

7-Day Nordic Diet Meal Plan for Women PDF

Embrace the benefits of the Nordic diet with this comprehensive meal plan for women.

Experience the wholesome benefits of the Nordic diet with our 7-Day Meal Plan featuring 21 unique recipes for women. This plan focuses on nutrient-dense ingredients, promoting heart health and weight management. Enjoy flavorful meals while embracing a lifestyle inspired by the Scandinavian way of eating.

DAILY NUTRITION OVERVIEW

DAY	CALORIES	PROTEIN	CARBS	FATS
Day 1	1,428	111g	136g	71g
Day 2	1,494	113g	153g	63g
Day 3	1,541	123g	122g	89g
Day 4	1,541	145g	90g	79g
Day 5	1,541	101g	138g	72g
Day 6	1,541	104g	184g	53g
Day 7	1,541	111g	174g	52g
Avg	1,518	115g	142g	68g

CALORIE DISTRIBUTION



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Spicy Canned Salmon & Chickpea Salad

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Spinach & Salmon Salad with Lemon Dressing

Savory Bone Broth Oatmeal

Baked Lemon Herb Salmon

Salmon and Spinach Power Bowl

Cinnamon-Spiced Berry Breakfast Bowl

Miso-Glazed Salmon with Sesame Broccoli

+ 9 more recipes inside

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21 Recipes

7-day meal plan



1,518 cal/day

Daily average



115g Protein

Daily average



Macro Balanced

142g C / 68g F avg

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Day 1

3 meals · 1,428 calories

BREAKFAST	Turmeric and Berry Overnight Oats	420 kcal
LUNCH	Spinach & Salmon Salad with Lemon Dressing	496 kcal
DINNER	Pan-Seared Salmon with Lemon & Garlic	512 kcal

Protein: 111g Carbs: 136g Fats: 71g

1. Turmeric and Berry Overnight Oats

These overnight oats are a perfect blend of turmeric and berries, providing a healthy and filling breakfast. Prepare them the night before for a quick grab-and-go option in the morning.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	10 min
Calories	420 kcal
Protein	14g
Carbs	70g
Fats	10g



Ingredients

rolled oats	0.7 cup / 63 g
almond milk	1.4 cup / 336 ml
turmeric powder	0.7 tsp / 2.8 g
honey or maple syrup	1.4 tbsps / 21 g

fresh berries

0.7 cup / 105 g

Instructions

1. In a mason jar, combine rolled oats, almond milk, turmeric, and honey.
2. Mix well and refrigerate overnight.
3. In the morning, top with fresh berries before serving.

2. Spinach & Salmon Salad with Lemon Dressing

This fresh salad features iron-rich spinach and omega-3-packed salmon, supporting bone health and hormone balance. The lemon dressing adds a refreshing touch while providing additional vitamin C.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	496 kcal
Protein	47g
Carbs	16g
Fats	28g



Ingredients

Canned salmon	6.2 oz / 175.2 g
Fresh spinach	3.1 cups / 744 ml
Cherry tomatoes	0.8 cup / 186 ml
Cucumber	0.8 medium / 0.8g
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 large bowl, combine 6.2 oz (175.2 g) drained salmon, 3.1 cups (744 ml) fresh spinach, 0.8 cup (186 ml) halved cherry tomatoes, and 0.8 sliced cucumber.
2. In a small bowl, mix together 1.6 tbsp (23.3 ml) olive oil, 1.6 tbsp (23.3 ml) lemon juice, salt, and pepper.
3. Drizzle the dressing over the salad, mix well, and serve.

3. Pan-Seared Salmon with Lemon & Garlic

This simple yet flavorful salmon dish is packed with omega-3s, crucial for hormone balance and heart health. The addition of garlic provides anti-inflammatory properties, making it a perfect meal for women over 40.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	10 min
Calories	512 kcal
Protein	50g
Carbs	50g
Fats	33g



Ingredients

Salmon fillet	6.6 oz / 186.5 g
Olive oil	1.7 tbsp / 24.8 ml
Garlic	3 cloves / 3 cloves
Lemon juice	1.7 tbsp / 24.8 ml
Salt and pepper	to taste / to taste

Instructions

1. Heat 1.7 tbsp (24.8 ml) olive oil in a skillet over medium heat.
2. Season 6.6 oz (186.5 g) salmon fillet with salt and pepper, and add it to the skillet skin-side down. Cook for 5 minutes.
3. Flip the fillet, add 2 minced garlic cloves and 1.7 tbsp (24.8 ml) lemon juice, and cook for another 5 minutes.

Day 2

3 meals · 1,494 calories

BREAKFAST Savory Bone Broth Oatmeal **420 kcal**

LUNCH Spicy Canned Salmon & Chickpea Salad **496 kcal**

DINNER Baked Lemon Herb Salmon **578 kcal**

Protein: 113g Carbs: 153g Fats: 63g

4. Savory Bone Broth Oatmeal

Transform your oatmeal into a savory delight with bone broth and nutrient-rich toppings. This unique dish is both filling and nutritious.

Nutrition Information

Servings	1
Prep Time	2 min
Cook Time	5 min
Calories	420 kcal
Protein	17g
Carbs	56g
Fats	11g



Ingredients

Rolled oats	0.7 cup / 56 g
Bone broth	1.4 cup / 336 ml
Chopped green onions	2.8 tbsp / 21 g
Grated cheese	2.8 tbsp / 21 g
Salt	to taste / to taste
Black pepper	to taste / to taste

Instructions

1. Bring the bone broth to a boil in a saucepan.
2. Stir in the rolled oats, reduce heat, and cook for about 5 minutes until creamy.
3. Season with salt and black pepper.
4. Serve topped with green onions and cheese.

5. Spicy Canned Salmon & Chickpea Salad

Using canned salmon and chickpeas, this salad is quick to prepare and delivers a protein punch. Packed with omega-3s, it's excellent for heart health and hormone balance.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	12 min
Calories	496 kcal
Protein	40g
Carbs	47g
Fats	16g



Ingredients

Canned salmon	3 cans (5 oz each) / 434 g
Canned chickpeas	1.5 can (15 oz) / 658.8 g
Frozen corn	1.6 cup / 372 ml
Olive oil	3.1 tbsp / 46.5 ml
Lemon juice	3.1 tbsp / 46.5 ml
Cumin	1.6 tsp / 7.8 g
Black pepper	0.8 tsp / 3.1 g

Instructions

1. In a large bowl, combine 2 cans (434 g) drained salmon, 1 can (658.8 g) drained chickpeas, and 1.6 cup (372 ml) thawed frozen corn.
2. Drizzle with 3.1 tbsp (46.5 ml) olive oil, 3.1 tbsp (46.5 ml) lemon juice, and season with 1.6 tsp (7.8 g) cumin and 0.8 tsp (3.1 g) black pepper. Mix well.
3. Serve immediately or refrigerate for up to 2 days.

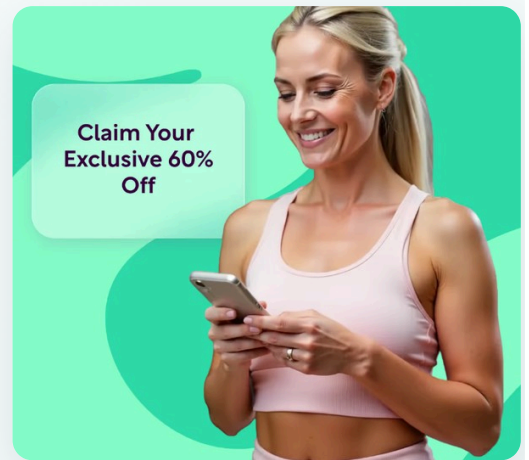
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6. Baked Lemon Herb Salmon

This easy salmon dish is rich in omega-3 fatty acids, which are crucial for heart and brain health. The lemon and herbs provide flavor without excess sodium, promoting hormone balance and overall well-being.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	15 min
Calories	578 kcal
Protein	56g
Carbs	50g
Fats	36g



Ingredients

Salmon fillet	9.9 oz / 280.5 g
Lemon juice	1.7 tbsp / 24.8 ml
Fresh dill or parsley, chopped	1.7 tbsp / 24.8 ml
Olive oil	1.7 tsp / 8.3 ml
Black pepper	to taste / to taste

Instructions

1. Preheat the oven to 400°F (200°C). Place salmon fillet on a lined baking sheet.
2. Drizzle with lemon juice and olive oil, then sprinkle with dill or parsley and black pepper.
3. Bake for about 15 minutes or until salmon is cooked through and flakes easily with a fork.

Day 3

3 meals · 1,541 calories

BREAKFAST Tofu & Spinach Smoothie Bowl **420 kcal**

LUNCH Salmon and Spinach Power Bowl **543 kcal**

DINNER Baked Salmon with Lemon and Herbs **578 kcal**

Protein: 123g Carbs: 122g Fats: 89g

7. Tofu & Spinach Smoothie Bowl

This refreshing smoothie bowl is packed with protein from silken tofu and leafy greens, making it a great option for breakfast or a post-workout snack. The addition of fruits provides antioxidants and essential vitamins to boost overall health.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	420 kcal
Protein	28g
Carbs	56g
Fats	11g



Ingredients

Silken tofu	1.4 cup / 336 g
Spinach, fresh	1.4 cup / 42 g
Banana, frozen	1.4 medium / 1.4g
Berries (mixed)	0.7 cup / 105 g
Almond milk	0.7 cup / 168 ml
Chia seeds	1.4 tbsp / 21 g

Instructions

1. In a blender, combine silken tofu, spinach, frozen banana, mixed berries, and almond milk. Blend until smooth.
2. Pour into a bowl and top with chia seeds and additional berries if desired.

8. Salmon and Spinach Power Bowl

Packed with omega-3 fatty acids from salmon and iron-rich spinach, this dish supports heart health and energy levels. The addition of flaxseed enhances hormone balance through phytoestrogens, making it a perfect meal for women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	543 kcal
Protein	45g
Carbs	16g
Fats	37g



Ingredients

Salmon fillet	6.2 oz / 175.2 g
Baby spinach	3.1 cups / 744 ml
Flaxseed meal	1.6 tbsp / 23.3 g
Olive oil	1.6 tbsp / 23.3 ml
Lemon juice	1.6 tbsp / 23.3 ml

Instructions

1. Heat 1.6 tbsp (23.3 ml) olive oil in a skillet over medium heat.
2. Add the salmon fillet and cook for about 4-5 minutes on each side until cooked through.
3. In a bowl, toss baby spinach with lemon juice and flaxseed meal, then top with the cooked salmon.

9. Baked Salmon with Lemon and Herbs

Salmon is a fantastic source of omega-3 fatty acids, which are essential for heart health. This dish is quick to prepare and provides a rich protein source, ideal for women over 40.

Nutrition Information

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



Ingredients

Salmon fillet	9.9 oz / 280.5 g
Fresh lemon juice	1.7 tbsp / 24.8 ml
Olive oil	1.7 tbsp / 24.8 ml
Fresh herbs (dill or parsley)	1.7 tbsp / 24.8 ml
Salt and pepper	to taste / to taste

Instructions

1. Preheat the oven to 375°F (190°C).
2. Place the salmon fillet on a baking sheet lined with parchment paper.
3. Drizzle with olive oil and lemon juice, then sprinkle with fresh herbs, salt, and pepper.
4. Bake for 15 minutes or until the salmon is cooked through and flaky.

Day 4

3 meals · 1,541 calories

BREAKFAST Cinnamon-Spiced Berry Breakfast Bowl **420 kcal**

LUNCH Grilled Chicken Salad with Spinach and Berries **543 kcal**

DINNER Miso-Glazed Salmon with Sesame Broccoli **578 kcal**

Protein: 145g Carbs: 90g Fats: 79g

10. Cinnamon-Spiced Berry Breakfast Bowl

This breakfast bowl is rich in antioxidants from the mixed berries and high in protein from Greek yogurt, making it a perfect start to balance blood sugar levels. The cinnamon adds a sweet touch while improving insulin sensitivity.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	420 kcal
Protein	35g
Carbs	42g
Fats	21g



Ingredients

Greek yogurt	1.4 cup / 336 ml
Mixed berries (strawberries, blueberries, raspberries)	0.7 cup / 168 ml
Ground cinnamon	1.4 tsp / 7 g
Chopped walnuts	2.8 tbsp / 42 g

Instructions

1. In a bowl, place 1.4 cup (336 ml) of Greek yogurt.
2. Top with 0.7 cup (168 ml) of mixed berries and sprinkle 1.4 tsp (7 g) of ground cinnamon.
3. Finish by adding 2.8 tbsp (42 g) of chopped walnuts for crunch.

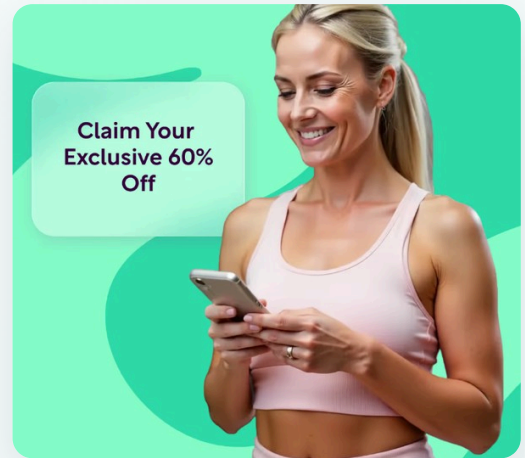
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11. Grilled Chicken Salad with Spinach and Berries

This refreshing salad combines grilled chicken, a lean protein source, with spinach and berries for a nutrient-dense, low-carb meal. The antioxidants from the berries support hormone health, making it a perfect PCOS-friendly lunch.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	10 min
Calories	543 kcal
Protein	54g
Carbs	23g
Fats	28g



Ingredients

Grilled chicken breast	6.2 oz / 178.3 g
Spinach, fresh	3.1 cups / 744 ml
Mixed berries	0.8 cup / 186 ml
Olive oil	3.1 tbsp / 46.5 ml
Balsamic vinegar	1.6 tbsp / 23.3 ml

Instructions

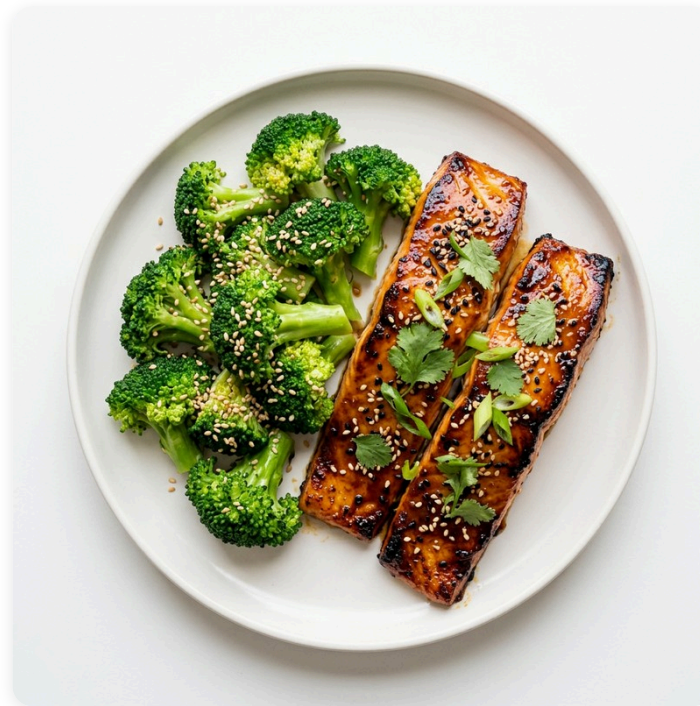
1. In a large bowl, combine spinach, berries, and sliced grilled chicken.
2. In a separate bowl, whisk together olive oil and balsamic vinegar.
3. Drizzle dressing over the salad, toss gently, and serve.

12. Miso-Glazed Salmon with Sesame Broccoli

Rich in omega-3 fatty acids and collagen, this salmon dish supports heart health and skin elasticity. Combined with broccoli, which is high in vitamin C and antioxidants, it's perfect for women over 40 aiming to maintain youthfulness.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	20 min
Calories	578 kcal
Protein	56g
Carbs	25g
Fats	30g



Ingredients

Salmon fillets	3 pieces (6 oz each) / 280.5 g each
Miso paste	3.3 tbsp / 49.5 g
Honey	1.7 tbsp / 24.8 g
Broccoli florets	3.3 cups / 792 ml
Sesame seeds	1.7 tbsp / 24.8 g
Olive oil	1.7 tbsp / 24.8 ml

Instructions

1. Preheat oven to 400°F (200°C).
2. In a small bowl, mix miso paste and honey until smooth. Brush the mixture over the salmon fillets.
3. Place salmon on a baking sheet lined with parchment paper and bake for 12-15 minutes until cooked through.
4. Meanwhile, steam broccoli until bright green and tender, about 5 minutes.
5. Serve salmon sprinkled with sesame seeds alongside broccoli.

Day 5

3 meals · 1,541 calories

BREAKFAST	Berry Spinach Smoothie with Protein Boost	420 kcal
LUNCH	Cranberry and Walnut Quinoa Salad	543 kcal
DINNER	Turmeric-Infused Salmon with Gingered Spinach	578 kcal

Protein: 101g Carbs: 138g Fats: 72g

13. Berry Spinach Smoothie with Protein Boost

This vibrant smoothie blends antioxidant-rich berries with spinach for a nutrient-dense breakfast that helps combat oxidative stress. The added protein powder supports muscle maintenance, crucial for women over 40.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	5 min
Calories	420 kcal
Protein	35g
Carbs	56g
Fats	11g



Ingredients

frozen mixed berries	1.4 cup / 336 ml
fresh spinach	1.4 cup / 336 ml
protein powder (plant-based or whey)	1.5 scoop / 42 g
almond milk	1.4 cup / 336 ml
chia seeds	1.4 tbsp / 21 g

Instructions

1. In a blender, combine frozen mixed berries, spinach, protein powder, and almond milk.
2. Blend on high until smooth, adding more almond milk if needed for consistency.
3. Stir in chia seeds and serve immediately.

14. Cranberry and Walnut Quinoa Salad

This quinoa salad is a powerhouse of nutrients, providing antioxidants from cranberries and healthy fats from walnuts, which support heart health and hormone balance for women over 40. The combination of fiber and protein helps maintain energy levels throughout the day.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	543 kcal
Protein	16g
Carbs	70g
Fats	23g



Ingredients

Cooked quinoa	1.6 cup / 372 ml
Dried cranberries	0.4 cup / 62 g
Walnuts, chopped	3.1 tbsp / 46.5 g
Fresh parsley, chopped	3.1 tbsp / 23.3 g
Olive oil	1.6 tbsp / 23.3 ml
Balsamic vinegar	1.6 tbsp / 23.3 ml

Instructions

1. In a bowl, combine cooked quinoa, dried cranberries, chopped walnuts, and parsley.
2. Drizzle with olive oil and balsamic vinegar, mixing well.
3. Serve chilled or at room temperature.

15. Turmeric-Infused Salmon with Gingered Spinach

This dish features salmon, which is rich in omega-3s, paired with turmeric and ginger to combat inflammation. The garlic and spinach provide antioxidants that support joint health.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	20 min
Calories	578 kcal
Protein	50g
Carbs	12g
Fats	38g



Ingredients

Salmon fillet	9.9 oz / 280.5 g
Fresh spinach	3.3 cups / 792 ml
Turmeric powder	1.7 tsp / 8.3 g
Fresh ginger, grated	1.7 tsp / 8.3 g
Olive oil	1.7 tbsp / 24.8 ml
Garlic, minced	1.5 clove / 1.5 clove
Salt and pepper	to taste / to taste

Instructions

1. Heat 1.7 tbsp (24.8 ml) of olive oil in a skillet over medium heat.
2. Season the salmon fillet with turmeric, salt, and pepper, then place it skin-side down in the skillet and cook for 5-7 minutes.
3. Flip the salmon and add minced garlic and grated ginger. Cook for an additional 3-4 minutes until cooked through.
4. In a separate pan, add a drizzle of olive oil and sauté the spinach until wilted, about 2-3 minutes.
5. Serve the salmon over the sautéed spinach.

Day 6

3 meals · 1,541 calories

BREAKFAST Berry Spinach Protein Smoothie **420 kcal**

LUNCH Berry Quinoa Salad with Citrus Dressing **543 kcal**

DINNER Mediterranean Anti-Inflammatory Plate **578 kcal**

Protein: 104g Carbs: 184g Fats: 53g

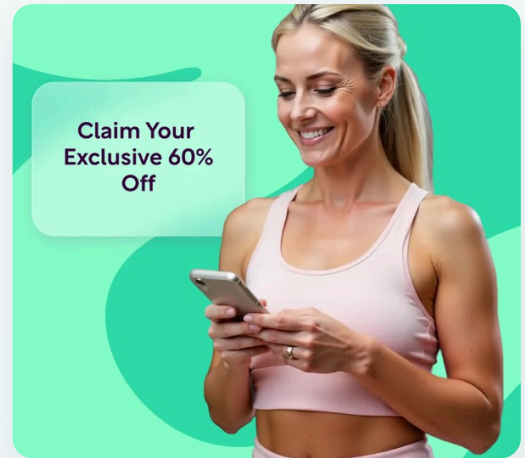
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16. Berry Spinach Protein Smoothie

Packed with antioxidants from berries and iron from spinach, this smoothie helps support energy levels and immune health for women over 40. The added protein promotes muscle retention, crucial during hormonal shifts.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	5 min
Calories	420 kcal
Protein	35g
Carbs	56g
Fats	11g



Ingredients

Fresh spinach	1.4 cup / 336 ml
Mixed berries (frozen or fresh)	1.4 cup / 336 ml
Unsweetened almond milk	1.4 cup / 336 ml
Plant-based protein powder	1.5 scoop / 42 g
Ground flaxseed	1.4 tbsp / 21 g

Instructions

1. In a blender, combine 1.4 cup (336 ml) fresh spinach, 1.4 cup (336 ml) mixed berries, 1.4 cup (336 ml) unsweetened almond milk, 1.5 scoop (42 g) plant-based protein powder, and 1.4 tbsp (21 g) ground flaxseed.
2. Blend on high speed until smooth and creamy, about 30-60 seconds.
3. Pour into a glass and enjoy immediately.

17. Berry Quinoa Salad with Citrus Dressing

Combining quinoa with mixed berries, this salad is rich in protein and antioxidants, making it a perfect meal for women over 40 to support muscle maintenance and skin health.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	12 min
Calories	543 kcal
Protein	19g
Carbs	78g
Fats	22g



Ingredients

Cooked quinoa	1.6 cup / 286.8 g
Mixed berries (blueberries, strawberries, raspberries)	1.6 cup / 232.5 g
Spinach, fresh	3.1 cups / 124 g
Olive oil	3.1 tbsp / 46.5 ml
Lemon juice	3.1 tbsp / 46.5 ml
Honey (optional)	1.6 tsp / 7.8 g

Instructions

1. In a large bowl, combine 1.6 cup (286.8 g) cooked quinoa, 1.6 cup (232.5 g) mixed berries, and 3.1 cups (124 g) fresh spinach.
2. In a small bowl, whisk together 3.1 tbsp (46.5 ml) olive oil, 3.1 tbsp (46.5 ml) lemon juice, and 1.6 tsp (7.8 g) honey if desired.
3. Pour the dressing over the salad and toss to combine.

18. Mediterranean Anti-Inflammatory Plate

This vibrant meal is designed to support hormone balance, metabolism, and heart health for women over 40. It features a colorful array of vegetables, high-quality protein, and whole grains, all drizzled with heart-healthy olive oil for maximum nutrient absorption.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	578 kcal
Protein	50g
Carbs	50g
Fats	20g



Ingredients

Spinach (cooked)	3.3 cups / 792 ml
Cherry tomatoes (halved)	1.7 cup / 396 ml
Olive oil	3.3 tablespoons / 49.5 ml
Salmon fillet	6.6 ounces / 186.5 g
Quinoa (cooked)	0.8 cup / 198 ml
Lemon juice	1.7 tablespoon / 24.8 ml
Feta cheese (crumbled)	0.4 cup / 99 ml
Black pepper	to taste / to taste

Instructions

1. Step 1: Heat 1.7 tablespoon of olive oil in a skillet over medium heat. Add spinach and cherry tomatoes, cooking for about 5 minutes until wilted and tender.
2. Step 2: In a separate pan, cook the salmon fillet for 4-5 minutes on each side until fully cooked. Season with black pepper and drizzle with lemon juice.
3. Step 3: Prepare quinoa according to package instructions if not already cooked.
4. Step 4: Assemble your plate by filling half with the sautéed vegetables, one quarter with quinoa, and top with the cooked salmon. Sprinkle feta cheese over the entire plate and drizzle with the remaining olive oil.

Day 7

3 meals · 1,541 calories

BREAKFAST Spiced Apple & Oatmeal Chia Bowl **420 kcal**

LUNCH Heart-Healthy Quinoa Bowl with Salmon and Spinach **543 kcal**

DINNER Savory Salmon & Quinoa Bowl with Spinach and Wine Pairing **578 kcal**

Protein: 111g Carbs: 174g Fats: 52g

19. Spiced Apple & Oatmeal Chia Bowl

This warm and comforting bowl combines oats and chia seeds, providing a fiber-rich breakfast to support digestion. Apples add natural sweetness and antioxidants beneficial for women over 40.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	8 min
Calories	420 kcal
Protein	14g
Carbs	77g
Fats	7g



Ingredients

Rolled oats	½ cup / 56 g
Chia seeds	2.8 tbsp / 42 g
Water or milk of choice	1.4 cup / 336 ml
Diced apple	½ cup / 168 ml
Cinnamon	½ tsp / 3.5 g
Maple syrup (optional)	1.4 tbsp / 21 ml

Instructions

1. In a saucepan, combine oats, chia seeds, and water (or milk) and bring to a boil.
2. Add diced apple and cinnamon; reduce heat and simmer for 5-7 minutes until oats are creamy.
3. Serve warm, drizzled with maple syrup if desired.

20. Heart-Healthy Quinoa Bowl with Salmon and Spinach

This nutritious quinoa bowl is packed with omega-3 fatty acids from salmon, fiber from quinoa and spinach, and phytoestrogens from flaxseeds. It's designed to support hormone balance, metabolism, and heart health for women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	543 kcal
Protein	47g
Carbs	47g
Fats	25g



Ingredients

Quinoa, cooked	1.6 cup / 372 ml
Salmon fillet	6.2 oz / 175.2 g
Fresh spinach	1.6 cup / 46.5 g
Flaxseeds, ground	1.6 tablespoon / 15.5 g
Olive oil	1.6 tablespoon / 23.3 ml
Lemon juice	1.6 tablespoon / 23.3 ml
Salt	to taste / to taste
Pepper	to taste / to taste

Instructions

1. Step 1: In a skillet, heat olive oil over medium heat and cook the salmon fillet for about 4-5 minutes on each side, or until fully cooked.
2. Step 2: In a bowl, combine the cooked quinoa, fresh spinach, and ground flaxseeds. Drizzle with lemon juice and season with salt and pepper.
3. Step 3: Flake the cooked salmon and place it on top of the quinoa mixture. Serve immediately.

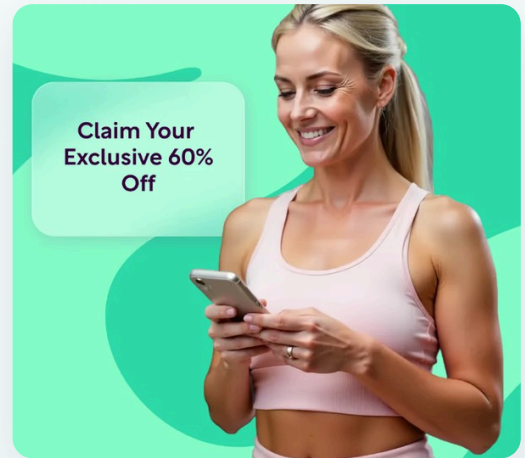
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21. Savory Salmon & Quinoa Bowl with Spinach and Wine Pairing

This nutrient-dense bowl is designed to support hormone balance and heart health, featuring omega-3 rich salmon and fiber-packed quinoa. Enjoy it with a glass of light white wine for a satisfying dining experience without compromising your weight loss goals.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	578 kcal
Protein	50g
Carbs	50g
Fats	20g



Ingredients

Salmon fillet	9.9 oz / 280.5 g
Quinoa (cooked)	1.7 cup / 396 ml
Fresh spinach	3.3 cups / 99 g
Olive oil	1.7 tbsp / 24.8 ml
Lemon juice	1.7 tbsp / 24.8 ml
Feta cheese (crumbled)	1.7 oz / 46.2 g
Light white wine	8.3 oz / 247.5 ml
Salt and pepper	to taste / to taste

Instructions

1. Step 1: Preheat a non-stick skillet over medium heat and add olive oil.
2. Step 2: Season the salmon fillet with salt and pepper, then place it skin-side down in the skillet. Cook for about 4-5 minutes until the skin is crispy.
3. Step 3: Flip the salmon and cook for another 3-4 minutes until cooked through. Remove from heat.
4. Step 4: In the same skillet, add the fresh spinach and sauté for 2-3 minutes until wilted.
5. Step 5: In a serving bowl, layer the cooked quinoa, sautéed spinach, and top with the salmon and crumbled feta cheese.
6. Step 6: Drizzle with lemon juice and enjoy with a glass of light white wine.

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