lean ground beef, cook until browned. Stir in 3.3 cups (792 ml) chopped spinach and 1.7 cup (396 ml) diced tomatoes, season with cumin, salt, and pepper.
4. Stuff 2 halved bell peppers with the beef-spinach mixture, place in a baking dish, and cover with foil.
5. Bake for 20-25 minutes or until peppers are tender. Serve warm.

Day 6

3 meals · 1,503 calories

BREAKFAST	Egg & Sweet Potato Hash	532 kcal
LUNCH	Protein-Packed Tuna Lettuce Wraps with Avocado and Quinoa	558 kcal
DINNER	Coconut Milk & Miso Soup with Bok Choy	413 kcal

Protein: 88g Carbs: 124g Fats: 83g

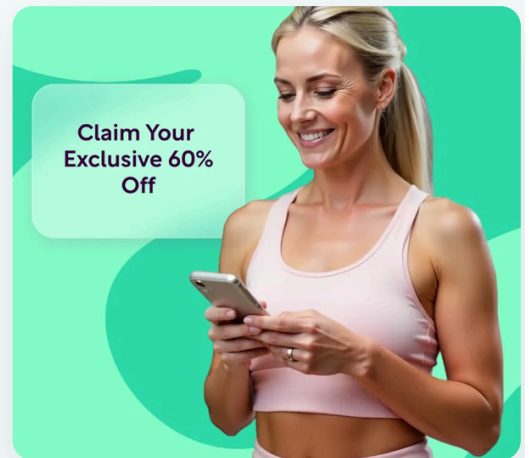
EXCLUSIVE OFFER

Start Your Personalized Plan

Get personalized meal plans, macro tracking, and expert guidance — all tailored to your unique body and goals. Join thousands of women already transforming their health with Reverse Health.

[Get Started Now](#)

**Join +1,100,000 women transforming their health*



16. Egg & Sweet Potato Hash

A delicious blend of sweet potatoes and eggs creates a hearty meal that is rich in fiber and protein. Sweet potatoes provide complex carbohydrates and antioxidants to help maintain energy levels during menopause.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	532 kcal
Protein	31g
Carbs	49g
Fats	25g



Ingredients

Eggs	3 large / 3 large
Sweet potato, diced	1.4 cup / 336 ml
Olive oil	1.4 tbsp / 21 ml
Onion, diced	0.5 medium / 0.5 medium
Salt	to taste / to taste
Pepper	to taste / to taste

Instructions

1. Heat 1.4 tbsp (21 ml) olive oil in a skillet over medium heat.
2. Add 1.4 cup (336 ml) diced sweet potato and 0.5 medium diced onion; cook until sweet potatoes are tender, about 10 minutes.
3. Crack 3 large eggs into the skillet and cover, cooking for an additional 3-4 minutes until eggs are set.
4. Season with salt and pepper to taste.

17. Protein-Packed Tuna Lettuce Wraps with Avocado and Quinoa

These Tuna Lettuce Wraps are a nutritious and delicious option for women over 40, packed with protein and healthy fats to support hormone balance and heart health. The addition of quinoa and avocado provides fiber, phytoestrogens, and essential nutrients for metabolism support and bone health.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	558 kcal
Protein	47g
Carbs	50g
Fats	25g



Ingredients

canned tuna in water, drained	1.5 can (5 oz) / 217 g
extra virgin olive oil	1.6 tbsp / 23.3 ml
large butter lettuce leaves	9.3 leaves / about 100g
cooked quinoa	0.8 cup / 186 ml
ripe avocado, diced	1 medium / 116.3 g
lemon juice	1.6 tsp / 7.8 ml
chopped fresh parsley	3.1 tbsp / 46.5 g
salt and pepper	to taste / to taste

Instructions

1. In a medium bowl, combine the drained tuna, olive oil, lemon juice, quinoa, diced avocado, and chopped parsley. Mix well.
2. Season the mixture with salt and pepper to taste.
3. Spoon the tuna mixture into the butter lettuce leaves, creating wraps.
4. Serve immediately and enjoy your nutritious lunch!

18. Coconut Milk & Miso Soup with Bok Choy

This warming soup provides hydration and probiotics from miso, along with essential vitamins and minerals from bok choy. It's a gut-friendly option with anti-inflammatory properties.

Nutrition Information

Servings	1
Prep Time	9 min
Cook Time	18 min
Calories	413 kcal
Protein	10g
Carbs	25g
Fats	33g



Ingredients

Coconut milk	1.7 cup / 396 ml
Miso paste	1.7 tbsp / 24.8 g
Bok choy	1.7 cup / 396 ml
Green onion	1.7 medium / 1.7 g

Instructions

1. In a pot, heat 1.7 cup (396 ml) coconut milk over medium heat until simmering.
2. Whisk in 1.7 tbsp (24.8 g) miso paste until dissolved.
3. Add 1.7 cup (396 ml) chopped bok choy and cook for an additional 3 minutes. Garnish with chopped green onion.

Day 7

3 meals · 1,443 calories

BREAKFAST Beet & Garlic Detox Smoothie **210 kcal**

LUNCH Spicy Lentil Tacos with Avocado Salsa **589 kcal**

DINNER Baked Lemon-Ginger Chicken Thighs **644 kcal**

Protein: 87g Carbs: 170g Fats: 72g

19. Beet & Garlic Detox Smoothie

This refreshing smoothie combines beets and garlic, providing a powerful liver detox boost. Beets are rich in antioxidants, while garlic enhances liver detoxification.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	8 min
Calories	210 kcal
Protein	6g
Carbs	42g
Fats	3g



Ingredients

Cooked beets	1.4 cup / 336 ml
Almond milk	1.4 cup / 336 ml
Garlic clove	1.4 clove(s) / 1.4g
Lemon juice	1.4 tbsp / 21 ml
Honey	1.4 tsp / 7 g
Ice cubes	1.4 cup / 336 ml

Instructions

1. In a blender, combine cooked beets, almond milk, minced garlic, lemon juice, honey (if using), and ice.
2. Blend until smooth and serve immediately.

20. Spicy Lentil Tacos with Avocado Salsa

These lentil tacos provide a hearty, plant-based protein source that supports energy and muscle health for women over 40. Topped with avocado salsa, they are rich in healthy fats and fiber, perfect for maintaining hormonal balance.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	589 kcal
Protein	31g
Carbs	78g
Fats	19g



Ingredients

Cooked lentils	1.6 cup / 372 g
Corn tortillas	3.1 slice(s) / 3.1 g
Olive oil	1.6 tbsp / 23.3 ml
Cumin	1.6 tsp / 7.8 g
Chili powder	0.8 tsp / 3.1 g
Avocado, diced	0.8 medium / 108.5 g
Chopped cilantro	3.1 tbsp / 15.5 g
Salt and pepper to taste	to taste / to taste

Instructions

1. In a skillet, heat 1.6 tbsp (23.3 ml) olive oil over medium heat.
2. Add cooked lentils, cumin, and chili powder, cooking for 5-7 minutes until heated through.
3. Serve lentil mix in corn tortillas, topped with diced avocado and cilantro, and season with salt and pepper.

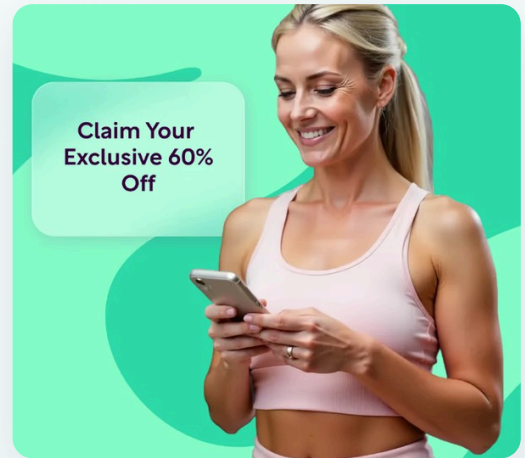
EXCLUSIVE OFFER

Start Your Personalized Plan

Get personalized meal plans, macro tracking, and expert guidance — all tailored to your unique body and goals. Join thousands of women already transforming their health with Reverse Health.

[Get Started Now](#)

**Join +1,100,000 women transforming their health*



21. Baked Lemon-Ginger Chicken Thighs

These flavorful chicken thighs are marinated in lemon and ginger, both of which have anti-inflammatory properties that can help ease menopause symptoms, alongside being rich in protein for muscle maintenance.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	18 min
Calories	644 kcal
Protein	50g
Carbs	50g
Fats	50g



Ingredients

chicken thighs, boneless and skinless	1.7 lb / 742.5 g
lemon juice	4.9 tbsp / 74.3 ml
fresh ginger, grated	1.7 tbsp / 24.8 g
garlic, minced	5 cloves / 5 cloves
olive oil	1.7 tbsp / 24.8 ml
salt and pepper to taste	to taste / to taste

Instructions

1. Preheat oven to 375°F (190°C). In a bowl, whisk together lemon juice, ginger, garlic, olive oil, salt, and pepper.
2. Add chicken thighs to the marinade and let sit for at least 30 minutes.
3. Place marinated chicken in a baking dish and bake for 30-35 minutes or until cooked through.

Start Your Health Journey Today

Join thousands of women transforming their health with personalized nutrition and fitness plans designed around your unique body, goals, and lifestyle.



Custom meal plans & macro tracking



Evidence-based programs



Expert guidance & support

EXPLORE MORE PLANS

Discover more expert-curated nutrition guides and diet plans at reverse.health/category/nutrition — meal plans, recipes, and wellness tips for women over 40.

Get Started Now

Explore a world tailored to women's health

This content is for informational purposes only and is not a substitute for professional medical advice. Consult your healthcare provider before starting any new diet or exercise program.

© 2026 Reverse Health. All rights reserved.