

7-Day Plant-Based Diet Plan PDF

Discover the power of plant-based eating with this diverse meal plan.

The 7-Day Plant-Based Diet Plan offers 21 vibrant recipes that demonstrate the versatility of plant-based eating. This plan is ideal for those looking to enhance their health while enjoying a variety of delicious meals. Embrace the benefits of whole foods and plant-based nutrition with ease!

DAILY NUTRITION OVERVIEW

DAY	CALORIES	PROTEIN	CARBS	FATS
Day 1	1,400	99g	125g	59g
Day 2	1,399	84g	168g	47g
Day 3	1,399	78g	176g	48g
Day 4	1,399	76g	171g	60g
Day 5	1,399	76g	154g	57g
Day 6	1,398	69g	218g	40g
Day 7	1,398	91g	127g	70g
Avg	1,399	82g	163g	54g

CALORIE DISTRIBUTION



Nourish Your Body, Transform Your Health

WHAT'S INSIDE

Savory Tofu and Spinach Scramble

Miso Tofu & Vegetable Stir-Fry

Spicy Chickpea and Spinach Salad

Chickpea and Avocado Toast

Stuffed Bell Peppers with Quinoa and Black Beans

Chickpea and Spinach Salad with Lemon

Spicy Black Bean & Quinoa Salad

Protein-Packed Tofu Scramble Bowl

Savory Lentil & Quinoa Stuffed Peppers

Lentil and Spinach Stew with Ginger

Chickpea & Avocado Toast with Sesame Seeds

Pumpkin & Black Bean Soup

+ 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



82g Protein

Daily average



1,399 cal/day

Daily average



Macro Balanced

163g C / 54g F avg

Contents

A quick overview of what's inside

01 Day 1

1. Savory Tofu and Spinach Scramble

2. Spicy Black Bean & Quinoa Salad

3. Miso Tofu & Vegetable Stir-Fry

02 Day 2

4. Protein-Packed Tofu Scramble Bowl

5. Spicy Chickpea and Spinach Salad

6. Savory Lentil & Quinoa Stuffed Peppers

03 Day 3

7. Chickpea and Avocado Toast

8. Lentil and Spinach Stew with Ginger

9. Stuffed Bell Peppers with Quinoa and Black Beans

04 Day 4

10. Chickpea & Avocado Toast with Sesame Seeds

11. Chickpea and Spinach Salad with Lemon

12. Pumpkin & Black Bean Soup

05 Day 5

13. Cucumber and Hummus Sandwich

14. Spicy Chickpea and Avocado Wrap

15. Tempeh Stir-Fry with Mixed Vegetables

06 Day 6

16. Sweet Potato and Black Bean Hash

17. Spiced Lentil and Quinoa Salad

18. Spiced Lentils with Tomato and Spinach

07 Day 7

19. Savory Tempeh and Avocado Toast

20. Mediterranean Chickpea and Vegetable Bowl

21. Stir-Fried Greens and Tofu with Ginger

Day 1

3 meals · 1,400 calories

BREAKFAST	Savory Tofu and Spinach Scramble	392 kcal
LUNCH	Spicy Black Bean & Quinoa Salad	496 kcal
DINNER	Miso Tofu & Vegetable Stir-Fry	512 kcal

Protein: 99g Carbs: 125g Fats: 59g

1. Savory Tofu and Spinach Scramble

This tofu scramble is rich in plant-based protein and phytoestrogens, which support hormone balance during menopause. The addition of spinach provides essential vitamins and minerals for bone health.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	10 min
Calories	392 kcal
Protein	35g
Carbs	14g
Fats	25g



Ingredients

Firm tofu, crumbled	1.4 cup / 336 g
Fresh spinach	1.4 cup / 42 g
Olive oil	1.4 tbsp / 21 ml
Turmeric powder	0.7 tsp / 1.4 g

Nutritional yeast	2.8 tbsp / 21 g
Salt	to taste / to taste
Black pepper	to taste / to taste

Instructions

1. Heat 1.4 tbsp (21 ml) of olive oil in a non-stick pan over medium heat.
2. Add the crumbled tofu and turmeric, stirring for about 5 minutes until heated through.
3. Stir in the spinach and cook until wilted, then add nutritional yeast and season with salt and pepper to taste.

2. Spicy Black Bean & Quinoa Salad

This vibrant salad combines fiber-rich black beans and quinoa, packed with protein and nutrients that support immune health. A great choice for women over 40 to maintain energy and vitality.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	12 min
Calories	496 kcal
Protein	23g
Carbs	78g
Fats	8g



Ingredients

Canned black beans	0.8 cup / 186 ml
Cooked quinoa	0.8 cup / 186 ml
Cherry tomatoes	0.8 cup / 116.3 g
Fresh cilantro	3.1 tbsp / 12.4 g
Lime juice	1.6 tbsp / 23.3 ml

Instructions

1. In a bowl, combine 0.8 cup (186 ml) rinsed black beans, 0.8 cup (186 ml) cooked quinoa, and 0.8 cup (116.3 g) halved cherry tomatoes.
2. Add 3.1 tbsp (12.4 g) chopped cilantro and 1.6 tbsp (23.3 ml) lime juice, tossing gently to combine.

3. Miso Tofu & Vegetable Stir-Fry

This tofu stir-fry is an excellent source of plant-based protein and phytoestrogens, offering hormone balance for women over 40. Miso also promotes gut health, crucial during this stage of life.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	19 min
Calories	512 kcal
Protein	41g
Carbs	33g
Fats	26g



Ingredients

Firm tofu, cubed	6.6 oz / 186.5 g
Mixed bell peppers, sliced	1.7 cup / 396 ml
Miso paste	3.3 tbsp / 49.5 g
Olive oil	1.7 tbsp / 24.8 ml
Soy sauce	1.7 tbsp / 24.8 ml

Instructions

1. Heat 1.7 tbsp (24.8 ml) olive oil in a skillet over medium heat.
2. Add 6.6 oz (186.5 g) cubed tofu and cook until golden, about 5 minutes.
3. Add 1.7 cup (396 ml) mixed bell peppers and stir-fry for another 3 minutes.
4. Mix 3.3 tbsp (49.5 g) miso paste with 1.7 tbsp (24.8 ml) soy sauce and stir into the mixture, cooking for 2 additional minutes.

Day 2

3 meals · 1,399 calories

BREAKFAST Protein-Packed Tofu Scramble Bowl **406 kcal**

LUNCH Spicy Chickpea and Spinach Salad **465 kcal**

DINNER Savory Lentil & Quinoa Stuffed Peppers **528 kcal**

Protein: 84g Carbs: 168g Fats: 47g

4. Protein-Packed Tofu Scramble Bowl

This colorful breakfast bowl is rich in plant-based protein from tofu, which supports muscle maintenance, and packed with vegetables for essential vitamins and minerals. The addition of turmeric promotes anti-inflammatory benefits and hormone balance for women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	10 min
Calories	406 kcal
Protein	35g
Carbs	14g
Fats	25g



Ingredients

Firm tofu	0.7 block (7 oz) / 280 g
Spinach	1.4 cup / 336 ml
Bell pepper	0.7 medium / 0.7g
Turmeric powder	0.7 tsp / 2.8 g
Olive oil	1.4 tbsp / 21 ml
Salt and pepper	To taste / To taste

Instructions

1. Heat 1.4 tbsp (21 ml) olive oil over medium heat in a non-stick skillet.
2. Add crumbled tofu, bell pepper, and turmeric powder; stir-fry for 5 minutes.
3. Add spinach and cook until wilted, about 2 minutes. Season with salt and pepper.

5. Spicy Chickpea and Spinach Salad

This salad packs a protein punch with chickpeas and spinach, making it an excellent choice for women over 40 looking to support muscle health and maintain energy. The spicy dressing adds flavor while preventing inflammation, which is crucial during menopause.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	5 min
Calories	465 kcal
Protein	23g
Carbs	47g
Fats	19g



Ingredients

Canned chickpeas, rinsed	1.6 cup / 372 g
Fresh spinach, chopped	3.1 cups / 93 g
Olive oil	1.6 tbsp / 23.3 ml
Lemon juice	1.6 tbsp / 23.3 ml
Chili powder	0.8 tsp / 3.1 g
Salt and pepper to taste	to taste / to taste

Instructions

1. In a large bowl, combine chickpeas, chopped spinach, olive oil, lemon juice, and chili powder.
2. Toss to combine and season with salt and pepper to taste.
3. Serve immediately or chill for 15 minutes for flavors to meld.

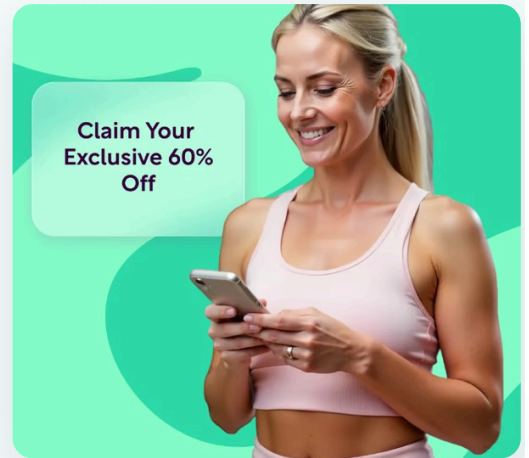
EXCLUSIVE OFFER

Start Your Personalized Plan

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

[Get Started Now](#)

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



6. Savory Lentil & Quinoa Stuffed Peppers

Packed with both lentils and quinoa, this dish offers a rich source of fiber to support digestive health and regularity. The addition of bell peppers provides antioxidants and vitamin C, beneficial for women over 40.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	25 min
Calories	528 kcal
Protein	26g
Carbs	107g
Fats	3g



Ingredients

Bell peppers, halved and cored	3 large / 3 large
Cooked quinoa	1.7 cup / 396 ml
Cooked green lentils	1.7 cup / 396 ml
Diced tomatoes (canned)	1.7 cup / 396 ml
Cumin	1.7 tsp / 8.3 g
Chopped parsley	¼ cup / 24.8 g
Salt	¼ tsp / 2.5 g
Black pepper	¼ tsp / 2.5 g

Instructions

1. Preheat the oven to 375°F (190°C).
2. In a bowl, mix cooked quinoa, lentils, diced tomatoes, cumin, parsley, salt, and pepper.
3. Stuff the bell pepper halves with the mixture and place them in a baking dish.
4. Cover with foil and bake for 25 minutes until the peppers are tender.

Day 3

3 meals · 1,399 calories

BREAKFAST Chickpea and Avocado Toast **406 kcal**

LUNCH Lentil and Spinach Stew with Ginger **465 kcal**

DINNER Stuffed Bell Peppers with Quinoa and Black Beans **528 kcal**

Protein: 78g Carbs: 176g Fats: 48g

7. Chickpea and Avocado Toast

This delicious toast combines protein-rich chickpeas and heart-healthy avocados, making it a perfect choice for lowering cholesterol. The fiber content aids digestion and supports weight management, crucial for women over 40.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	5 min
Calories	406 kcal
Protein	17g
Carbs	48g
Fats	17g



Ingredients

Whole grain bread	1.5 slice / 56 g
Canned chickpeas, drained	0.7 cup / 168 g
Avocado	0.7 medium / 98 g
Lemon juice	1.4 tsp / 7 ml
Chili flakes	to taste / to taste
Salt	to taste / to taste

Instructions

1. Toast 1.5 slice (56 g) of whole grain bread until golden brown.
2. In a bowl, mash 0.7 (98 g) avocado with 0.7 cup (168 g) canned chickpeas and mix in 1.4 tsp (7 ml) lemon juice.
3. Spread the mixture on the toasted bread, season with salt and chili flakes to taste, and enjoy.

8. Lentil and Spinach Stew with Ginger

This hearty stew combines lentils, spinach, and ginger, providing plant-based protein and iron important for women over 40. The ginger adds antibacterial properties and helps with digestive health, while spinach is high in vitamins.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	30 min
Calories	465 kcal
Protein	31g
Carbs	54g
Fats	16g



Ingredients

cooked lentils	1.6 cup / 372 ml
fresh spinach	1.6 cup / 372 ml
ginger, grated	1.6 tsp / 7.8 g
vegetable broth	3.1 cups / 744 ml
olive oil	1.6 tbsp / 23.3 ml

Instructions

1. In a pot, heat 1.6 tbsp (23.3 ml) olive oil over medium heat and add grated ginger, cooking for 1 minute.
2. Add cooked lentils and vegetable broth, bringing to a simmer for 15 minutes.
3. Stir in spinach and cook for an additional 5 minutes before serving.

9. Stuffed Bell Peppers with Quinoa and Black Beans

These colorful stuffed peppers are high in protein and fiber, perfect for blood sugar control. The combination of quinoa and black beans ensures sustained energy without spiking glucose levels.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	19 min
Calories	528 kcal
Protein	30g
Carbs	74g
Fats	15g



Ingredients

Bell pepper	1.5 large / 1.5 large
Cooked quinoa	0.8 cup / 198 ml
Canned black beans	0.8 cup / 198 ml
Corn	0.4 cup / 99 ml
Cumin	1.7 tsp / 8.3 ml
Olive oil	1.7 tbsp / 24.8 ml
Salt and pepper	to taste / to taste

Instructions

1. Preheat the oven to 375°F (190°C).
2. In a bowl, combine 0.8 cup (198 ml) cooked quinoa, 0.8 cup (198 ml) black beans, 0.4 cup (99 ml) corn, and 1.7 tsp (8.3 ml) cumin. Mix well and season with salt and pepper.
3. Stuff the mixture into the halved bell pepper. Place them in a baking dish and drizzle with 1.7 tbsp (24.8 ml) olive oil.
4. Bake for 25-30 minutes until the pepper is tender.

Day 4

3 meals · 1,399 calories

BREAKFAST Chickpea & Avocado Toast with Sesame Seeds **406 kcal**

LUNCH Chickpea and Spinach Salad with Lemon **465 kcal**

DINNER Pumpkin & Black Bean Soup **528 kcal**

Protein: 76g Carbs: 171g Fats: 60g

10. Chickpea & Avocado Toast with Sesame Seeds

This delicious toast is high in protein from chickpeas and healthy fats from avocado, making it perfect for balancing blood sugar and providing lasting energy.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	8 min
Calories	406 kcal
Protein	17g
Carbs	50g
Fats	20g



Ingredients

Whole grain bread	1.5 slice / 1.5 slice
Canned chickpeas	0.7 cup / 168 ml
Ripe avocado	0.7 medium / 0.7g
Sesame seeds	1.4 tbsp / 21 g
Lemon juice	1.4 tsp / 7 ml

Instructions

1. Toast 1.5 slice of whole grain bread until golden brown.
2. In a bowl, mash 0.7 ripe avocado with 1.4 tsp (7 ml) lemon juice and mix in 0.7 cup (168 ml) drained chickpeas.
3. Spread the chickpea-avocado mixture on the toast and sprinkle with 1.4 tbsp (21 g) sesame seeds before serving.

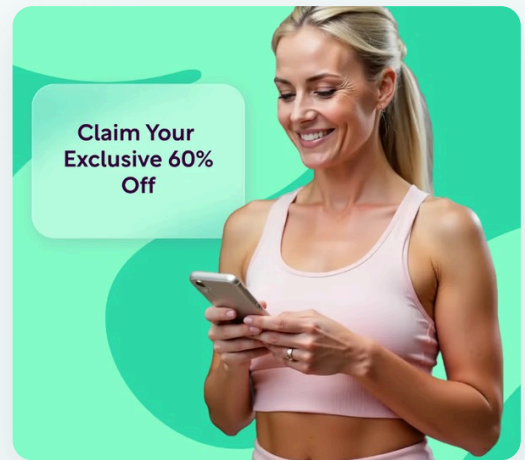
EXCLUSIVE OFFER

Start Your Personalized Plan

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

[Get Started Now](#)

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



11. Chickpea and Spinach Salad with Lemon

This protein-packed salad combines chickpeas and spinach, both of which are excellent for heart health and maintaining blood pressure. The lemon dressing adds vitamin C, promoting overall wellness.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	465 kcal
Protein	23g
Carbs	47g
Fats	23g



Ingredients

Canned chickpeas (drained and rinsed)	0.8 cup / 116.3 g
Fresh spinach leaves	3.1 cups / 93 g
Cherry tomatoes (halved)	0.8 cup / 116.3 g
Cucumber (diced)	0.8 cup / 116.3 g
Olive oil	1.6 tbsp / 23.3 ml
Lemon juice	1.6 tbsp / 23.3 ml

Instructions

1. In a large bowl, combine 0.8 cup (116.3 g) of drained chickpeas, 3.1 cups (93 g) of fresh spinach leaves, 0.8 cup (116.3 g) of halved cherry tomatoes, and 0.8 cup (116.3 g) of diced cucumber.
2. In a small bowl, whisk together 1.6 tbsp (23.3 ml) of olive oil and 1.6 tbsp (23.3 ml) of lemon juice.
3. Drizzle the dressing over the salad and toss to combine.

12. Pumpkin & Black Bean Soup

This creamy, comforting soup is packed with protein from black beans and is rich in fiber, helping to maintain digestive health and support weight management. Pumpkin offers a wealth of antioxidants and is a great source of vitamin A for skin health.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	20 min
Calories	528 kcal
Protein	36g
Carbs	74g
Fats	17g



Ingredients

Canned pumpkin puree	1.7 cup / 396 g
Canned black beans, rinsed	0.8 cup / 148.5 g
Vegetable broth	1.7 cup / 396 ml
Onion, diced	0.8 cup / 123.8 g
Olive oil	1.7 tbsp / 24.8 ml
Cumin, ground	0.8 tsp / 3.3 g
Salt and pepper, to taste	0.4 tsp / 1.7 g

Instructions

1. In a pot, heat 1.7 tbsp (24.8 ml) olive oil over medium heat and sauté diced onion until translucent.
2. Add pumpkin puree, black beans, vegetable broth, cumin, salt, and pepper. Stir to combine.
3. Bring to a simmer and let cook for 15 minutes. Blend if desired for a smoother texture.

Day 5

3 meals · 1,399 calories

BREAKFAST Cucumber and Hummus Sandwich **406 kcal**

LUNCH Spicy Chickpea and Avocado Wrap **465 kcal**

DINNER Tempeh Stir-Fry with Mixed Vegetables **528 kcal**

Protein: 76g Carbs: 154g Fats: 57g

13. Cucumber and Hummus Sandwich

This light sandwich features cucumbers and chickpea hummus, both excellent for maintaining healthy cholesterol levels and hydration. The fiber from chickpeas promotes digestive health, essential for women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	406 kcal
Protein	14g
Carbs	48g
Fats	15g



Ingredients

Whole grain bread	3 slices / 112 g
Hummus	0.4 cup / 84 g
Cucumber, thinly sliced	0.7 medium / 105 g
Fresh dill, chopped	1.4 tbsp / 7 g
Salt and pepper	to taste / to taste

Instructions

1. Spread 0.4 cup (84 g) of hummus on 3 slices (112 g) of whole grain bread.
2. Layer with 0.7 (105 g) thinly sliced cucumber and 1.4 tbsp (7 g) chopped fresh dill.
3. Season with salt and pepper to taste, close the sandwich, and enjoy.

14. Spicy Chickpea and Avocado Wrap

This fiber-rich wrap combines the protein of chickpeas with healthy fats from avocado, supporting heart health and stable energy levels. The spices add anti-inflammatory properties, making it perfect for women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	465 kcal
Protein	19g
Carbs	56g
Fats	19g



Ingredients

Whole wheat wrap	1.5 large / 1.5 large
Canned chickpeas	0.8 cup / 186 ml
Avocado	1 medium / 1 medium
Sriracha sauce	1.6 tsp / 7.8 ml
Lettuce	1.6 cup / 372 ml

Instructions

1. In a bowl, mash 1 medium avocado and mix with 0.8 cup (186 ml) drained chickpeas and 1.6 tsp (7.8 ml) Sriracha sauce.
2. Spread the mixture onto 1.5 large whole wheat wrap.
3. Top with 1.6 cup (372 ml) shredded lettuce, roll, and slice in half.

15. Tempeh Stir-Fry with Mixed Vegetables

This vibrant stir-fry features tempeh and a variety of vegetables, providing a rich source of protein and essential nutrients while being low in calories. The combination of soy products and vegetables aids in hormone balance, making it a great dinner option for women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	10 min
Calories	528 kcal
Protein	43g
Carbs	50g
Fats	23g



Ingredients

Tempeh	0.8 cup / 198 ml
Broccoli	1.7 cup / 396 ml
Carrot	1.5 medium / 1.5 medium
Bell pepper	0.8 medium / 0.8g
Olive 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) olive oil over medium heat; add cubed tempeh and cook for 5 minutes until browned.
2. Add broccoli, carrot, and bell pepper; stir-fry for another 5 minutes until vegetables are tender.
3. Drizzle with 1.7 tbsp (24.8 ml) soy sauce before serving.

Day 6

3 meals · 1,398 calories

BREAKFAST Sweet Potato and Black Bean Hash **420 kcal**

LUNCH Spiced Lentil and Quinoa Salad **450 kcal**

DINNER Spiced Lentils with Tomato and Spinach **528 kcal**

Protein: 69g Carbs: 218g Fats: 40g

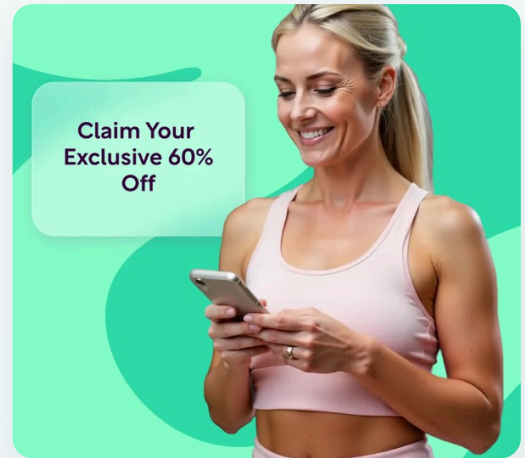
EXCLUSIVE OFFER

Start Your Personalized Plan

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

[Get Started Now](#)

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



16. Sweet Potato and Black Bean Hash

A hearty and vibrant hash made with sweet potatoes and black beans, seasoned with garlic and fresh herbs for a flavorful twist. Perfect for a filling breakfast that keeps sodium levels in check.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	420 kcal
Protein	14g
Carbs	70g
Fats	11g



Ingredients

sweet potato	1.5 medium / 210 g
canned black beans	0.7 cup / 168 g
olive oil	1.4 tsp / 7 ml
fresh cilantro	2.8 tbsp / 42 g
garlic	1.5 clove / 1.5 clove
black pepper	to taste / to taste

Instructions

1. Peel and dice the sweet potato into small cubes.
2. Heat olive oil in a skillet over medium heat and add the sweet potato.
3. Cook until tender, about 10 minutes, adding minced garlic for flavor.
4. Stir in black beans and cook for an additional 5 minutes.
5. Top with chopped cilantro and serve warm.

17. Spiced Lentil and Quinoa Salad

This refreshing salad combines lentils and quinoa, delivering a complete protein source that helps maintain muscle mass and supports energy levels. Spiced with cumin and coriander, it also offers anti-inflammatory benefits and digestive support.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	20 min
Calories	450 kcal
Protein	25g
Carbs	65g
Fats	12g



Ingredients

Cooked lentils	0.8 cup / 186 ml
Cooked quinoa	0.8 cup / 186 ml
Cucumber	0.8 medium / 0.8g
Cherry tomatoes	0.8 cup / 186 ml
Olive oil	1.6 tbsp / 23.3 ml
Cumin powder	0.8 tsp / 3.1 g
Coriander powder	0.8 tsp / 3.1 g
Salt and pepper	To taste / To taste

Instructions

1. In a bowl, mix together 0.8 cup (186 ml) cooked lentils and 0.8 cup (186 ml) cooked quinoa.
2. Stir in diced cucumber and halved cherry tomatoes.
3. Drizzle with 1.6 tbsp (23.3 ml) olive oil, add cumin and coriander, and season with salt and pepper to taste. Mix well before serving.

18. Spiced Lentils with Tomato and Spinach

This hearty lentil dish is full of protein, fiber, and iron, promoting satiety and hormone balance. Spinach adds essential vitamins that support overall health, making this a perfect dinner for women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	25 min
Calories	528 kcal
Protein	30g
Carbs	83g
Fats	17g



Ingredients

Green or brown lentils	0.8 cup / 198 ml
Canned diced tomatoes	0.8 cup / 198 ml
Fresh spinach	3.3 cups / 792 ml
Olive oil	1.7 tbsp / 24.8 ml
Cumin	0.8 tsp / 3.3 g
Salt and pepper	to taste / to taste

Instructions

1. In a pot, heat olive oil over medium heat; add lentils and diced tomatoes.
2. Bring to a simmer; cook for 15-20 minutes until lentils are tender.
3. Stir in spinach until wilted; season with salt, pepper, and cumin.

Day 7

3 meals · 1,398 calories

BREAKFAST Savory Tempeh and Avocado Toast **420 kcal**

LUNCH Mediterranean Chickpea and Vegetable Bowl **450 kcal**

DINNER Stir-Fried Greens and Tofu with Ginger **528 kcal**

Protein: 91g Carbs: 127g Fats: 70g

19. Savory Tempeh and Avocado Toast

This trendy avocado toast topped with protein-rich tempeh is a filling and nutritious way to start your day, promoting sustained energy and satiety. The healthy fats from avocado and protein from tempeh work together to help with hormone balance and heart health.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	10 min
Calories	420 kcal
Protein	28g
Carbs	38g
Fats	24g



Ingredients

Whole grain bread	1.5 slice / 1.5 slice
Tempeh	0.4 cup / 84 g
Avocado	0.7 medium / 0.7g
Lemon juice	1.4 tsp / 7 ml
Olive oil	1.4 tsp / 7 ml

Instructions

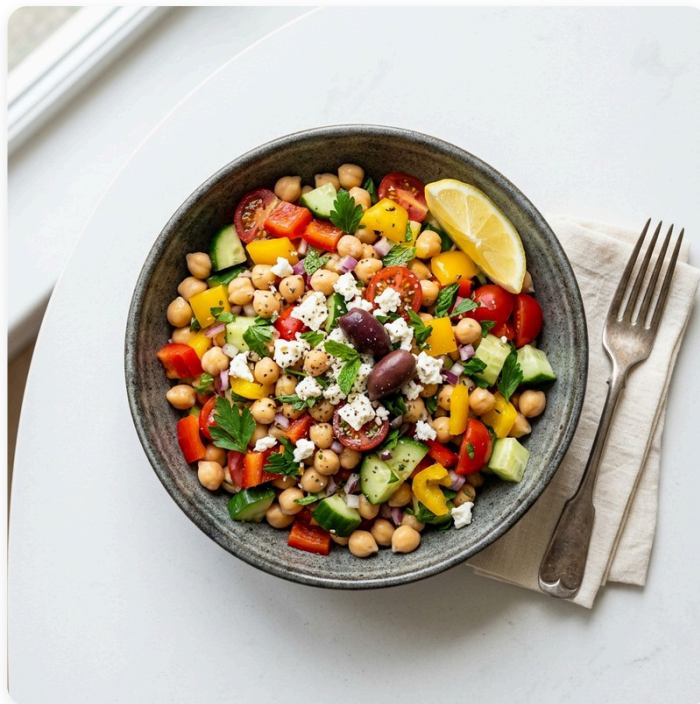
1. In a skillet, heat tempeh slices over medium heat for 5-7 minutes until golden brown.
2. In a bowl, mash 0.7 avocado and mix in 1.4 tsp (7 ml) lemon juice.
3. Spread the mashed avocado on the toasted bread and top with tempeh slices. Drizzle with olive oil if desired.

20. Mediterranean Chickpea and Vegetable Bowl

This vibrant bowl is full of fiber-rich chickpeas and colorful vegetables, promoting digestive health and providing essential vitamins. The combination of flavors supports heart health and keeps you satiated.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	450 kcal
Protein	23g
Carbs	56g
Fats	16g



Ingredients

Canned chickpeas, drained and rinsed	1.6 cup / 372 ml
Bell pepper, diced	0.8 medium / 0.8g
Cucumber, diced	0.8 medium / 0.8g
Olive oil	1.6 tbsp / 23.3 ml
Lemon juice	1.6 tbsp / 23.3 ml
Fresh parsley, chopped	3.1 tbsp / 46.5 ml

Instructions

1. In a bowl, combine chickpeas, diced bell pepper, and cucumber.
2. Drizzle with olive oil and lemon juice, and toss in chopped parsley.
3. Serve immediately or let chill for flavors to meld.

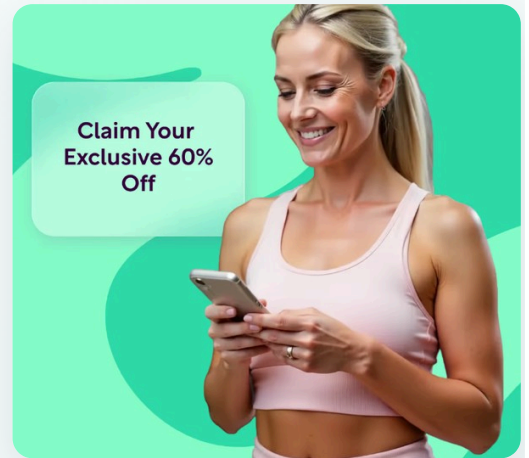
EXCLUSIVE OFFER

Start Your Personalized Plan

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

[Get Started Now](#)

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



21. Stir-Fried Greens and Tofu with Ginger

This vibrant stir-fry combines leafy greens and tofu, providing a protein-rich meal that supports heart health and helps manage blood pressure. Fresh ginger adds anti-inflammatory properties, beneficial for overall wellness.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	10 min
Calories	528 kcal
Protein	40g
Carbs	33g
Fats	30g



Ingredients

Firm tofu (cubed)	6.6 oz / 186.5 g
Mixed leafy greens (spinach, kale)	3.3 cups / 99 g
Fresh ginger (grated)	1.7 tsp / 8.3 g
Olive oil	1.7 tbsp / 24.8 ml
Soy sauce (low sodium)	1.7 tbsp / 24.8 ml
Garlic (minced)	1.5 clove / 1.5 clove

Instructions

1. Heat 1.7 tbsp (24.8 ml) of olive oil in a skillet over medium heat and add 6.6 oz (186.5 g) of cubed tofu, cooking until golden (about 5 minutes).
2. Add 3.3 cups (99 g) of mixed leafy greens, 1.7 tsp (8.3 g) of grated ginger, and 1.5 clove of minced garlic, stir-frying for 5 minutes until the greens are wilted.
3. Drizzle with 1.7 tbsp (24.8 ml) of low-sodium soy sauce before serving.

Start Your Health Journey Today

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



Custom meal plans & macro tracking



Evidence-based programs



Expert guidance & support

EXPLORE MORE PLANS

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

Get Started Now

Explore a world tailored to women's health

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

© 2026 Reverse Health. All rights reserved.