

7-Day Metabolic Confusion Diet Plan for Women Over 40 PDF

Revitalize your metabolism with this structured plan.

This 7-day diet plan features 21 unique recipes designed to reset your metabolism and aid weight loss for women over 40. Experience a week of delicious meals that will help you discover a new rhythm in your eating habits.

DAILY NUTRITION OVERVIEW

DAY	CALORIES	PROTEIN	CARBS	FATS
Day 1	1,500	86g	161g	66g
Day 2	1,500	58g	127g	88g
Day 3	1,505	79g	131g	88g
Day 4	1,495	84g	129g	70g
Day 5	1,514	101g	107g	81g
Day 6	1,519	42g	119g	100g
Day 7	1,519	105g	99g	86g
Avg	1,507	79g	125g	83g

CALORIE DISTRIBUTION



Nourish Your Body, Transform Your Health

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Flaxseed Berry Smoothie Bowl

Creamy Avocado and Fennel Soup

Almond & Kale Salad with Tahini Dressing

Greek Yogurt with Honey and Walnuts

Sautéed Brussels Sprouts with Bacon

+ 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



79g Protein

Daily average



1,507 cal/day

Daily average



Macro Balanced

125g C / 83g F avg

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Day 1

3 meals · 1,500 calories

BREAKFAST	Peach and Almond Overnight Oats	462 kcal
LUNCH	Roasted Vegetable & Hummus Wrap	543 kcal
DINNER	Mediterranean Baked Eggplant with Tuna	495 kcal

Protein: 86g Carbs: 161g Fats: 66g

1. Peach and Almond Overnight Oats

These overnight oats are an easy breakfast option that combines whole grains with the natural sweetness of peaches, ensuring a filling start to your day. Almonds add protein and healthy fats, essential for hormone balance and energy levels.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	462 kcal
Protein	17g
Carbs	63g
Fats	17g



Ingredients

Rolled oats	0.7 cup / 56 g
Almond milk	1.4 cup / 336 ml
Peach, diced	1.5 medium / 210 g
Almonds, chopped	2.8 tbsp / 42 g

Honey or maple syrup (optional)

1.4 tbsp / 21 ml

Chia seeds

1.4 tbsp / 21 g

Instructions

1. In a jar or bowl, combine rolled oats, almond milk, diced peach, chopped almonds, chia seeds, and honey or syrup if desired.
2. Stir well, cover, and refrigerate overnight.
3. In the morning, stir again and enjoy cold or heat for a warm breakfast.

2. Roasted Vegetable & Hummus Wrap

This wrap is filled with roasted vegetables and hummus, providing a fiber-rich meal that supports heart health and digestion. The combination of healthy fats from hummus and complex carbs from whole grain wrap helps sustain energy levels throughout the day.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	20 min
Calories	543 kcal
Protein	19g
Carbs	78g
Fats	19g



Ingredients

Whole grain wrap	1.6 slice(s) / 1.6g
Bell pepper, sliced	0.8 medium / 116.3 g
Zucchini, sliced	0.8 medium / 155 g
Red onion, sliced	0.4 medium / 77.5 g
Hummus	4.7 tbsp / 69.8 g
Olive oil	1.6 tbsp / 23.3 ml
Salt	pinch / to taste
Pepper	pinch / to taste

Instructions

1. Preheat the oven to 400°F (200°C). Toss sliced bell pepper, zucchini, and red onion with 1.6 tbsp (23.3 ml) of olive oil, salt, and pepper. Roast for 20 minutes.
2. Spread 4.7 tbsp (69.8 g) of hummus on a whole grain wrap and layer with the roasted vegetables.
3. Roll the wrap tightly, slice in half, and serve.

3. Mediterranean Baked Eggplant with Tuna

This baked eggplant is stuffed with a protein-rich tuna filling, providing essential nutrients for women over 40. The dish is low in calories yet high in flavor and healthy fats, promoting heart health.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	20 min
Calories	495 kcal
Protein	50g
Carbs	20g
Fats	30g



Ingredients

eggplant	1.7 /
canned tuna in olive oil	1.5 can /
olive oil	3.3 tbsp / 49.5 ml
garlic cloves	3.3 clove(s) /
fresh parsley	3.3 tbsp / 49.5 ml
sea salt	to taste /
black pepper	to taste /

Instructions

1. Preheat oven to 375°F (190°C). Score the inside of the eggplant and brush with olive oil. Bake for 20 minutes.
2. In a bowl, mix tuna, garlic, parsley, salt, and pepper. Remove eggplant from the oven, fill with tuna mixture, and bake for an additional 10 minutes.
3. Serve warm.

Day 2

3 meals · 1,500 calories

BREAKFAST Flaxseed Berry Smoothie Bowl **476 kcal**

LUNCH Chickpea and Paneer Salad with Lemon-Tahini Dressing **496 kcal**

DINNER Creamy Avocado and Fennel Soup **528 kcal**

Protein: 58g Carbs: 127g Fats: 88g

4. Flaxseed Berry Smoothie Bowl

Packed with phytoestrogens from flaxseed and antioxidants from berries, this smoothie bowl supports hormone balance while delivering a refreshing start to your day. The healthy fats from almonds enhance brain function and overall energy levels.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	476 kcal
Protein	14g
Carbs	50g
Fats	25g



Ingredients

Frozen mixed berries	1.4 cup / 336 ml
Unsweetened almond milk	0.7 cup / 168 ml
Ground flaxseed	1.4 tbsp / 21 g
Almonds, chopped	2.8 tbsp / 42 g
Chia seeds	1.4 tsp / 7 g

Instructions

1. In a blender, combine 1.4 cup (336 ml) of frozen mixed berries, 0.7 cup (168 ml) of unsweetened almond milk, and 1.4 tbsp (21 g) of ground flaxseed. Blend until smooth.
2. Pour the smoothie into a bowl and top with 2.8 tbsp (42 g) of chopped almonds and 1.4 tsp (7 g) of chia seeds.
3. Enjoy immediately for a nutritious breakfast.

5. Chickpea and Paneer Salad with Lemon-Tahini Dressing

This refreshing salad combines protein-rich chickpeas and paneer, providing essential nutrients for muscle maintenance and hormone balance. The lemon-tahini dressing adds healthy fats and aids in digestive health.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	496 kcal
Protein	34g
Carbs	47g
Fats	23g



Ingredients

Canned chickpeas, drained	1.6 cup / 372 ml
Paneer, cubed	0.8 cup / 186 g
Cucumber, diced	0.8 medium / 0.8g
Tomato, diced	1.6 medium / 1.6g
Tahini	3.1 tbsp / 46.5 ml
Lemon juice	1.6 tbsp / 23.3 ml
Olive oil	1.6 tbsp / 23.3 ml

Instructions

1. In a bowl, combine 1.6 cup (372 ml) drained chickpeas, 0.8 cup (186 g) cubed paneer, 0.8 diced cucumber, and 1.6 diced tomato.
2. In a separate bowl, whisk together 3.1 tbsp (46.5 ml) tahini, 1.6 tbsp (23.3 ml) lemon juice, and 1.6 tbsp (23.3 ml) olive oil.
3. Drizzle the dressing over the salad and toss to combine.
4. Serve fresh.

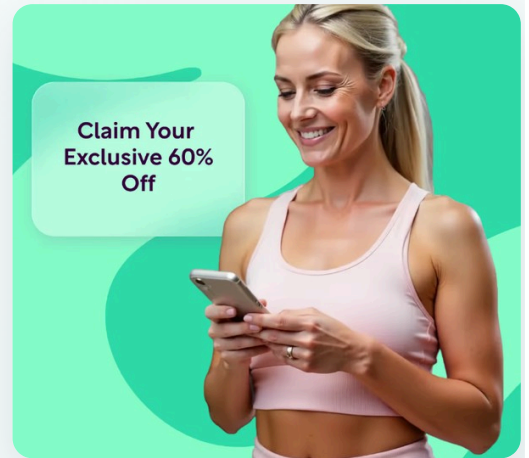
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6. Creamy Avocado and Fennel Soup

This creamy soup is nutrient-dense with healthy fats from avocado, supporting heart health and skin hydration for women over 40. Fennel adds flavor and is known for its anti-inflammatory properties, beneficial during menopause.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	20 min
Calories	528 kcal
Protein	10g
Carbs	30g
Fats	40g



Ingredients

Avocado, diced	1.7 medium / 1.7g
Fennel bulb, diced	1.7 cup / 247.5 g
Vegetable broth	3.3 cups / 792 ml
Olive oil	1.7 tbsp / 24.8 ml
Salt and pepper	to taste / to taste

Instructions

1. In a pot, heat olive oil over medium heat and sauté diced fennel until soft.
2. Add vegetable broth and bring to a boil.
3. Reduce heat and blend in the diced avocado until creamy.
4. Season with salt and pepper before serving.

Day 3

3 meals · 1,505 calories

BREAKFAST Sardine & Avocado Toast **448 kcal**

LUNCH Almond & Kale Salad with Tahini Dressing **496 kcal**

DINNER Lentil & Vegetable Curry with Coconut Milk **561 kcal**

Protein: 79g Carbs: 131g Fats: 88g

7. Sardine & Avocado Toast

This easy-to-make toast combines healthy fats from avocado with omega-3-rich sardines, supporting heart health and hormone balance. Whole grain bread adds fiber, aiding digestion and energy levels.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	5 min
Calories	448 kcal
Protein	27g
Carbs	39g
Fats	25g



Ingredients

Whole grain bread	1.5 slice / 1.5 slice
Avocado	0.7 medium / 0.7g
Canned sardines	2.8 oz / 78.4 g
Lemon juice	1.4 tsp / 7 ml
Salt and pepper	to taste / to taste

Instructions

1. Toast 1.5 slice of whole grain bread until golden brown.
2. Mash 0.7 avocado with 1.4 tsp (7 ml) lemon juice, salt, and pepper.
3. Spread the avocado on the toast and top with 2.8 oz (78.4 g) drained sardines.

8. Almond & Kale Salad with Tahini Dressing

This vibrant salad is loaded with calcium-rich kale and almonds, providing essential nutrients for bone strength. The tahini dressing adds healthy fats and a creamy texture, supporting hormone balance for women over 40.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	12 min
Calories	496 kcal
Protein	16g
Carbs	19g
Fats	43g



Ingredients

Kale, chopped	3.1 cups / 744 ml
Almonds, sliced	0.4 cup / 93 ml
Tahini	3.1 tbsp / 46.5 ml
Lemon juice	1.6 tbsp / 23.3 ml
Garlic, minced	1.5 clove / 1.5 clove
Olive oil	1.6 tbsp / 23.3 ml
Salt and pepper	to taste / to taste

Instructions

1. In a large bowl, combine 3.1 cups (744 ml) chopped kale and 0.4 cup (93 ml) sliced almonds.
2. In a small bowl, whisk together 3.1 tbsp (46.5 ml) tahini, 1.6 tbsp (23.3 ml) lemon juice, 1.5 clove of minced garlic, and 1.6 tbsp (23.3 ml) olive oil until smooth.
3. Drizzle the dressing over the kale and almonds, season with salt and pepper to taste, and toss well before serving.

9. Lentil & Vegetable Curry with Coconut Milk

A rich and nourishing curry made from protein-packed lentils and a variety of vegetables. Coconut milk adds creaminess while providing healthy fats, and turmeric along with ginger assist in reducing inflammation and symptoms of menopause.

Nutrition Information

Servings	1
Prep Time	17 min
Cook Time	18 min
Calories	561 kcal
Protein	36g
Carbs	73g
Fats	20g



Ingredients

Red lentils	1.7 cup / 330 g
Bone broth	4.9 cups / 1188 ml
Coconut milk	1.7 cup / 396 ml
Cauliflower, chopped	3.3 cups / 495 g
Spinach, chopped	3.3 cups / 99 g
Turmeric powder	1.7 tsp / 8.3 g
Fresh ginger, minced	1.7 tsp / 8.3 g
Salt	1.7 tsp / 8.3 g
Black pepper	0.8 tsp / 3.3 g

Instructions

1. In a pot, heat 1 tbsp (15ml) of olive oil over medium heat. Add the lentils, bone broth, and cauliflower, cooking until tender, about 15 minutes.
2. Stir in the coconut milk, spinach, turmeric, ginger, salt, and pepper. Simmer for an additional 10-15 minutes until heated through.

Day 4

3 meals · 1,495 calories

BREAKFAST Greek Yogurt with Honey and Walnuts **490 kcal**

LUNCH Avocado and Black Bean Wrap **543 kcal**

DINNER Sautéed Brussels Sprouts with Bacon **462 kcal**

Protein: 84g Carbs: 129g Fats: 70g

10. Greek Yogurt with Honey and Walnuts

Creamy Greek yogurt drizzled with honey and topped with crunchy walnuts makes for an easy and delicious breakfast option. It's packed with protein and healthy fats, ideal for a low-sodium diet.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	10 min
Calories	490 kcal
Protein	28g
Carbs	42g
Fats	21g



Ingredients

plain Greek yogurt	1.4 cup / 336 g
honey	1.4 tbsp / 21 ml
walnuts	2.8 tbsp / 21 g
ground cinnamon	0.4 tsp / 1.4 g
fresh berries	0.7 cup / 105 g

Instructions

1. In a bowl, scoop the Greek yogurt.
2. Drizzle honey on top and sprinkle with walnuts and cinnamon.
3. Add fresh berries on top and serve immediately.

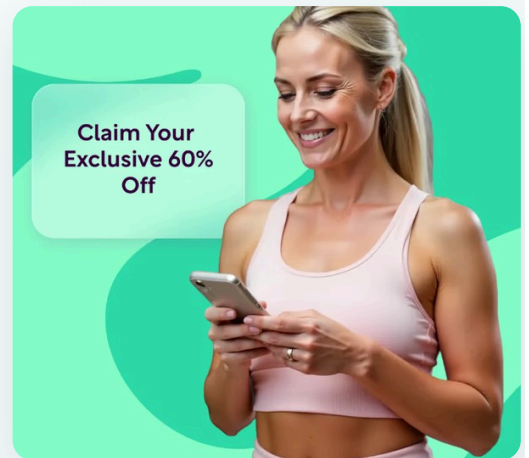
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11. Avocado and Black Bean Wrap

This wrap is rich in fiber and protein, which can help regulate blood sugar levels and support digestive health. Avocado provides healthy fats that are essential for hormone production.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	543 kcal
Protein	23g
Carbs	70g
Fats	19g



Ingredients

Whole grain wrap	1.6 slice(s) / 1.6g
Black beans, canned, rinsed	0.8 cup / 186 ml
Avocado, sliced	0.8 medium / 124 g
Cucumber, thinly sliced	0.8 medium / 155 g
Lemon juice	1.6 tbsp / 23.3 ml
Spinach or lettuce	1.6 cup / 372 ml

Instructions

1. Spread black beans on the whole grain wrap, followed by spinach, avocado, and cucumber slices.
2. Drizzle with lemon juice before rolling up tightly.
3. Slice in half and enjoy fresh.

12. Sautéed Brussels Sprouts with Bacon

This side dish mixes fiber-rich Brussels sprouts with bacon, providing antioxidants and healthy fats to support heart health and balanced hormones.

Nutrition Information

Servings	1
Prep Time	9 min
Cook Time	5 min
Calories	462 kcal
Protein	33g
Carbs	17g
Fats	30g



Ingredients

Brussels sprouts	1.7 cup / 396 ml
Bacon	3 slices / 3 slices
Olive oil	1.7 tbsp / 24.8 ml
Garlic powder	0.8 tsp / 3.3 g

Instructions

1. Heat 1.7 tbsp (24.8 ml) olive oil in a skillet over medium heat. Add 1.7 cup (396 ml) halved Brussels sprouts and sauté for about 5 minutes.
2. Add the cooked bacon and sprinkle with 0.8 tsp (3.3 g) garlic powder. Continue cooking for another 5-7 minutes until Brussels sprouts are tender.

Day 5

3 meals · 1,514 calories

BREAKFAST	Berry Nut Smoothie Bowl	490 kcal
LUNCH	Chilled Avocado & Flaxseed Soup	496 kcal
DINNER	Cilantro Lime Grilled Chicken with Veggies	528 kcal

Protein: 101g Carbs: 107g Fats: 81g

13. Berry Nut Smoothie Bowl

This vibrant smoothie bowl provides a refreshing way to start the day while being rich in antioxidants from berries and healthy fats from nuts. The blend of protein from yogurt and fiber from fruits helps stabilize energy levels and supports digestion.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	5 min
Calories	490 kcal
Protein	39g
Carbs	56g
Fats	14g



Ingredients

Greek yogurt, plain	1.4 cup / 336 g
Mixed berries, frozen	0.7 cup / 105 g
Almonds, chopped	2.8 tbsp / 21 g
Honey	1.4 tbsp / 21 g
Chia seeds	1.4 tbsp / 21 g

Instructions

1. In a blender, combine 1.4 cup (336 g) of Greek yogurt and 0.7 cup (105 g) of mixed frozen berries. Blend until smooth.
2. Pour the smoothie into a bowl and top with 2.8 tbsp (21 g) of chopped almonds, 1.4 tbsp (21 g) of honey, and 1.4 tbsp (21 g) of chia seeds.
3. Serve immediately.

14. Chilled Avocado & Flaxseed Soup

This refreshing soup is packed with healthy fats and phytoestrogens from flaxseeds, promoting hormone balance for women 40+. The cooling properties of avocado and cucumber help alleviate hot flashes.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	12 min
Calories	496 kcal
Protein	12g
Carbs	34g
Fats	37g



Ingredients

ripe avocados, halved and pitted	3.1 medium / 3.1g
cucumber, peeled and chopped	1.6 cup / 372 ml
flaxseed meal	3.1 tbsp / 46.5 g
vegetable broth	3.1 cups / 744 ml
lime juice	3.1 tbsp / 46.5 ml
fresh mint leaves	¼ cup / 93 ml
salt and pepper to taste	to taste / to taste

Instructions

1. In a blender, combine the avocados, cucumber, flaxseed meal, vegetable broth, lime juice, and mint leaves.
2. Blend until smooth and creamy.
3. Taste and season with salt and pepper if desired. Chill in the refrigerator for 30 minutes before serving.

15. Cilantro Lime Grilled Chicken with Veggies

Grilled chicken marinated in cilantro and lime provides lean protein essential for muscle maintenance, while the grilled veggies offer fiber and antioxidants. This meal helps support heart health and hormone balance.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	20 min
Calories	528 kcal
Protein	50g
Carbs	17g
Fats	30g



Ingredients

chicken breast, marinated	6.6 oz / 189.8 g
bell pepper, sliced	0.8 medium / 123.8 g
zucchini, sliced	0.8 medium / 123.8 g
olive oil	1.7 tbsp / 24.8 ml
lime juice	1.7 tbsp / 24.8 ml

Instructions

1. Preheat grill to medium-high heat.
2. Marinate chicken in lime juice and olive oil for at least 15 minutes.
3. Grill chicken for 6-8 minutes on each side, adding veggies to the grill for the last 10 minutes until tender.

Day 6

3 meals · 1,519 calories

BREAKFAST Spicy Quinoa and Avocado Breakfast Bowl **448 kcal**

LUNCH Zucchini Noodles with Lemon and Almond Pesto **543 kcal**

DINNER Creamy Roasted Red Pepper Soup **528 kcal**

Protein: 42g Carbs: 119g Fats: 100g

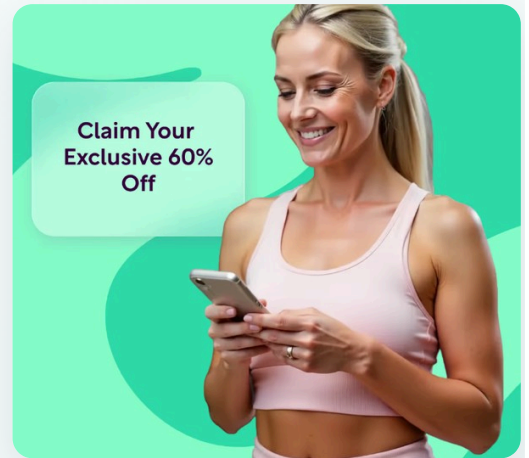
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16. Spicy Quinoa and Avocado Breakfast Bowl

This filling breakfast bowl combines protein-rich quinoa with heart-healthy avocado and spices, providing a perfect balance of nutrients that support metabolic health. The healthy fats in avocado help maintain hormone levels and promote satiety.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	10 min
Calories	448 kcal
Protein	13g
Carbs	56g
Fats	21g



Ingredients

quinoa, cooked	0.7 cup / 168 ml
avocado, diced	0.7 medium / 105 g
lime juice	1.4 tbsp / 21 ml
jalapeño, diced	1.4 tbsp / 21 g
cilantro, chopped	2.8 tbsp / 42 ml

Instructions

1. In a bowl, combine cooked quinoa, diced avocado, lime juice, jalapeño, and chopped cilantro.
2. Mix well and season with salt and pepper to taste.
3. Serve immediately.

17. Zucchini Noodles with Lemon and Almond Pesto

This dish is low in carbs and packed with vitamins, making it a great option for maintaining a healthy weight. The lemon and almonds provide vitamin E and healthy fats that support heart health.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	543 kcal
Protein	16g
Carbs	23g
Fats	43g



Ingredients

Zucchini, spiralized	3 medium / 3 medium
Almonds, toasted	0.4 cup / 62 g
Fresh basil leaves	1.6 cup / 372 ml
Lemon juice	3.1 tbsp / 46.5 ml
Olive oil	0.4 cup / 93 ml
Salt	to taste / to taste

Instructions

1. In a food processor, combine toasted almonds, basil, lemon juice, and olive oil; blend until smooth.
2. In a skillet, lightly sauté spiralized zucchini for 2-3 minutes until just tender.
3. Toss zucchini noodles with almond pesto, season with salt, and serve warm.

18. Creamy Roasted Red Pepper Soup

This soup is rich in vitamin C from roasted red peppers, supporting immune health and skin integrity for women over 40. The creamy texture, derived from cashews, adds healthy fats that are great for hormone production.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	20 min
Calories	528 kcal
Protein	13g
Carbs	40g
Fats	36g



Ingredients

Roasted red peppers (jarred or homemade)	1.7 cup / 396 ml
Vegetable broth	1.7 cup / 396 ml
Raw cashews	0.4 cup / 66 g
Garlic	3 cloves / 3 cloves
Olive oil	1.7 tbsp / 24.8 ml

Instructions

1. In a saucepan, heat 1.7 tbsp (24.8 ml) olive oil over medium heat and sauté 2 minced garlic cloves for 1 minute.
2. Add 1.7 cup (396 ml) roasted red peppers and 1.7 cup (396 ml) vegetable broth. Bring to a simmer for 10 minutes.
3. Blend with 0.4 cup (66 g) soaked cashews until smooth and creamy.

Day 7

3 meals · 1,519 calories

BREAKFAST Citrus Avocado Toast **448 kcal**

LUNCH Citrus and Almond Salad with Grilled Chicken **543 kcal**

DINNER Thai Coconut Shrimp with Veggies **528 kcal**

Protein: 105g Carbs: 99g Fats: 86g

19. Citrus Avocado Toast

This refreshing toast combines healthy fats from avocado with vitamin C-rich citrus fruits, promoting skin elasticity and overall vitality. The fiber from whole-grain bread helps with digestion and stabilizes blood sugar levels.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	5 min
Calories	448 kcal
Protein	8g
Carbs	53g
Fats	25g



Ingredients

Whole-grain bread	3 slices / 3 slices
Ripe avocado	0.7 medium / 0.7g
Orange segments	0.7 medium / 0.7g
Lime juice	1.4 tsp / 7 ml
Salt and pepper	to taste / to taste

Instructions

1. Toast 3 slices of whole-grain bread until golden brown.
2. In a bowl, mash 0.7 of a ripe avocado with 1.4 tsp (7 ml) of lime juice, and season with salt and pepper to taste.
3. Spread the avocado mash on the toasted bread and top with 0.7 of an orange segmented.

20. Citrus and Almond Salad with Grilled Chicken

This refreshing salad combines protein-rich chicken with vitamin C-rich citrus for enhanced immunity and skin health. Almonds provide healthy fats, promoting heart health for women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	543 kcal
Protein	47g
Carbs	16g
Fats	31g



Ingredients

Grilled chicken breast	6.2 oz / 186 g
Mixed leafy greens	3.1 cups / 744 ml
Almonds	3.1 tbsp / 46.5 g
Orange	1.5 medium / 1.5 medium
Olive oil	1.6 tbsp / 23.3 ml
Lemon juice	1.6 tbsp / 23.3 ml

Instructions

1. In a bowl, combine 3.1 cups (744 ml) mixed leafy greens, 6.2 oz (186 g) sliced grilled chicken, and segments from 1.5 medium orange.
2. Drizzle with 1.6 tbsp (23.3 ml) olive oil and 1.6 tbsp (23.3 ml) lemon juice.
3. Top with 3.1 tbsp (46.5 g) sliced almonds and toss gently.

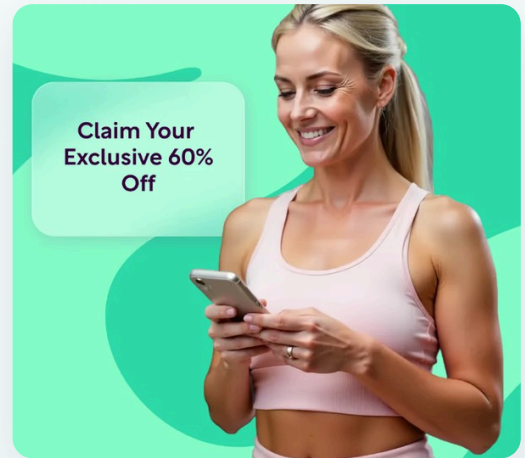
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21. Thai Coconut Shrimp with Veggies

This delightful shrimp dish combines lean protein with healthy fats from coconut milk, promoting hormone balance and heart health. The addition of colorful vegetables provides vital antioxidants that may alleviate menopause symptoms.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	8 min
Calories	528 kcal
Protein	50g
Carbs	30g
Fats	30g



Ingredients

Shrimp, peeled and deveined	1.7 cup / 247.5 g
Coconut milk	0.8 cup / 198 ml
Snap peas	0.8 cup / 123.8 g
Red bell pepper, sliced	0.8 cup / 123.8 g
Lime juice	1.7 tbsp / 24.8 ml
Fish sauce	1.7 tbsp / 24.8 ml
Fresh basil, chopped	3.3 tbsp / 49.5 g

Instructions

1. In a skillet, combine coconut milk, fish sauce, and lime juice over medium heat.
2. Add shrimp, snap peas, and bell pepper; cook for 8 minutes or until shrimp is cooked through.
3. Remove from heat and stir in fresh basil before serving.

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