

# 7-Day Menopause Diet Plan PDF

Ease menopause symptoms with a supportive dietary approach.

The 7-Day Menopause Diet Plan offers 21 unique recipes tailored to support women experiencing menopause. This plan emphasizes foods that can help alleviate symptoms and promote overall well-being. Perfect for women looking to navigate this life stage with confidence.

## DAILY NUTRITION OVERVIEW

DAY	CALORIES	PROTEIN	CARBS	FATS
Day 1	1,611	84g	191g	56g
Day 2	1,611	122g	151g	56g
Day 3	1,611	130g	148g	52g
Day 4	1,611	90g	207g	53g
Day 5	1,611	105g	144g	74g
Day 6	1,611	119g	143g	66g
Day 7	1,611	89g	167g	74g
<b>Avg</b>	<b>1,611</b>	<b>106g</b>	<b>164g</b>	<b>62g</b>

## CALORIE DISTRIBUTION



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Fiber-Rich Quinoa Bowl with Salmon and Spinach

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Vegetable Stir-Fry with Tofu and Ginger

Protein-Packed Quinoa Salad with Salmon and Spinach

Banana Oatmeal with Almonds

Lentil and Vegetable Stew with Flaxseed

+ 9 more recipes inside

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**21 Recipes**

7-day meal plan



**1,611 cal/day**

Daily average



**106g Protein**

Daily average



**Macro Balanced**

164g C / 62g F avg

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# Day 1

3 meals · 1,611 calories

<b>BREAKFAST</b>	Overnight Oats with Berries	<b>490 kcal</b>
<b>LUNCH</b>	Fiber-Rich Quinoa Bowl with Salmon and Spinach	<b>543 kcal</b>
<b>DINNER</b>	Herbed Quinoa and Vegetable Stir-Fry	<b>578 kcal</b>

**Protein: 84g   Carbs: 191g   Fats: 56g**

## 1. Overnight Oats with Berries

Prepare this easy overnight oats recipe for a quick breakfast option that's ready when you are. The combination of oats and berries provides a hearty and nutritious start to your day.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	5 min
<b>Cook Time</b>	10 min
<b>Calories</b>	490 kcal
<b>Protein</b>	21g
<b>Carbs</b>	70g
<b>Fats</b>	14g



### Ingredients

Rolled oats	0.7 cup / 56 g
Greek yogurt	0.7 cup / 168 g
Almond milk	0.7 cup / 168 ml
Mixed berries	0.7 cup / 105 g

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Chia seeds

1.4 tbsp / 21 g

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### Instructions

1. In a jar or container, combine oats, yogurt, almond milk, and chia seeds.
2. Stir well and add mixed berries on top.
3. Seal and refrigerate overnight. Enjoy cold in the morning.

## 2. Fiber-Rich Quinoa Bowl with Salmon and Spinach

This vibrant quinoa bowl combines wholesome ingredients rich in fiber, omega-3s, and phytoestrogens, making it a perfect meal for women over 40. Not only does it support hormone balance and heart health, but it also provides essential nutrients for maintaining bone density and overall wellness.

### 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>	43g
<b>Carbs</b>	47g
<b>Fats</b>	19g



### Ingredients

Quinoa (uncooked)	0.8 cup / 139.5 g
Water	1.6 cup / 372 ml
Canned wild salmon (drained)	4.7 oz / 131.8 g
Fresh spinach	3.1 cups / 93 g
Olive oil	1.6 tablespoon / 23.3 ml
Lemon juice	1.6 tablespoon / 23.3 ml
Chia seeds	1.6 tablespoon / 23.3 g
Cherry tomatoes (halved)	0.8 cup / 116.3 g
Salt	to taste / to taste
Black pepper	to taste / to taste

## Instructions

1. Step 1: Rinse the quinoa under cold water and combine it with 1.6 cup of water in a saucepan. Bring to a boil, then reduce heat, cover, and simmer for about 15 minutes or until water is absorbed.
2. Step 2: While the quinoa cooks, heat olive oil in a skillet over medium heat. Add spinach and sauté until wilted, about 2-3 minutes. Stir in lemon juice, salt, and pepper.
3. Step 3: Once the quinoa is done, fluff it with a fork and transfer to a bowl. Top with sautéed spinach, canned salmon, halved cherry tomatoes, and sprinkle with chia seeds.

### 3. Herbed Quinoa and Vegetable Stir-Fry

This vibrant stir-fry blends quinoa with a variety of colorful vegetables, providing a nutrient-dense meal that supports bone health and energy levels in women over 40. Packed with fiber and antioxidants, it also promotes heart health and balances hormones.

#### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	15 min
<b>Calories</b>	578 kcal
<b>Protein</b>	20g
<b>Carbs</b>	74g
<b>Fats</b>	23g



#### Ingredients

Cooked quinoa	0.8 cup / 198 g
Mixed bell peppers, sliced	1.7 cup / 247.5 g
Olive oil	1.7 tbsp / 24.8 ml
Fresh herbs (basil, parsley, or cilantro)	0.4 cup / 16.5 g
Soy sauce or tamari	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) olive oil over medium heat.
2. Add sliced bell peppers and stir-fry for 3-4 minutes until slightly tender.
3. Stir in cooked quinoa, fresh herbs, soy sauce, and season with salt and pepper, cooking for an additional 2-3 minutes.

# Day 2

3 meals · 1,611 calories

**BREAKFAST** Overnight Quinoa & Berry Bowl **490 kcal**

**LUNCH** Savory Quinoa & Spinach Bowl with Salmon **543 kcal**

**DINNER** Vegetable Stir-Fry with Tofu and Ginger **578 kcal**

**Protein: 122g   Carbs: 151g   Fats: 56g**

## 4. Overnight Quinoa & Berry Bowl

This nutritious bowl features quinoa, a complete protein, combined with antioxidant-rich berries, promoting heart health and hormonal balance. Overnight preparation makes it a quick, hassle-free breakfast option.

### 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>	39g
<b>Carbs</b>	63g
<b>Fats</b>	7g



### Ingredients

Quinoa	0.7 cup / 168 ml
Mixed berries	0.7 cup / 168 ml
Greek yogurt	0.7 cup / 168 ml
Chia seeds	1.4 tbsp / 21 ml
Honey	1.4 tsp / 7 ml

### Instructions

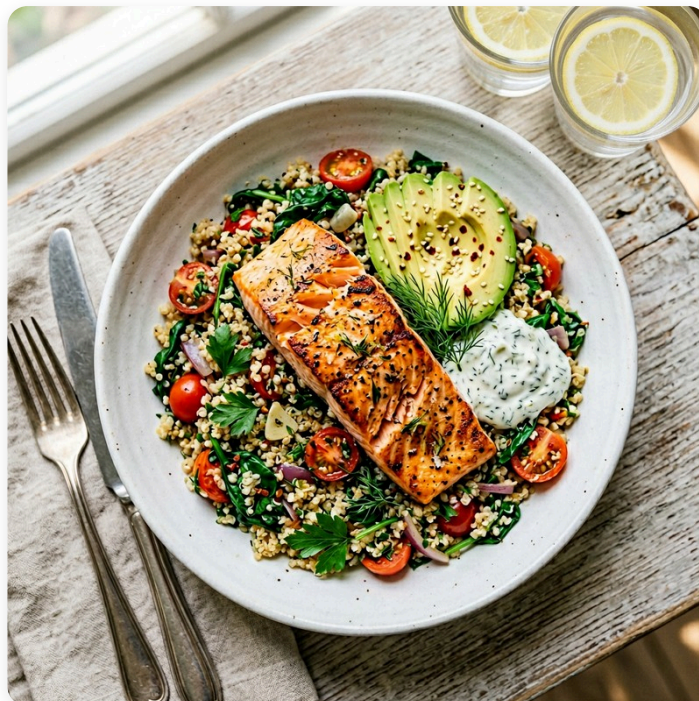
1. In a bowl, combine 0.7 cup (168 ml) cooked quinoa, 0.7 cup (168 ml) mixed berries, and 0.7 cup (168 ml) Greek yogurt.
2. Top with 1.4 tbsp (21 ml) chia seeds and drizzle with 1.4 tsp (7 ml) honey if desired.
3. Cover and refrigerate overnight, then enjoy cold the next morning.

## 5. Savory Quinoa & Spinach Bowl with Salmon

This nutrient-dense quinoa bowl is packed with protein, healthy fats, and phytoestrogens, making it an excellent choice for women over 40. The combination of omega-3-rich salmon and fiber-filled spinach supports heart health, hormone balance, and bone strength.

### 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>	47g
<b>Carbs</b>	47g
<b>Fats</b>	19g



### Ingredients

quinoa	0.8 cup / 139.5 g
water	1.6 cup / 372 ml
fresh spinach	3.1 cups / 93 g
cooked salmon	6.2 oz / 175.2 g
olive oil	1.6 tbsp / 23.3 ml
lemon juice	1.6 tbsp / 23.3 ml
chia seeds	1.6 tbsp / 18.6 g
salt	to taste / to taste
black pepper	to taste / to taste

## Instructions

1. Rinse the quinoa under cold water and combine it with water in a medium saucepan. Bring to a boil, then reduce heat and simmer for about 15 minutes until water is absorbed.
2. While the quinoa cooks, heat olive oil in a skillet over medium heat. Add fresh spinach and sauté until wilted, about 3-4 minutes.
3. Once the quinoa is cooked, fluff it with a fork and stir in the sautéed spinach. Top the mixture with cooked salmon, drizzle with lemon juice, and sprinkle with chia seeds, salt, and black pepper before serving.

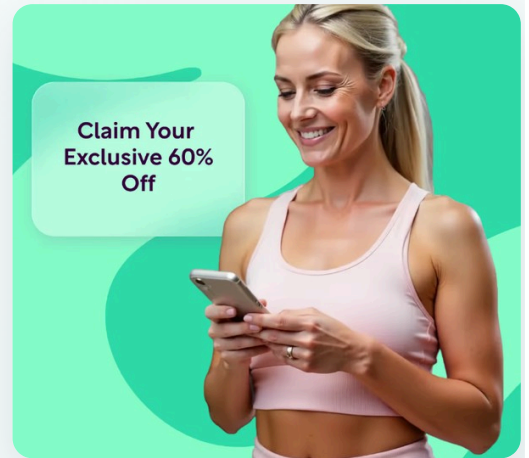
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## 6. Vegetable Stir-Fry with Tofu and Ginger

This vibrant stir-fry combines an array of colorful vegetables with tofu, offering plant-based protein and essential amino acids crucial for muscle maintenance. Ginger adds anti-inflammatory benefits, making this dish great 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>	578 kcal
<b>Protein</b>	36g
<b>Carbs</b>	41g
<b>Fats</b>	30g



### Ingredients

firm tofu, cubed	6.6 oz / 189.8 g
mixed bell peppers, sliced	1.7 cup / 396 ml
broccoli florets	1.7 cup / 396 ml
fresh ginger, grated	1.7 tsp / 8.3 g
soy sauce	3.3 tbsp / 49.5 ml
olive oil	1.7 tbsp / 24.8 ml

### Instructions

1. Heat 1.7 tbsp (24.8 ml) olive oil in a large skillet over medium-high heat.
2. Add ginger and sauté for 30 seconds, then add tofu and stir-fry until golden brown.
3. Add mixed bell peppers and broccoli, stir-frying for an additional 5-7 minutes; drizzle with soy sauce before serving.

# Day 3

3 meals · 1,611 calories

**BREAKFAST** Berry-Sweet Potato Breakfast Bowl **490 kcal**

**LUNCH** Protein-Packed Quinoa Salad with Salmon and Spinach **543 kcal**

**DINNER** Cucumber Chicken Stir-Fry **578 kcal**

**Protein: 130g   Carbs: 148g   Fats: 52g**

## 7. Berry-Sweet Potato Breakfast Bowl

This vibrant breakfast bowl is packed with antioxidants from berries that support heart health and fight inflammation. The sweet potatoes provide complex carbohydrates for sustained energy, making it perfect for starting your day right.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	15 min
<b>Calories</b>	490 kcal
<b>Protein</b>	29g
<b>Carbs</b>	76g
<b>Fats</b>	8g



### Ingredients

Sweet potato, peeled and cubed	1.4 cup / 336 g
Mixed berries (blueberries, strawberries, raspberries)	0.7 cup / 168 g
Greek yogurt, unsweetened	0.7 cup / 168 g
Honey (optional)	1.4 tsp / 7 ml
Chia seeds	1.4 tbsp / 21 g

### Instructions

1. Steam or boil 1.4 cup (336 g) sweet potato cubes until tender, about 10-12 minutes.
2. In a bowl, combine the cooked sweet potato, 0.7 cup (168 g) mixed berries, and 0.7 cup (168 g) Greek yogurt.
3. Top with 1.4 tbsp (21 g) chia seeds and drizzle with honey if desired.

## 8. Protein-Packed Quinoa Salad with Salmon and Spinach

This vibrant quinoa salad is rich in protein and healthy fats, making it perfect for women over 40 looking to support hormone balance and heart health. Packed with omega-3s from salmon and fiber from spinach, it offers a balanced meal that helps regulate blood sugar and satisfies cravings.

### 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>	43g
<b>Carbs</b>	47g
<b>Fats</b>	19g



### Ingredients

Cooked quinoa	1.6 cup / 372 ml
Canned wild salmon, drained	7.8 oz / 217 g
Fresh spinach, chopped	3.1 cups / 93 g
Cherry tomatoes, halved	1.6 cup / 232.5 g
Olive oil	3.1 tbsp / 46.5 ml
Lemon juice	3.1 tbsp / 46.5 ml
Chia seeds	1.6 tbsp / 23.3 g
Feta cheese, crumbled	0.4 cup / 62 g
Salt and pepper to taste	to taste / to taste

## Instructions

1. In a large bowl, combine the cooked quinoa, canned salmon, chopped spinach, and halved cherry tomatoes.
2. In a small bowl, whisk together the olive oil, lemon juice, chia seeds, salt, and pepper.
3. Pour the dressing over the quinoa mixture and toss gently to combine.
4. Sprinkle crumbled feta cheese on top before serving.

## 9. Cucumber Chicken Stir-Fry

This quick stir-fry features lean chicken and cucumbers, offering a protein-rich meal that supports muscle maintenance. The addition of colorful veggies enhances the dish with antioxidants, vital for reducing inflammation during menopause.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	10 min
<b>Calories</b>	578 kcal
<b>Protein</b>	58g
<b>Carbs</b>	25g
<b>Fats</b>	25g



### Ingredients

Chicken breast, sliced	6.6 oz / 186.5 g
Cucumber, sliced	0.8 cup / 198 ml
Bell pepper, sliced	0.8 cup / 198 ml
Soy sauce	3.3 tbsp / 49.5 ml
Olive oil	1.7 tbsp / 24.8 ml
Garlic, minced	3 cloves / 3 cloves
Ginger, minced	1.7 tbsp / 24.8 ml

## Instructions

1. In a pan, heat 1.7 tbsp (24.8 ml) of olive oil over medium-high heat and sauté 2 minced garlic cloves and 1.7 tbsp (24.8 ml) of minced ginger for 1 minute.
2. Add 6.6 oz (186.5 g) of sliced chicken breast and stir-fry until cooked through, about 5-7 minutes.
3. Add 0.8 cup (198 ml) of sliced cucumber and 0.8 cup (198 ml) of sliced bell pepper, and stir-fry for an additional 2-3 minutes.
4. Stir in 3.3 tbsp (49.5 ml) of soy sauce and mix well before serving.

# Day 4

3 meals · 1,611 calories

**BREAKFAST** Banana Oatmeal with Almonds **490 kcal**

**LUNCH** Savory Quinoa & Spinach Bowl with Tofu and Avocado **543 kcal**

**DINNER** Lentil and Vegetable Stew with Flaxseed **578 kcal**

**Protein: 90g   Carbs: 207g   Fats: 53g**

## 10. Banana Oatmeal with Almonds

This warm oatmeal is an excellent source of fiber and potassium, which help regulate blood pressure and improve heart health. The addition of almonds provides healthy fats and vitamin E, essential for overall well-being.

### 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>	77g
<b>Fats</b>	17g



### Ingredients

Rolled oats	0.7 cup / 56 g
Almond milk (unsweetened)	1.4 cup / 336 ml
Banana (sliced)	1.5 medium / 1.5 medium
Almonds (sliced)	2.8 tbsp / 21 g
Cinnamon	0.7 tsp / 2.8 g
Honey (optional)	1.4 tsp / 7 ml

### Instructions

1. In a saucepan, combine 0.7 cup (56 g) of rolled oats and 1.4 cup (336 ml) of almond milk, bringing to a boil over medium heat.
2. Reduce heat and simmer for about 5 minutes until oats are cooked and creamy.
3. Mix in 1.5 medium sliced banana, 2.8 tbsp (21 g) of sliced almonds, and 0.7 tsp (2.8 g) of cinnamon. Drizzle with honey if desired.

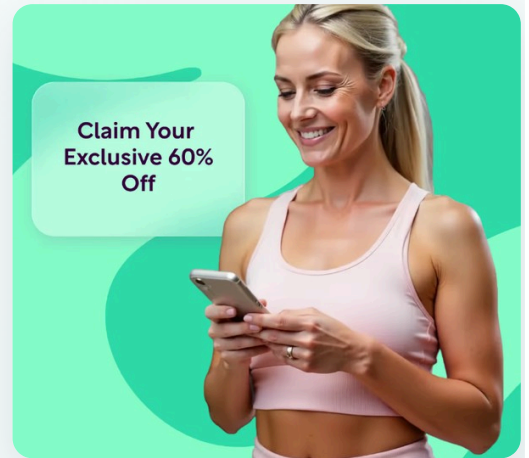
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## 11. Savory Quinoa & Spinach Bowl with Tofu and Avocado

This protein-packed quinoa and spinach bowl is designed to support hormone balance and bone health, making it perfect for women over 40. Packed with phytoestrogens and omega-3s, it provides essential nutrients while being delicious and satisfying.

### 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>	43g
<b>Carbs</b>	47g
<b>Fats</b>	19g



### Ingredients

quinoa, rinsed	0.8 cup / 139.5 g
water	1.6 cup / 372 ml
firm tofu, cubed	0.8 cup / 186 g
fresh spinach, chopped	3.1 cups / 93 g
olive oil	1.6 tablespoon / 23.3 ml
avocado, diced	1 medium / 116.3 g
chia seeds	1.6 tablespoon / 23.3 g
soy sauce or tamari	1.6 tablespoon / 23.3 ml
sesame seeds (optional)	1.6 teaspoon / 7.8 g
black pepper, to taste	pinch / 1.6 g

## Instructions

1. Step 1: In a medium saucepan, combine quinoa and water. Bring to a boil, then reduce heat and simmer for 15 minutes or until water is absorbed and quinoa is fluffy.
2. Step 2: While quinoa is cooking, heat olive oil in a skillet over medium heat. Add cubed tofu and sauté until golden brown, about 5-7 minutes.
3. Step 3: Add chopped spinach to the skillet and cook until wilted, about 2-3 minutes. Stir in soy sauce or tamari and black pepper.
4. Step 4: Once quinoa is cooked, fluff with a fork and divide into a bowl. Top with the tofu and spinach mixture, diced avocado, chia seeds, and sprinkle with sesame seeds if desired.

## 12. Lentil and Vegetable Stew with Flaxseed

This hearty stew is rich in protein and fiber from lentils, which help regulate blood sugar and support cardiovascular health. Adding flaxseed boosts the omega-3 content, beneficial for hormone balance during menopause.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	30 min
<b>Calories</b>	578 kcal
<b>Protein</b>	33g
<b>Carbs</b>	83g
<b>Fats</b>	17g



### Ingredients

Dried lentils	0.8 cup / 148.5 g
Carrot, diced	1.5 medium / 115.5 g
Celery stalk, diced	1.7 / 66 g
Onion, chopped	0.8 medium / 82.5 g
Vegetable broth	4.9 cups / 1188 ml
Ground flaxseed	1.7 tbsp / 24.8 g
Olive oil	1.7 tbsp / 24.8 ml
Salt and pepper	to taste / to taste

## Instructions

1. In a pot, heat 1.7 tbsp (24.8 ml) olive oil over medium heat and sauté 0.8 chopped onion (82.5 g), 1.5 medium diced carrot (115.5 g), and 1.7 diced celery stalk (66 g) until softened.
2. Add 0.8 cup (148.5 g) dried lentils and 4.9 cups (1188 ml) vegetable broth. Bring to a boil.
3. Reduce heat and simmer for 25-30 minutes until lentils are cooked through.
4. Stir in 1.7 tbsp (24.8 g) ground flaxseed and season with salt and pepper before serving.

# Day 5

3 meals · 1,611 calories

**BREAKFAST** Savory Sweet Potato and Kale Breakfast Hash **490 kcal**

**LUNCH** Protein-Packed Quinoa and Spinach Salad with Salmon **543 kcal**

**DINNER** Zucchini Noodle Stir-Fry with Tofu and Mixed Veggies **578 kcal**

**Protein: 105g   Carbs: 144g   Fats: 74g**

## 13. Savory Sweet Potato and Kale Breakfast Hash

Rich in complex carbs and fiber, this breakfast hash supports energy levels and digestive health. Kale provides calcium and antioxidants, essential for women over 40.

### Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	490 kcal
Protein	17g
Carbs	56g
Fats	25g



### Ingredients

Sweet potato	1.5 medium / 1.5 medium
Kale	1.4 cup / 336 ml
Olive oil	1.4 tbsp / 21 ml
Egg	1.5 large / 1.5 large
Red onion	0.5 medium / 0.5 medium

### Instructions

1. Heat 1.4 tbsp (21 ml) olive oil in a skillet over medium heat and add diced sweet potato.
2. Cook for 10 minutes until soft, then add 0.5 medium chopped red onion and 1.4 cup (336 ml) kale.
3. Cook until kale is wilted. Top with 1.5 large egg, cooked to your liking.

## 14. Protein-Packed Quinoa and Spinach Salad with Salmon

This delicious quinoa and spinach salad is packed with protein, omega-3 fatty acids, and phytoestrogens, making it perfect for women over 40. It supports muscle growth, hormone balance, and overall heart health while being quick and easy to prepare.

### 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>	47g
<b>Carbs</b>	47g
<b>Fats</b>	19g



### Ingredients

cooked quinoa	1.6 cup / 372 ml
fresh spinach, chopped	3.1 cups / 744 ml
cooked salmon, flaked	6.2 oz / 175.2 g
cherry tomatoes, halved	0.8 cup / 186 ml
avocado, diced	1 medium / 116.3 g
olive oil	1.6 tablespoon / 23.3 ml
lemon juice	1.6 tablespoon / 23.3 ml
chia seeds	1.6 tablespoon / 23.3 g
salt and pepper	to taste / to taste

## Instructions

1. In a large bowl, combine the cooked quinoa, chopped spinach, flaked salmon, cherry tomatoes, and diced avocado.
2. In a small bowl, whisk together the olive oil, lemon juice, chia seeds, salt, and pepper to create the dressing.
3. Pour the dressing over the salad and toss gently to combine all ingredients.
4. Serve immediately, or refrigerate for up to 30 minutes before serving.

## 15. Zucchini Noodle Stir-Fry with Tofu and Mixed Veggies

This fresh stir-fry with zucchini noodles and protein-rich tofu is low in carbohydrates and high in nutrients, ideal for maintaining hormonal balance and supporting healthy weight management.

### Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	18 min
Calories	578 kcal
Protein	41g
Carbs	41g
Fats	30g



### Ingredients

Zucchini, spiralized	1.5 medium / 1.5 medium
Tofu, cubed	1.7 cup / 396 ml
Bell pepper, sliced	0.8 medium / 0.8g
Carrot, julienned	0.8 cup / 198 ml
Broccoli florets	1.7 cup / 396 ml
Soy sauce or tamari	3.3 tbsp / 49.5 ml
Olive oil	1.7 tbsp / 24.8 ml

### Instructions

1. Heat olive oil in a pan over medium heat. Add cubed tofu and cook until golden brown, about 5 minutes.
2. Stir in bell pepper, carrot, and broccoli, and sauté for another 5 minutes until veggies are tender.
3. Add spiralized zucchini and soy sauce, tossing to coat and cook for an additional 2 minutes.

# Day 6

3 meals · 1,611 calories

**BREAKFAST** Maca & Berry Power Smoothie Bowl **490 kcal**

**LUNCH** Savory Quinoa Bowl with Spinach and Salmon **543 kcal**

**DINNER** Korean Spicy Tofu Stir-Fry **578 kcal**

**Protein: 119g   Carbs: 143g   Fats: 66g**

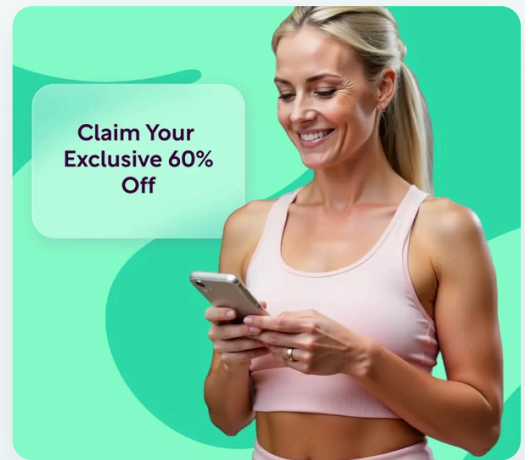
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## 16. Maca & Berry Power Smoothie Bowl

This vibrant smoothie bowl is packed with protein from Greek yogurt and enhanced with maca, which supports vitality and hormone balance. The berries provide antioxidants that combat inflammation, making it ideal for women's health over 40.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	11 min
<b>Cook Time</b>	8 min
<b>Calories</b>	490 kcal
<b>Protein</b>	31g
<b>Carbs</b>	56g
<b>Fats</b>	14g



### Ingredients

Greek yogurt	1.4 cup / 336 g
Maca powder	1.4 tbsp / 14 g
Frozen mixed berries	0.7 cup / 168 g
Chia seeds	1.4 tbsp / 21 g
Almond milk	0.4 cup / 84 ml

### Instructions

1. In a blender, combine 1.4 cup (336 g) Greek yogurt, 1.4 tbsp (14 g) maca powder, 0.7 cup (168 g) frozen mixed berries, and 0.4 cup (84 ml) almond milk.
2. Blend until smooth and creamy. If too thick, add more almond milk as needed.
3. Pour into a bowl, top with additional berries and 1.4 tbsp (21 g) chia seeds, and enjoy.

## 17. Savory Quinoa Bowl with Spinach and Salmon

This nutrient-dense quinoa bowl is designed to support hormone balance and heart health, featuring omega-3 rich salmon and fiber-packed spinach. Perfect for women over 40, it provides essential nutrients like calcium and vitamin D, all while being quick to prepare.

### 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>	47g
<b>Carbs</b>	47g
<b>Fats</b>	19g



### Ingredients

quinoa, cooked	1.6 cup / 372 ml
fresh spinach	3.1 cups / 93 g
cooked salmon, flaked	6.2 oz / 175.2 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
feta cheese, crumbled	0.4 cup / 62 g
black pepper	to taste / to taste

## Instructions

1. In a medium bowl, combine the cooked quinoa, flaked salmon, and halved cherry tomatoes.
2. In a large skillet, heat the olive oil over medium heat. Add the fresh spinach and sauté until wilted, about 2-3 minutes.
3. Add the sautéed spinach to the quinoa and salmon mixture. Drizzle with lemon juice and season with black pepper.
4. Top with crumbled feta cheese and mix gently to combine. Serve warm.

## 18. Korean Spicy Tofu Stir-Fry

Packed with protein and phytoestrogens from tofu, this dish supports hormone balance while the Korean spices promote metabolism and wellness. The inclusion of vibrant vegetables boosts antioxidants that are essential for heart health.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	14 min
<b>Cook Time</b>	18 min
<b>Calories</b>	578 kcal
<b>Protein</b>	41g
<b>Carbs</b>	40g
<b>Fats</b>	33g



### Ingredients

Firm tofu, cubed	1.7 cup / 396 g
Korean chili paste (gochujang)	1.7 tbsp / 24.8 g
Broccoli florets	1.7 cup / 247.5 g
Red bell pepper, sliced	0.8 cup / 123.8 g
Soy sauce (low sodium)	3.3 tbsp / 49.5 ml
Sesame oil	1.7 tbsp / 24.8 ml
Green onions, chopped	3.3 tbsp / 49.5 g

### Instructions

1. In a large skillet, heat 1.7 tbsp (24.8 ml) sesame oil over medium heat.
2. Add cubed tofu and cook for 8-10 minutes until golden brown.
3. Stir in broccoli, bell pepper, gochujang, and soy sauce; cook for an additional 5 minutes until vegetables are tender.

# Day 7

3 meals · 1,611 calories

<b>BREAKFAST</b>	Nutty Oat & Banana Bowl	<b>490 kcal</b>
<b>LUNCH</b>	Grilled Salmon Salad with Mixed Greens and Lemon Dressing	<b>543 kcal</b>
<b>DINNER</b>	Probiotic-Rich Kimchi Fried Quinoa	<b>578 kcal</b>

**Protein: 89g   Carbs: 167g   Fats: 74g**

## 19. Nutty Oat & Banana Bowl

A comforting breakfast bowl combining oats and bananas with nuts for healthy fats and protein, essential for hormone balance. The fiber helps with digestion and sustained energy.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	9 min
<b>Cook Time</b>	5 min
<b>Calories</b>	490 kcal
<b>Protein</b>	17g
<b>Carbs</b>	70g
<b>Fats</b>	21g



### Ingredients

Rolled oats	0.7 cup / 56 g
Banana, sliced	1.5 medium / 1.5 medium
Almonds, chopped	2.8 tbsp / 42 g
Almond milk	1.4 cup / 336 ml

### Instructions

1. In a saucepan, bring 1.4 cup (336 ml) almond milk to a boil. Add 0.7 cup (56 g) rolled oats and simmer for 5 minutes until cooked.
2. In a bowl, combine cooked oats with 1.5 medium sliced banana.
3. Top with 2.8 tbsp (42 g) chopped almonds.

## 20. Grilled Salmon Salad with Mixed Greens and Lemon Dressing

This vibrant salad features grilled salmon, a powerhouse of omega-3 fatty acids, paired with mixed leafy greens rich in fiber and phytoestrogens. It's designed to support hormone balance, heart health, and overall well-being 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>	543 kcal
<b>Protein</b>	47g
<b>Carbs</b>	31g
<b>Fats</b>	28g



### Ingredients

Grilled salmon fillet	4.7 oz / 131.8 g
Mixed leafy greens	3.1 cups / 744 ml
Olive oil	1.6 tsp / 7.8 ml
Fresh lemon juice	1.6 tbsp / 23.3 ml
Fresh herbs (e.g., parsley, dill)	1.6 tbsp / 23.3 g
Cherry tomatoes, halved	0.8 cup / 116.3 g
Cucumber, sliced	0.8 cup / 116.3 g
Feta cheese, crumbled (optional)	1.6 oz / 43.4 g

## Instructions

1. Step 1: Preheat a grill or grill pan over medium-high heat. Season the salmon fillet with salt and pepper, then grill for 4-5 minutes on each side until cooked through and flaky.
2. Step 2: While the salmon is grilling, prepare the salad by combining mixed greens, cherry tomatoes, cucumber, and herbs in a large bowl.
3. Step 3: In a small bowl, whisk together olive oil and lemon juice, then drizzle over the salad and toss to coat evenly.
4. Step 4: Once the salmon is cooked, remove it from the grill and flake it into large pieces over the salad. If desired, sprinkle feta cheese on top. Serve immediately.

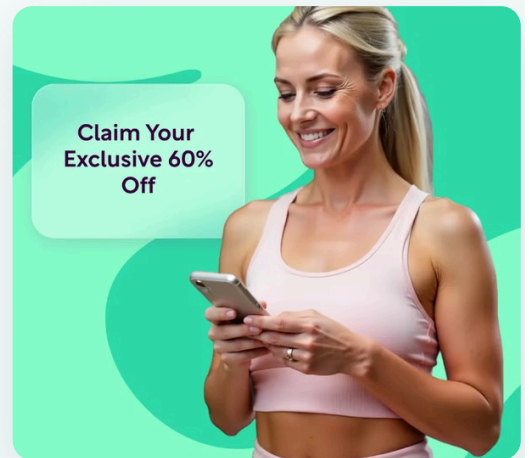
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## 21. Probiotic-Rich Kimchi Fried Quinoa

This vibrant dish combines probiotic-rich kimchi with protein-packed quinoa, supporting gut health and immunity. Ideal for women over 40 to maintain digestive health.

### Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	2 min
Calories	578 kcal
Protein	25g
Carbs	66g
Fats	25g



### Ingredients

Cooked quinoa	1.7 cup / 396 ml
Kimchi	0.8 cup / 198 ml
Green onions	3.3 medium / 3.3g
Sesame oil	1.7 tbsp / 24.8 ml
Soy sauce	1.7 tbsp / 24.8 ml

### Instructions

1. In a skillet, heat 1.7 tbsp (24.8 ml) sesame oil over medium heat. Add 0.8 cup (198 ml) kimchi and sauté for 3.3 minutes.
2. Stir in 1.7 cup (396 ml) cooked quinoa and 1.7 tbsp (24.8 ml) soy sauce, cook for an additional 5 minutes.
3. Top with chopped green onions before serving.

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