

7-Day PCOS Diet Plan for Women Over 40 PDF

Support hormonal balance with this effective PCOS diet tailored for women over 40.

Our 7-Day PCOS Diet Plan features 21 empowering recipes designed for women over 40 managing PCOS symptoms. This plan focuses on nutrient-rich foods that support hormonal balance and weight loss. Take charge of your health with delicious meals crafted to help you thrive.

DAILY NUTRITION OVERVIEW

DAY	CALORIES	PROTEIN	CARBS	FATS
Day 1	1,522	69g	192g	61g
Day 2	1,569	74g	168g	74g
Day 3	1,495	111g	147g	53g
Day 4	1,569	103g	150g	60g
Day 5	1,569	120g	139g	56g
Day 6	1,569	104g	136g	73g
Day 7	1,495	115g	109g	66g
Avg	1,541	99g	149g	63g

CALORIE DISTRIBUTION



Nourish Your Body, Transform Your Health

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Savory Salmon with Quinoa and Spinach Salad

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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



99g Protein

Daily average



1,541 cal/day

Daily average



Macro Balanced

149g C / 63g F avg

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Day 1

3 meals · 1,522 calories

BREAKFAST	Flaxseed Chia Pudding with Berries	448 kcal
LUNCH	Turmeric Quinoa Bowl with Roasted Vegetables	496 kcal
DINNER	Turmeric Lentil Stew with Collard Greens	578 kcal

Protein: 69g Carbs: 192g Fats: 61g

1. Flaxseed Chia Pudding with Berries

Chia seeds and flaxseeds provide an excellent source of omega-3s and fiber, essential for hormone balance and digestive health. Topped with berries, this pudding adds antioxidants and flavors, making it a refreshing start to your day.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	448 kcal
Protein	14g
Carbs	39g
Fats	25g



Ingredients

Chia seeds	2.8 tbsp / 42 g
Ground flaxseed	1.4 tbsp / 21 g
Almond milk (or dairy alternative)	1.4 cup / 336 ml
Mixed berries	0.7 cup / 105 g

Vanilla extract

0.7 tsp / 2.8 ml

Honey or maple syrup

1.4 tsp / 7 ml

Instructions

1. In a bowl, combine 2.8 tbsp (42 g) chia seeds, 1.4 tbsp (21 g) ground flaxseed, and 1.4 cup (336 ml) almond milk.
2. Add 0.7 tsp (2.8 ml) vanilla extract and mix well. Sweeten with 1.4 tsp (7 ml) honey or maple syrup if desired.
3. Cover and refrigerate for at least 4 hours or overnight until thickened.
4. Serve topped with 0.7 cup (105 g) mixed berries.

2. Turmeric Quinoa Bowl with Roasted Vegetables

A nourishing grain bowl featuring quinoa and an array of colorful roasted vegetables, this recipe is rich in antioxidants and fiber. Turmeric and black pepper enhance absorption and provide anti-inflammatory benefits, which are crucial for maintaining joint function.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	20 min
Calories	496 kcal
Protein	19g
Carbs	70g
Fats	19g



Ingredients

Quinoa, rinsed	1.6 cup / 263.5 g
Bell peppers, chopped	1.6 cup / 232.5 g
Zucchini, chopped	1.6 cup / 232.5 g
Red onion, chopped	0.8 cup / 116.3 g
Olive oil	3.1 tbsp / 46.5 ml
Ground turmeric	1.6 tsp / 7.8 g
Ground black pepper	0.4 tsp / 1.6 g
Salt	to taste / to taste

Instructions

1. Preheat the oven to 400°F (200°C). In a bowl, toss 1.6 cup (232.5 g) chopped bell peppers, 1.6 cup (232.5 g) chopped zucchini, and 0.8 cup (116.3 g) chopped red onion with 3.1 tbsp (46.5 ml) olive oil, 1.6 tsp (7.8 g) ground turmeric, 0.4 tsp (1.6 g) black pepper, and salt to taste.
2. Spread vegetables on a baking sheet and roast for 20 minutes.
3. In the meantime, cook 1.6 cup (263.5 g) quinoa according to package instructions (usually 15 minutes in boiling water).
4. Serve roasted vegetables over quinoa and enjoy.

3. Turmeric Lentil Stew with Collard Greens

This hearty stew is loaded with lentils that provide protein and fiber, while turmeric and collard greens contribute to reduced inflammation and improved bone health. A plant-based option full of flavor!

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	20 min
Calories	578 kcal
Protein	36g
Carbs	83g
Fats	17g



Ingredients

Lentils (dried)	0.8 cup / 198 ml
Collard greens (chopped)	3.3 cups / 792 ml
Turmeric powder	1.7 tsp / 8.3 g
Vegetable broth	3.3 cups / 792 ml
Olive oil	1.7 tbsp / 24.8 ml
Onion (diced)	1.7 medium / 1.7g
Garlic (minced)	3 cloves / 3 cloves
Salt and pepper	to taste / to taste

Instructions

1. Heat olive oil in a pot over medium heat.
2. Add onion and garlic, sauté until softened, about 3-4 minutes.
3. Stir in lentils, turmeric, salt, and pepper, and add vegetable broth.
4. Bring to a boil, then reduce heat and simmer for 20 minutes.
5. Add collard greens and cook for an additional 5 minutes until tender.

Day 2

3 meals · 1,569 calories

BREAKFAST Apple Cinnamon Overnight Oats **448 kcal**

LUNCH Hydrating Quinoa Salad with Grilled Salmon **543 kcal**

DINNER Turmeric Coconut Cauliflower Curry **578 kcal**

Protein: 74g Carbs: 168g Fats: 74g

4. Apple Cinnamon Overnight Oats

These overnight oats are a convenient way to enjoy a fiber-rich breakfast that supports digestive health and keeps you feeling full longer. Apples provide antioxidants while cinnamon adds anti-inflammatory properties.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	5 min
Calories	448 kcal
Protein	14g
Carbs	77g
Fats	11g



Ingredients

Rolled oats	0.7 cup / 168 ml
Almond milk	1.4 cup / 336 ml
Apple (diced)	0.7 medium / 0.7g
Chia seeds	1.4 tbsp / 21 g
Cinnamon	0.7 tsp / 2.8 g

Instructions

1. In a mason jar, combine 0.7 cup (168 ml) of rolled oats, 1.4 cup (336 ml) of almond milk, 0.7 of a diced apple, 1.4 tbsp (21 g) of chia seeds, and 0.7 tsp (2.8 g) of cinnamon.
2. Mix well and refrigerate overnight.
3. In the morning, stir and add more almond milk if desired.

5. Hydrating Quinoa Salad with Grilled Salmon

This refreshing quinoa salad is packed with protein, healthy fats, and fiber, making it ideal for women over 40. Rich in omega-3s and phytoestrogens, it supports hormone balance and heart health while keeping you hydrated and satisfied.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	543 kcal
Protein	47g
Carbs	50g
Fats	22g



Ingredients

quinoa, uncooked	0.8 cup / 139.5 g
water	1.6 cup / 372 ml
salmon fillet	6.2 oz / 175.2 g
olive oil	1.6 tablespoon / 23.3 ml
lemon juice	3.1 tablespoons / 46.5 ml
cucumber, diced	0.8 cup / 116.3 g
cherry tomatoes, halved	0.8 cup / 116.3 g
spinach, chopped	1.6 cup / 46.5 g
feta cheese, crumbled	0.4 cup / 58.9 g
ground flaxseed	1.6 tablespoon / 10.9 g
salt and pepper, to taste	to taste / to taste

Instructions

1. Step 1: Rinse the quinoa under cold water and then combine it with water in a saucepan. Bring to a boil, reduce to a simmer, cover, and cook for about 15 minutes until the quinoa is fluffy and water is absorbed.
2. Step 2: While the quinoa cooks, heat a grill pan over medium heat. Brush the salmon fillet with olive oil and season with salt and pepper. Grill for about 4-5 minutes per side, or until cooked through.
3. Step 3: In a large bowl, combine the cooked quinoa, diced cucumber, halved cherry tomatoes, chopped spinach, crumbled feta, and ground flaxseed. Drizzle with lemon juice and toss gently to mix.
4. Step 4: Top the salad with the grilled salmon and serve immediately, enjoying with a glass of water for hydration.

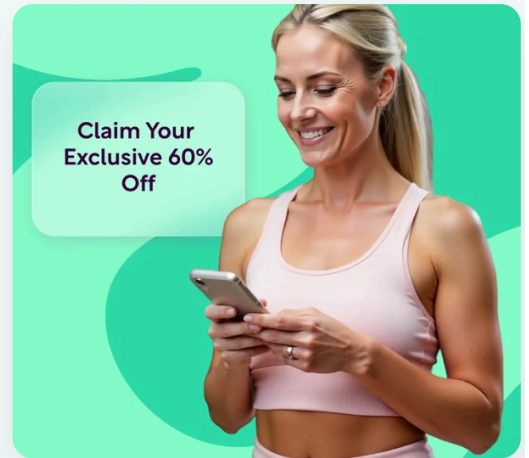
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6. Turmeric Coconut Cauliflower Curry

A creamy, comforting curry that features cauliflower, high in fiber and antioxidants, cooked in coconut milk with turmeric and spices. This anti-inflammatory dish is perfect for joint health and hormone balance.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	15 min
Calories	578 kcal
Protein	13g
Carbs	41g
Fats	41g



Ingredients

Cauliflower florets	3.3 cups / 330 g
Coconut milk	1.7 cup / 396 ml
Turmeric powder	1.7 tsp / 8.3 g
Curry powder	1.7 tsp / 8.3 g
Fresh spinach	3.3 cups / 99 g
Olive oil	1.7 tbsp / 24.8 ml

Instructions

1. Heat olive oil in a pot over medium heat. Add cauliflower and sauté for 5 minutes.
2. Stir in coconut milk, turmeric, and curry powder; bring to a simmer.
3. Cook for 10 minutes until cauliflower is tender. Add spinach and stir until wilted.
4. Serve warm with whole grains if desired.

Day 3

3 meals · 1,495 calories

BREAKFAST Protein-Packed Quinoa & Spinach Breakfast Bowl **490 kcal**

LUNCH Detox Veggie Bowl with Quinoa and Salmon **543 kcal**

DINNER Chickpea and Spinach Soup **462 kcal**

Protein: 111g Carbs: 147g Fats: 53g

7. Protein-Packed Quinoa & Spinach Breakfast Bowl

This nourishing breakfast bowl is designed to support hormone balance and bone health for women over 40. Packed with protein, fiber, and healthy fats, it's a quick and delicious way to start your day while ensuring you're meeting your nutritional needs.

Nutrition Information

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



Ingredients

cooked quinoa	1.4 cup / 336 g
fresh spinach	1.4 cup / 42 g
cottage cheese (low-fat)	0.7 cup / 168 g
sliced almonds	2.8 tablespoons / 42 g
flaxseeds (ground)	1.4 tablespoon / 21 g
blueberries (fresh or frozen)	0.7 cup / 105 g
almond milk (unsweetened)	0.7 cup / 168 ml
honey (optional)	1.4 teaspoon / 7 g

Instructions

1. In a small pot, heat the almond milk over medium heat until warm.
2. Add the cooked quinoa and stir until heated through, about 3-5 minutes.
3. In a separate pan, lightly sauté the fresh spinach until wilted, about 2 minutes.
4. In a bowl, combine the warm quinoa mixture, sautéed spinach, cottage cheese, and blueberries.
5. Top with sliced almonds and ground flaxseeds. Drizzle with honey if desired.

8. Detox Veggie Bowl with Quinoa and Salmon

This vibrant detox veggie bowl is packed with nutrient-dense vegetables and healthy fats, specifically designed to support hormone balance and bone health for women over 40. The combination of quinoa and salmon provides a rich source of protein and omega-3s, while the assortment of non-starchy vegetables offers fiber and essential vitamins.

Nutrition Information

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



Ingredients

Quinoa, uncooked	0.8 cup / 139.5 g
Salmon fillet	6.2 oz / 175.2 g
Spinach, fresh	1.6 cup / 46.5 g
Broccoli, chopped	1.6 cup / 139.5 g
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
Turmeric powder	0.8 tsp / 3.1 g
Salt	to taste / to taste

Instructions

1. Step 1: Rinse the quinoa under cold water and cook it according to the package instructions, typically using a 2:1 water to quinoa ratio, which should take about 15 minutes.
2. Step 2: While the quinoa is cooking, heat the olive oil in a pan over medium heat. Add the salmon fillet and season with salt, black pepper, and turmeric. Cook for about 4-5 minutes on each side until cooked through.
3. Step 3: In the last few minutes of the salmon cooking, add the chopped broccoli and bell pepper to the pan to lightly sauté them.
4. Step 4: Once everything is cooked, fluff the quinoa with a fork and serve it in a bowl topped with spinach, sautéed vegetables, and the salmon fillet. Drizzle with lemon juice before serving.

9. Chickpea and Spinach Soup

This soup is a powerhouse of protein and fiber thanks to chickpeas, supporting muscle health in women over 40. Spinach adds essential vitamins and minerals, promoting overall health and vitality.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	20 min
Calories	462 kcal
Protein	25g
Carbs	58g
Fats	17g



Ingredients

Canned chickpeas	0.8 cup / 198 ml
Fresh spinach	1.7 cup / 396 ml
Vegetable broth	3.3 cups / 792 ml
Carrot	1.5 medium / 165 g
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 1 chopped carrot for 3-4 minutes.
2. Add 3.3 cups (792 ml) vegetable broth and 0.8 cup (198 ml) canned chickpeas, and bring to a boil.
3. Stir in 1.7 cup (396 ml) fresh spinach, simmer for 10 minutes, then blend until smooth.

Day 4

3 meals · 1,569 calories

BREAKFAST Savory Oat & Avocado Bowl **448 kcal**

LUNCH Protein-Packed Quinoa Salad with Grilled Salmon **543 kcal**

DINNER Savory Salmon with Quinoa and Spinach Salad **578 kcal**

Protein: 103g Carbs: 150g Fats: 60g

10. Savory Oat & Avocado Bowl

This savory bowl with oats and avocado provides a unique twist to breakfast. The oats provide fiber and energy, while avocado offers healthy fats for hormone balance.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	5 min
Calories	448 kcal
Protein	14g
Carbs	53g
Fats	21g



Ingredients

Rolled oats	0.7 cup / 56 g
Avocado, sliced	0.5 medium / 0.5 medium
Spinach, wilted	1.4 cup / 336 ml
Olive oil	1.4 tbsp / 21 ml
Salt and pepper, to taste	to taste / to taste

Instructions

1. In a saucepan, bring 1.4 cup (336 ml) of water to a boil. Add 0.7 cup (56 g) rolled oats and simmer for 5 minutes.
2. In a skillet, sauté 1.4 cup (336 ml) spinach until wilted.
3. In a bowl, combine cooked oats and wilted spinach, and top with 0.5 medium sliced avocado.
4. Drizzle with 1.4 tbsp (21 ml) olive oil, and season with salt and pepper.

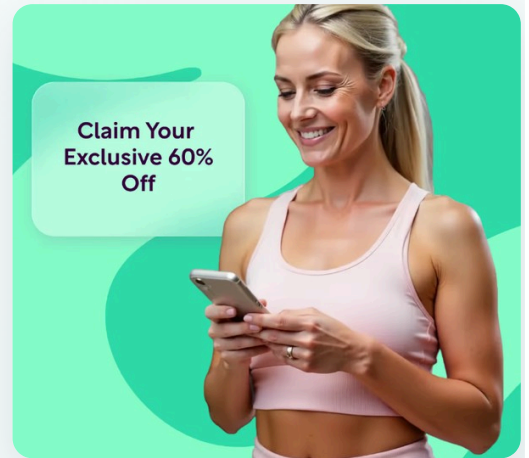
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11. Protein-Packed Quinoa Salad with Grilled Salmon

This vibrant quinoa salad, topped with grilled salmon, is designed to support hormone balance and heart health for women over 40. Packed with protein and rich in omega-3s, fiber, and phytoestrogens, it's a delicious way to nourish your body while enjoying dining out.

Nutrition Information

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



Ingredients

quinoa, cooked	1.6 cup / 372 ml
grilled salmon fillet	6.2 oz / 175.2 g
cherry tomatoes, halved	0.8 cup / 186 g
spinach, fresh	3.1 cups / 93 g
cucumber, diced	0.8 cup / 186 g
avocado, sliced	1 medium / 116.3 g
olive oil	1.6 tbsp / 23.3 ml
lemon juice	1.6 tbsp / 23.3 ml
feta cheese, crumbled	1.6 oz / 43.4 g
chia seeds	1.6 tbsp / 18.6 g

Instructions

1. Step 1: In a large bowl, combine the cooked quinoa, cherry tomatoes, spinach, cucumber, and avocado.
2. Step 2: Drizzle with olive oil and lemon juice, then toss to combine.
3. Step 3: Top the salad with the grilled salmon fillet and sprinkle feta cheese and chia seeds on top.
4. Step 4: Serve immediately and enjoy your nutrient-rich meal.

12. Savory Salmon with Quinoa and Spinach Salad

This nutrient-rich dish is perfect for special occasions while supporting hormone balance and heart health for women over 40. Packed with omega-3 fatty acids, fiber, and phytoestrogens, it's a delicious way to celebrate without compromising your health goals.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	578 kcal
Protein	46g
Carbs	50g
Fats	20g



Ingredients

salmon fillet	8.3 oz / 231 g
quinoa	0.8 cup / 148.5 g
spinach	3.3 cups / 99 g
olive oil	1.7 tbsp / 24.8 ml
lemon juice	1.7 tbsp / 24.8 ml
cherry tomatoes	0.8 cup / 123.8 g
feta cheese	1.7 oz / 46.2 g
black pepper	to taste / to taste
sea salt	to taste / to taste

Instructions

1. Step 1: Rinse quinoa under cold water, then cook it according to package instructions (typically around 15 minutes).
2. Step 2: While quinoa is cooking, heat olive oil in a non-stick skillet over medium heat. Season the salmon fillet with sea salt and black pepper, then cook for 4-5 minutes on each side until it flakes easily with a fork.
3. Step 3: In a large bowl, combine cooked quinoa, fresh spinach, cherry tomatoes, crumbled feta, and lemon juice. Toss gently to mix.
4. Step 4: Serve the salmon over the quinoa and spinach salad for a nutritious, balanced meal.

Day 5

3 meals · 1,569 calories

BREAKFAST Savory Quinoa and Spinach Breakfast Bowl with Poached Egg **448 kcal**

LUNCH Balanced Quinoa & Salmon Power Bowl **543 kcal**

DINNER Grilled Salmon with Quinoa and Spinach Salad **578 kcal**

Protein: 120g Carbs: 139g Fats: 56g

13. Savory Quinoa and Spinach Breakfast Bowl with Poached Egg

Packed with protein and fiber, this savory bowl helps stabilize blood sugar levels. The quinoa provides complex carbs, while the poached egg delivers high-quality protein for sustained energy.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	15 min
Calories	448 kcal
Protein	31g
Carbs	42g
Fats	17g



Ingredients

Quinoa	0.7 cup / 168 ml
Water	1.4 cup / 336 ml
Fresh spinach	1.4 cup / 336 ml
Egg	1.5 large / 1.5 large
Olive oil	1.4 tsp / 7 ml
Apple cider vinegar	1.4 tsp / 7 ml
Salt and pepper	to taste / to taste

Instructions

1. In a small pot, bring 1.4 cup (336 ml) water to a boil. Add 0.7 cup (168 ml) quinoa, reduce heat, cover, and simmer for 15 minutes.
2. Meanwhile, heat 1.4 tsp (7 ml) olive oil in a skillet over medium heat. Add 1.4 cup (336 ml) spinach and sauté until wilted, about 2-3 minutes.
3. Poach the egg by bringing water to a gentle simmer in a separate pot. Crack the egg into a small bowl, then gently slide it into the water. Cook for about 3-4 minutes for a runny yolk.
4. Assemble the bowl by placing quinoa at the bottom, topped with sautéed spinach and the poached egg. Drizzle with 1.4 tsp (7 ml) apple cider vinegar, then season with salt and pepper.

14. Balanced Quinoa & Salmon Power Bowl

This nutrient-dense quinoa and salmon power bowl is designed to support hormone balance and promote heart health for women over 40. With a rich source of omega-3s, phytoestrogens, and calcium, this meal is both satisfying and beneficial for maintaining overall health.

Nutrition Information

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



Ingredients

Quinoa, uncooked	0.8 cup / 139.5 g
Water	1.6 cup / 372 ml
Salmon, cooked and flaked	6.2 oz / 175.2 g
Spinach, fresh	3.1 cups / 93 g
Chickpeas, canned, drained and rinsed	0.8 cup / 186 g
Olive oil	1.6 tbsp / 23.3 ml
Lemon juice	1.6 tbsp / 23.3 ml
Chia seeds	1.6 tbsp / 23.3 g
Salt	to taste / to taste
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 to low and simmer for 15 minutes or until the water is absorbed.
2. In a large bowl, combine the cooked quinoa, flaked salmon, fresh spinach, chickpeas, olive oil, lemon juice, and chia seeds. Mix well and season with salt and pepper to taste.
3. Serve half of the mixture in a to-go box to enjoy later, and savor the other half immediately.

15. Grilled Salmon with Quinoa and Spinach Salad

This protein-rich meal is designed for women over 40, focusing on hormone balance and heart health. Packed with omega-3 fatty acids from salmon, fiber from quinoa, and phytoestrogens from spinach, this dish supports bone health and metabolism while keeping calories in check.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	578 kcal
Protein	46g
Carbs	50g
Fats	20g



Ingredients

salmon fillet	9.9 oz / 280.5 g
quinoa (uncooked)	0.8 cup / 148.5 g
fresh spinach	3.3 cups / 99 g
olive oil	1.7 tablespoon / 24.8 ml
lemon juice	1.7 tablespoon / 24.8 ml
cherry tomatoes, halved	0.8 cup / 123.8 g
feta cheese, crumbled	0.4 cup / 66 g
black pepper	to taste / to taste

Instructions

1. Step 1: Preheat a grill or grill pan over medium-high heat.
2. Step 2: Season the salmon fillet with black pepper and grill for about 6-7 minutes per side, or until it flakes easily with a fork.
3. Step 3: While the salmon is grilling, rinse quinoa under cold water and cook according to package instructions (typically about 15 minutes).
4. Step 4: In a large bowl, combine fresh spinach, halved cherry tomatoes, crumbled feta cheese, olive oil, and lemon juice. Toss gently to combine.
5. Step 5: Once quinoa is cooked, fluff with a fork and add it to the salad mixture. Serve the grilled salmon over the salad.

Day 6

3 meals · 1,569 calories

BREAKFAST Turmeric & Coconut Chia Seed Pudding **448 kcal**

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

DINNER Grilled Salmon Salad with Quinoa and Avocado **578 kcal**

Protein: 104g Carbs: 136g Fats: 73g

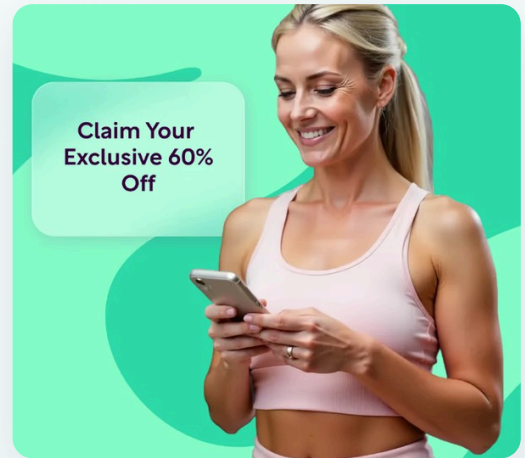
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16. Turmeric & Coconut Chia Seed Pudding

Rich in omega-3 fatty acids and antioxidants, this pudding is an excellent choice for heart health and maintaining energy levels throughout the day.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	8 min
Calories	448 kcal
Protein	11g
Carbs	39g
Fats	31g



Ingredients

Chia seeds	0.4 cup / 84 ml
Coconut milk	1.4 cup / 336 ml
Turmeric powder	0.7 tsp / 3.5 g
Maple syrup	1.4 tbsp / 21 ml
Vanilla extract	0.7 tsp / 3.5 ml

Instructions

1. In a bowl, combine 0.4 cup (84 ml) chia seeds, 1.4 cup (336 ml) coconut milk, 0.7 tsp (3.5 g) turmeric powder, 1.4 tbsp (21 ml) maple syrup, and 0.7 tsp (3.5 ml) vanilla extract.
2. Stir well and refrigerate for at least 2 hours or overnight until thickened into a pudding-like consistency. Serve chilled.

17. Quinoa & Spinach Power Bowl with Salmon

This nutritious quinoa and spinach power bowl is packed with protein and omega-3 fatty acids, ideal for women over 40 focusing on hormone balance and heart health. The combination of leafy greens and salmon provides essential nutrients to support bone health and metabolism.

Nutrition Information

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



Ingredients

quinoa, cooked	0.8 cup / 186 g
fresh spinach	3.1 cups / 93 g
cooked salmon, flaked	6.2 oz / 178.3 g
cherry tomatoes, halved	0.8 cup / 116.3 g
avocado, diced	0.5 medium / 77.5 g
olive oil	1.6 tbsp / 23.3 ml
lemon juice	1.6 tbsp / 23.3 ml
feta cheese, crumbled	1.6 oz / 43.4 g
salt	to taste / to taste
black pepper	to taste / to taste

Instructions

1. In a bowl, combine the cooked quinoa, fresh spinach, and flaked salmon.
2. Add the halved cherry tomatoes, diced avocado, and crumbled feta cheese.
3. Drizzle with olive oil and lemon juice, then season with salt and pepper to taste.
4. Toss everything gently to combine and serve immediately.

18. Grilled Salmon Salad with Quinoa and Avocado

This vibrant salad combines grilled salmon, a powerhouse of omega-3 fatty acids, with quinoa and fresh vegetables to support hormone balance and heart health. Topped with avocado for healthy fats and fiber, it's a delicious way to nourish your body while enjoying a restaurant-quality meal at home.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	578 kcal
Protein	50g
Carbs	50g
Fats	23g



Ingredients

salmon fillet (grilled)	6.6 oz / 186.5 g
quinoa (cooked)	0.8 cup / 198 ml
mixed leafy greens	3.3 cups / 792 ml
cherry tomatoes (halved)	0.8 cup / 123.8 g
cucumber (sliced)	0.8 cup / 82.5 g
avocado (sliced)	0.5 medium / 82.5 g
olive oil	1.7 tbsp / 24.8 ml
lemon juice	1.7 tbsp / 24.8 ml
salt	to taste / to taste
pepper	to taste / to taste

Instructions

1. Step 1: Season the salmon fillet with salt and pepper, then grill on medium heat for about 6-8 minutes per side or until cooked through.
2. Step 2: In a large bowl, combine the mixed leafy greens, cooked quinoa, cherry tomatoes, and cucumber.
3. Step 3: Once the salmon is cooked, flake it into large pieces and add to the salad mixture.
4. Step 4: Slice the avocado and arrange on top of the salad.
5. Step 5: Drizzle with olive oil and lemon juice, then toss gently to combine before serving.

Day 7

3 meals · 1,495 calories

BREAKFAST Whey Protein Power Smoothie Bowl **490 kcal**

LUNCH Savory Omega-3 Quinoa Bowl with Spinach and Chickpeas **543 kcal**

DINNER Savory Sautéed Kale & Oysters with Garlic and Ginger **462 kcal**

Protein: 115g Carbs: 109g Fats: 66g

19. Whey Protein Power Smoothie Bowl

This delicious smoothie bowl combines whey protein with nutrient-dense ingredients, ensuring optimal hormone balance, metabolic support, and heart health for women over 40. Loaded with phytoestrogens, omega-3s, and calcium, it's a perfect post-workout meal that also promotes strong bones and overall well-being.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	490 kcal
Protein	39g
Carbs	42g
Fats	17g



Ingredients

Whey protein powder	1.5 scoop (30g) / 42 g
Unsweetened almond milk	1.4 cup / 336 ml
Frozen mixed berries	1.4 cup / 210 g
Chia seeds	2.8 tablespoons / 42 g
Spinach leaves	1.4 cup / 42 g
Walnuts (chopped)	0.4 cup / 42 g
Honey (optional)	1.4 tablespoon / 21 g
Ground flaxseed	1.4 tablespoon / 14 g

Instructions

1. In a blender, combine the whey protein powder, almond milk, frozen mixed berries, spinach leaves, chia seeds, and honey (if using). Blend until smooth.
2. Pour the smoothie into a bowl and top with chopped walnuts and ground flaxseed for added crunch and nutrition.

20. Savory Omega-3 Quinoa Bowl with Spinach and Chickpeas

This nutrient-dense quinoa bowl is designed to support hormone balance and bone health while providing a good dose of omega-3s and phytoestrogens. Packed with protein, fiber, and healthy fats, it's a quick and satisfying meal for women over 40.

Nutrition Information

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



Ingredients

Quinoa, uncooked	0.8 cup / 139.5 g
Water	1.6 cup / 372 ml
Chickpeas, canned, drained and rinsed	0.8 cup / 186 g
Fresh spinach, chopped	1.6 cup / 46.5 g
Olive oil	1.6 tablespoon / 23.3 ml
Ground flaxseeds	1.6 tablespoon / 10.9 g
Feta cheese, crumbled	0.4 cup / 54.3 g
Lemon juice	1.6 tablespoon / 23.3 ml
Salt	to taste / to taste
Black pepper	to taste / to taste

Instructions

1. In a medium saucepan, bring water to a boil. Add quinoa, reduce heat to low, cover, and simmer for 15 minutes until water is absorbed.
2. In a skillet, heat olive oil over medium heat. Add chopped spinach and cook until wilted, about 2-3 minutes.
3. In a bowl, combine cooked quinoa, chickpeas, sautéed spinach, ground flaxseeds, crumbled feta cheese, and lemon juice. Mix well.
4. Season with salt and black pepper to taste. Serve warm.

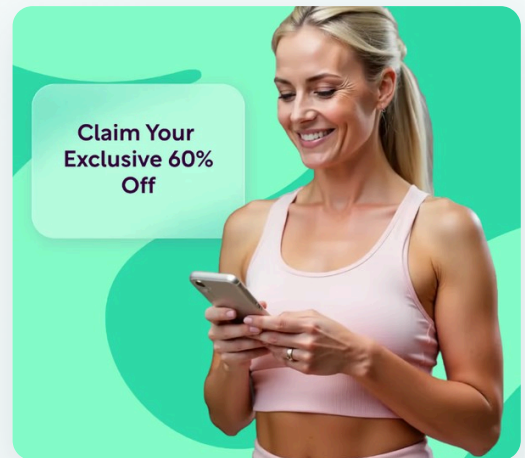
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21. Savory Sautéed Kale & Oysters with Garlic and Ginger

This dish combines nutrient-dense kale with zinc-rich oysters, promoting immune function. Garlic and ginger enhance flavor while also providing anti-inflammatory benefits, making it perfect for women over 40.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	1 min
Calories	462 kcal
Protein	33g
Carbs	20g
Fats	30g



Ingredients

Fresh kale, chopped	3.3 cups / 792 ml
Canned oysters, drained	0.8 cup / 198 ml
Garlic, minced	3 cloves / 3 cloves
Fresh ginger, minced	1.7 tbsp / 24.8 g
Olive oil	1.7 tbsp / 24.8 ml
Lemon juice	1.7 tbsp / 24.8 ml

Instructions

1. Heat 1.7 tbsp (24.8 ml) olive oil in a skillet over medium heat. Add 2 minced garlic cloves and 1.7 tbsp (24.8 g) minced ginger, sauté for 1 minute.
2. Add 3.3 cups (792 ml) chopped kale and cook until wilted, about 3-4 minutes.
3. Stir in 0.8 cup (198 ml) drained canned oysters and 1.7 tbsp (24.8 ml) lemon juice. Cook for another 2 minutes before serving.

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