

7-Day Protein Diet Plan for Weight Loss PDF

Maximize your weight loss with this protein-rich meal plan.

Our 7-Day Protein Diet Plan includes 21 satisfying recipes focused on high protein intake to boost weight loss efforts. This plan is perfect for anyone looking to build muscle and shed pounds while enjoying delicious meals. Fuel your body with the right nutrients to achieve your fitness goals.

DAILY NUTRITION OVERVIEW

DAY	CALORIES	PROTEIN	CARBS	FATS
Day 1	1,854	91g	253g	65g
Day 2	1,868	116g	132g	96g
Day 3	1,868	92g	243g	69g
Day 4	1,882	133g	163g	78g
Day 5	1,910	84g	250g	79g
Day 6	1,910	129g	205g	69g
Day 7	1,910	107g	233g	74g
Avg	1,886	107g	211g	76g

CALORIE DISTRIBUTION



Nourish Your Body, Transform Your Health

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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



107g Protein

Daily average



1,886 cal/day

Daily average



Macro Balanced

211g C / 76g F avg

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Day 1

3 meals · 1,854 calories

BREAKFAST	Peach Vanilla Protein Smoothie Bowl	574 kcal
LUNCH	Baked Sweet Potato with Black Beans and Avocado	620 kcal
DINNER	Stuffed Sweet Potatoes with Black Beans and Spinach	660 kcal

Protein: 91g Carbs: 253g Fats: 65g

1. Peach Vanilla Protein Smoothie Bowl

This refreshing bowl brings together juicy peaches and vanilla for a sweet yet healthy breakfast option. The protein from Greek yogurt and hemp seeds will keep energy levels stable throughout the day.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	8 min
Calories	574 kcal
Protein	38g
Carbs	53g
Fats	25g



Ingredients

Frozen peaches	1.4 cup / 336 ml
Greek yogurt (plain)	1.4 cup / 336 ml
Vanilla protein powder	1.5 scoop / 42 g
Hemp seeds	2.8 tbsp / 42 g

Sliced almonds	2.8 tbsp / 42 g
Fresh peach slices	0.7 / 84 g
Cinnamon	0.4 tsp / 1.4 g

Instructions

1. Blend together 1.4 cup (336 ml) frozen peaches, 1.4 cup (336 ml) Greek yogurt, 1.5 scoop (42 g) vanilla protein powder, and 2.8 tbsp (42 g) hemp seeds until smooth.
2. Pour into a bowl, top with 2.8 tbsp (42 g) sliced almonds, 0.7 fresh peach, and sprinkle with a pinch of cinnamon if desired.
3. Serve immediately for optimal flavor and nutrition.

2. Baked Sweet Potato with Black Beans and Avocado

This hearty dish is packed with fiber from sweet potatoes and black beans, promoting healthy digestion and weight management. Avocado adds healthy fats that support hormone production and heart health.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	30 min
Calories	620 kcal
Protein	23g
Carbs	93g
Fats	23g



Ingredients

Sweet potato, medium	1.6 medium / 1.6g
Black beans, canned, rinsed	0.8 cup / 186 ml
Avocado, diced	0.8 medium / 0.8g
Cilantro, chopped	1.6 tbsp / 23.3 g
Lime juice	1.6 tbsp / 23.3 ml
Salt and pepper	to taste / to taste

Instructions

1. Preheat the oven to 400°F (200°C). Prick the sweet potato with a fork and bake for 30-35 minutes until tender.
2. Cut the sweet potato in half and top with black beans, diced avocado, cilantro, lime juice, salt, and pepper before serving.

3. Stuffed Sweet Potatoes with Black Beans and Spinach

These stuffed sweet potatoes are high in fiber and vitamin A, promoting digestive health and supporting skin health. Black beans add protein for muscle maintenance, essential for women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	30 min
Calories	660 kcal
Protein	30g
Carbs	107g
Fats	17g



Ingredients

Sweet potato	1.5 large / 1.5 large
Black beans, canned and drained	0.8 cup / 198 ml
Fresh spinach, chopped	1.7 cup / 396 ml
Olive oil	1.7 tbsp / 24.8 ml
Salt and pepper	to taste / to taste

Instructions

1. Preheat oven to 400°F (200°C). Bake 1.5 large sweet potato for 30-40 minutes until tender.
2. In a bowl, mix 0.8 cup (198 ml) drained black beans and 1.7 cup (396 ml) chopped spinach with salt and pepper.
3. Once sweet potato is cool, slice open, and stuff with the mixture.

Day 2

3 meals · 1,868 calories

BREAKFAST	Tropical Protein Paradise Bowl	588 kcal
LUNCH	Salmon Salad with Avocado Dressing	620 kcal
DINNER	Chickpea and Spinach Curry	660 kcal

Protein: 116g Carbs: 132g Fats: 96g

4. Tropical Protein Paradise Bowl

This vibrant smoothie bowl combines tropical flavors with protein from Greek yogurt and hemp seeds, providing sustained energy and muscle support. The addition of coconut flakes enhances the flavor while offering healthy fats that support hormone balance.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	8 min
Calories	588 kcal
Protein	39g
Carbs	63g
Fats	20g



Ingredients

Greek yogurt	1.4 cup / 336 ml
frozen mango	0.7 cup / 168 ml
banana	1.5 medium / 140 g
hemp seeds	2.8 tbsp / 42 g
coconut milk	0.7 cup / 168 ml
unsweetened coconut flakes	2.8 tbsp / 21 g
sliced kiwi	1.4 / 1.5 medium
sliced strawberries	0.4 cup / 84 ml

Instructions

1. In a blender, combine 1.4 cup (336 ml) Greek yogurt, 0.7 cup (168 ml) frozen mango, 1.5 medium banana, 2.8 tbsp (42 g) hemp seeds, and 0.7 cup (168 ml) coconut milk. Blend until smooth.
2. Pour the smoothie into a bowl and top with 2.8 tbsp (21 g) unsweetened coconut flakes, 1.4 sliced kiwi, and 0.4 cup (84 ml) sliced strawberries.
3. Serve immediately and enjoy!

5. Salmon Salad with Avocado Dressing

This nutritious salad features salmon, which is rich in omega-3 fatty acids to support heart health, and a creamy avocado dressing high in monounsaturated fats. It's perfect for women over 40 looking to manage blood pressure and cholesterol levels.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	620 kcal
Protein	47g
Carbs	19g
Fats	43g



Ingredients

Canned salmon (drained)	6.2 oz / 175.2 g
Mixed greens (spinach, arugula)	3.1 cups / 93 g
Avocado (for dressing)	1 medium / 116.3 g
Lemon juice (for dressing)	1.6 tbsp / 23.3 ml
Garlic (minced)	1.5 clove / 1.5 clove
Olive oil (for dressing)	1.6 tbsp / 23.3 ml

Instructions

1. In a bowl, combine 6.2 oz (175.2 g) of drained canned salmon and 3.1 cups (93 g) of mixed greens.
2. In a blender, blend 1 medium avocado, 1.6 tbsp (23.3 ml) of lemon juice, 1.5 clove of minced garlic, and 1.6 tbsp (23.3 ml) of olive oil until smooth.
3. Drizzle the avocado dressing over the salad and toss well to combine.

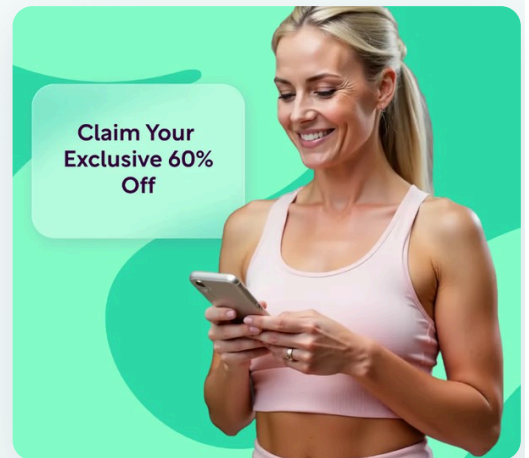
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6. Chickpea and Spinach Curry

This delicious curry is rich in protein and fiber from chickpeas, helping to maintain energy levels and support digestive health. The spices used can also help combat inflammation and provide relief from menopause symptoms.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	20 min
Calories	660 kcal
Protein	30g
Carbs	50g
Fats	33g



Ingredients

Canned chickpeas	1.7 cup / 396 ml
Spinach	3.3 cups / 792 ml
Coconut milk	0.8 cup / 198 ml
Curry powder	1.7 tbsp / 24.8 g
Olive oil	1.7 tbsp / 24.8 ml

Instructions

1. In a pot, heat 1.7 tbsp (24.8 ml) olive oil over medium heat; add chickpeas and curry powder, stirring for 2 minutes.
2. Pour in 0.8 cup (198 ml) coconut milk and add spinach; simmer for 10 minutes until spinach is wilted.
3. Serve warm.

Day 3

3 meals · 1,868 calories

BREAKFAST Tropical Mango Chia Smoothie Bowl **588 kcal**

LUNCH Spicy Chickpea and Quinoa Bowl **620 kcal**

DINNER Herbed Quinoa with Roasted Eggplant and Chickpeas **660 kcal**

Protein: 92g Carbs: 243g Fats: 69g

7. Tropical Mango Chia Smoothie Bowl

Bursting with tropical flavors, this bowl combines mango and coconut for a refreshing taste, while providing substantial protein and fiber. The chia seeds add omega-3s, supporting heart and hormonal health.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	8 min
Calories	588 kcal
Protein	36g
Carbs	59g
Fats	25g



Ingredients

Frozen mango chunks	1.4 cup / 336 ml
Greek yogurt	1.4 cup / 336 ml
Coconut milk (canned)	0.4 cup / 84 ml
Chia seeds	2.8 tbsp / 42 g
Unsweetened shredded coconut	2.8 tbsp / 42 g
Pumpkin seeds	2.8 tbsp / 42 g
Fresh mango	0.4 / 42 g

Instructions

1. Blend together 1.4 cup (336 ml) frozen mango, 1.4 cup (336 ml) Greek yogurt, 0.4 cup (84 ml) coconut milk, and 2.8 tbsp (42 g) chia seeds until smooth.
2. Pour into a bowl and top with 2.8 tbsp (42 g) shredded coconut, 2.8 tbsp (42 g) pumpkin seeds, and slices from 0.4 fresh mango.
3. Serve immediately for best flavor.

8. Spicy Chickpea and Quinoa Bowl

This hearty bowl features spiced chickpeas and quinoa, creating a protein-packed meal that supports muscle maintenance and healthy digestion. Packed with fiber and flavor, it's a perfect choice for vibrant lunch options.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	620 kcal
Protein	31g
Carbs	85g
Fats	19g



Ingredients

Cooked quinoa	1.6 cup / 286.8 g
Canned chickpeas, drained and rinsed	1.6 cup / 372 g
Olive oil	1.6 tbsp / 23.3 ml
Paprika	1.6 tsp / 7.8 g
Cumin	1.6 tsp / 7.8 g
Fresh spinach, chopped	1.6 cup / 46.5 g

Instructions

1. In a skillet over medium heat, add 1.6 tbsp (23.3 ml) olive oil, 1.6 cup (372 g) canned chickpeas, 1.6 tsp (7.8 g) paprika, and 1.6 tsp (7.8 g) cumin.
2. Cook for 5-7 minutes until heated through and fragrant.
3. In a bowl, layer 1.6 cup (286.8 g) cooked quinoa, the spiced chickpeas, and top with 1.6 cup (46.5 g) chopped spinach.
4. Serve warm.

9. Herbed Quinoa with Roasted Eggplant and Chickpeas

This vibrant dish is rich in protein and fiber from quinoa and chickpeas, helping to stabilize blood sugar levels while promoting weight loss. Roasted eggplant adds fiber and antioxidants, aiding digestion and hormone balance.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	25 min
Calories	660 kcal
Protein	25g
Carbs	99g
Fats	25g



Ingredients

Quinoa	0.8 cup / 148.5 g
Canned chickpeas	0.8 cup / 198 ml
Eggplant, cubed	1.7 cup / 396 ml
Olive oil	3.3 tbsp / 49.5 ml
Dried herbs (thyme, oregano)	1.7 tsp / 8.3 g
Salt and pepper	to taste / to taste

Instructions

1. Preheat the oven to 400°F (200°C).
2. Toss cubed eggplant and chickpeas with olive oil, dried herbs, salt, and pepper; spread on a baking sheet.
3. Roast for 20-25 minutes until golden and tender.
4. Meanwhile, cook quinoa according to package instructions; fluff with a fork.
5. Serve roasted eggplant and chickpeas over quinoa.

Day 4

3 meals · 1,882 calories

BREAKFAST Coconut Matcha Energy Bowl **602 kcal**

LUNCH Egg & Roasted Vegetable Wrap **620 kcal**

DINNER Herbed Chicken and Quinoa Bowl **660 kcal**

Protein: 133g Carbs: 163g Fats: 78g

10. Coconut Matcha Energy Bowl

This vibrant smoothie bowl blends coconut and matcha for a unique taste, with Greek yogurt providing high protein. The matcha is rich in antioxidants, while the coconut contributes healthy fats for hormone support, making it perfect for women over 40 seeking energy and balance.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	8 min
Calories	602 kcal
Protein	36g
Carbs	59g
Fats	25g



Ingredients

Greek yogurt	1.4 cup / 336 ml
coconut water	0.7 cup / 168 ml
matcha powder	1.4 tsp / 7 g
frozen banana	0.7 medium / 70 g
coconut flakes	2.8 tbsp / 21 g
sliced kiwi	1.4 / 1.5 medium
chopped macadamia nuts	2.8 tbsp / 21 g
sliced strawberries	0.4 cup / 84 ml

Instructions

1. In a blender, combine 1.4 cup (336 ml) Greek yogurt, 0.7 cup (168 ml) coconut water, 1.4 tsp (7 g) matcha powder, and 0.7 frozen banana. Blend until smooth.
2. Pour the smoothie into a bowl and top with 2.8 tbsp (21 g) coconut flakes, 1.4 sliced kiwi, 2.8 tbsp (21 g) chopped macadamia nuts, and 0.4 cup (84 ml) sliced strawberries.
3. Serve immediately and enjoy!

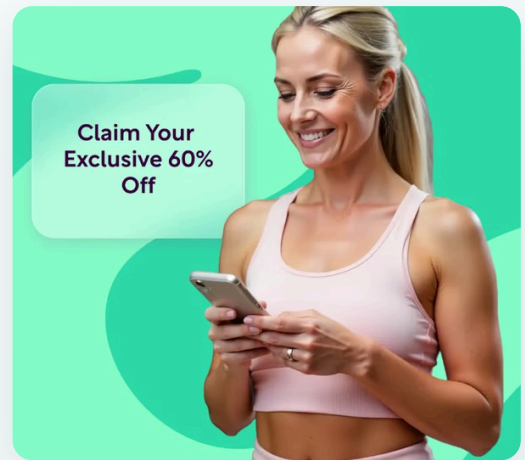
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11. Egg & Roasted Vegetable Wrap

This colorful wrap is a great way to incorporate a variety of vegetables and protein from eggs into your lunch. It is rich in vitamins and minerals, supporting overall health and energy levels during menopause.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	10 min
Calories	620 kcal
Protein	39g
Carbs	54g
Fats	28g



Ingredients

Eggs	3 large / 3 large
Mixed vegetables (zucchini, bell pepper, onion), diced	1.6 cup / 372 ml
Whole grain wrap	1.5 large / 1.5 large
Olive oil	1.6 tbsp / 23.3 ml
Salt	to taste / to taste
Pepper	to taste / to taste

Instructions

1. Preheat oven to 400°F (200°C). Toss 1.6 cup (372 ml) mixed diced vegetables with 1.6 tbsp (23.3 ml) olive oil, salt, and pepper, roasting for 15 minutes.
2. In a skillet, scramble 3 large eggs; season with salt and pepper.
3. Once vegetables are roasted, combine with scrambled eggs and place in 1.5 large whole grain wrap.
4. Roll up the wrap and serve.

12. Herbed Chicken and Quinoa Bowl

This protein-packed chicken and quinoa bowl is excellent for muscle maintenance and heart health. The combination of herbs and spices adds flavor without added sodium, catering to women over 40 looking to manage cholesterol levels.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	660 kcal
Protein	58g
Carbs	50g
Fats	25g



Ingredients

Chicken breast, diced	6.6 oz / 186.5 g
Cooked quinoa	0.8 cup / 148.5 g
Olive oil	1.7 tbsp / 24.8 ml
Mixed herbs (thyme, oregano)	1.7 tsp / 8.3 g
Grape tomatoes, halved	0.8 cup / 123.8 g
Spinach, chopped	1.7 cup / 49.5 g

Instructions

1. Heat 1.7 tbsp (24.8 ml) olive oil in a skillet over medium heat, then add 6.6 oz (186.5 g) diced chicken breast.
2. Cook for 7-10 minutes until browned, then add 0.8 cup (148.5 g) cooked quinoa, 0.8 cup (123.8 g) halved grape tomatoes, and 1.7 tsp (8.3 g) mixed herbs.
3. Stir in 1.7 cup (49.5 g) chopped spinach and cook until wilted, about 2-3 minutes.

Day 5

3 meals · 1,910 calories

BREAKFAST	Coconut Quinoa Breakfast Bowl	630 kcal
LUNCH	Vibrant Quinoa & Chickpea Rainbow Bowl	620 kcal
DINNER	Spiced Chickpea and Cauliflower Stew	660 kcal

Protein: 84g Carbs: 250g Fats: 79g

13. Coconut Quinoa Breakfast Bowl

Featuring quinoa as a source of complete protein and fiber, this bowl is combined with coconut for healthy fats, promoting energy and supporting hormonal health.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	15 min
Calories	630 kcal
Protein	21g
Carbs	81g
Fats	27g



Ingredients

Quinoa	0.7 cup / 168 ml
Coconut milk	1.4 cup / 336 ml
Shredded coconut	2.8 tbsp / 42 g
Sliced banana	1.5 medium / 1.5 medium
Chia seeds	1.4 tbsp / 21 g

Instructions

1. In a saucepan, combine 0.7 cup (168 ml) rinsed quinoa with 1.4 cup (336 ml) coconut milk. Bring to a boil.
2. Reduce heat, cover, and simmer for 15 minutes until quinoa is fluffy.
3. Serve in a bowl topped with 2.8 tbsp (42 g) shredded coconut, 1 sliced banana, and 1.4 tbsp (21 g) chia seeds.

14. Vibrant Quinoa & Chickpea Rainbow Bowl

Packed with colorful vegetables and whole grains, this bowl offers a rich source of plant-based proteins and fiber, essential for digestion and hormone balance. The chickpeas and quinoa provide phytoestrogens that help manage menopause symptoms.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	12 min
Calories	620 kcal
Protein	33g
Carbs	90g
Fats	22g



Ingredients

Cooked quinoa	0.8 cup / 186 ml
Canned chickpeas, drained and rinsed	0.8 cup / 186 ml
Cherry tomatoes, halved	0.8 cup / 116.3 g
Cucumber, diced	0.8 cup / 116.3 g
Bell pepper, diced (any color)	0.8 cup / 116.3 g

Instructions

1. In a bowl, combine 0.8 cup (186 ml) cooked quinoa and 0.8 cup (186 ml) canned chickpeas.
2. Add 0.8 cup (116.3 g) halved cherry tomatoes, 0.8 cup (116.3 g) diced cucumber, and 0.8 cup (116.3 g) diced bell pepper to the bowl.
3. Drizzle with olive oil and lemon juice, and toss gently to combine.

15. Spiced Chickpea and Cauliflower Stew

This hearty stew is rich in fiber and plant-based protein, essential for women over 40 to maintain muscle health and support digestion. The spices used not only add flavor but also help combat inflammation during menopause.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	30 min
Calories	660 kcal
Protein	30g
Carbs	79g
Fats	30g



Ingredients

Canned chickpeas, rinsed	1.7 cup / 396 g
Cauliflower florets	1.7 cup / 247.5 g
Olive oil	1.7 tbsp / 24.8 ml
Curry powder	1.7 tbsp / 24.8 g
Coconut milk	0.8 cup / 198 ml
Salt and pepper to taste	to taste / to taste

Instructions

1. In a pot, heat 1.7 tbsp (24.8 ml) olive oil over medium heat.
2. Add cauliflower florets and cook for 5 minutes before adding chickpeas and curry powder.
3. Pour in coconut milk, bring to a simmer, and cook for 20-25 minutes until cauliflower is tender, seasoning with salt and pepper.

Day 6

3 meals · 1,910 calories

BREAKFAST Peanut Butter Banana Power Bowl **630 kcal**

LUNCH Roasted Vegetable and Chickpea Quinoa Bowl **620 kcal**

DINNER Herbed Chicken and Vegetable Soup **660 kcal**

Protein: 129g Carbs: 205g Fats: 69g

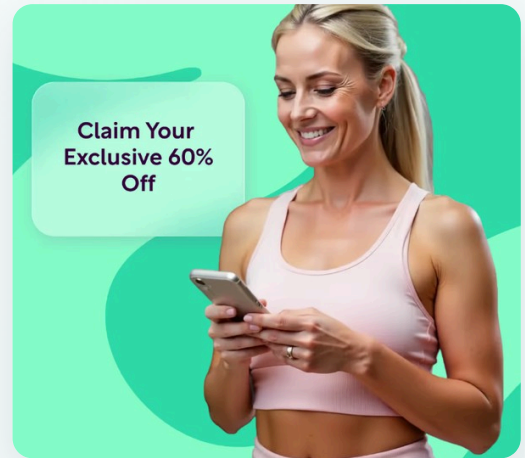
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16. Peanut Butter Banana Power Bowl

This delicious smoothie bowl features peanut butter for protein and healthy fats paired with banana and oats for sustained energy. The addition of cacao nibs not only satisfies your sweet tooth but also provides antioxidants, making it a great choice for women over 40.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	8 min
Calories	630 kcal
Protein	43g
Carbs	70g
Fats	25g



Ingredients

Greek yogurt	1.4 cup / 336 ml
frozen banana	1.5 medium / 140 g
peanut butter	2.8 tbsp / 42 g
rolled oats	0.4 cup / 28 g
almond milk	0.7 cup / 168 ml
cacao nibs	1.4 tbsp / 14 g
sliced banana	0.7 medium / 70 g
chopped peanuts	1.4 tbsp / 14 g

Instructions

1. In a blender, combine 1.4 cup (336 ml) Greek yogurt, 1.5 medium frozen banana, 2.8 tbsp (42 g) peanut butter, 0.4 cup (28 g) rolled oats, and 0.7 cup (168 ml) almond milk. Blend until smooth.
2. Pour the smoothie into a bowl and top with 0.7 sliced banana, 1.4 tbsp (14 g) cacao nibs, and 1.4 tbsp (14 g) chopped peanuts.
3. Serve immediately and enjoy!

17. Roasted Vegetable and Chickpea Quinoa Bowl

Packed with a colorful array of roasted vegetables and protein-rich chickpeas, this bowl supports hormone balance and provides vital nutrients for bone health. The fiber from quinoa and veggies aids in maintaining a healthy metabolism.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	13 min
Calories	620 kcal
Protein	36g
Carbs	85g
Fats	19g



Ingredients

Cooked quinoa	1.6 cup / 372 ml
Chickpeas (canned, drained)	0.8 cup / 186 ml
Red bell pepper, diced	0.8 medium / 0.8g
Zucchini, chopped	0.8 medium / 0.8g
Broccoli florets	1.6 cup / 372 ml
Olive oil	3.1 tbsp / 46.5 ml
Cumin	1.6 tsp / 7.8 g
Salt and pepper to taste	to taste / to taste

Instructions

1. Preheat the oven to 400°F (200°C).
2. On a baking sheet, toss the chopped vegetables (red bell pepper, zucchini, broccoli) with olive oil, cumin, salt, and pepper. Spread in a single layer.
3. Roast in the oven for 20 minutes, stirring halfway through, until vegetables are tender and slightly caramelized.
4. In a bowl, combine cooked quinoa and chickpeas, top with roasted vegetables, and serve.

18. Herbed Chicken and Vegetable Soup

This hearty chicken soup is loaded with vegetables and herbs, providing high protein essential for muscle maintenance and hormone balance in women over 40. The variety of veggies also ensures a wide spectrum of vitamins and minerals for overall health.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	30 min
Calories	660 kcal
Protein	50g
Carbs	50g
Fats	25g



Ingredients

boneless, skinless chicken breast, diced

1.7 cup / 396 ml

Instructions

1. In a pot, heat 1 tbsp (15ml) olive oil over medium heat.
2. Add 1.7 cup (396 ml) diced onion, 1.7 cup (396 ml) diced carrots, and 1.7 cup (396 ml) diced celery. Sauté for 5 minutes.
3. Stir in 1.7 cup (396 ml) diced chicken breast, 4 cups (960ml) chicken broth, and herbs (thyme, parsley). Simmer for 25 minutes.

Day 7

3 meals · 1,910 calories

BREAKFAST Mackerel & Avocado Toast with Fortified Bread **630 kcal**

LUNCH Savory Grilled Vegetable Wraps with Hummus and Chicken **620 kcal**

DINNER Roasted Vegetable and Quinoa Bowl with Lemon Dressing **660 kcal**

Protein: 107g Carbs: 233g Fats: 74g

19. Mackerel & Avocado Toast with Fortified Bread

This open-face sandwich features mackerel, a fatty fish rich in omega-3s and vitamin D, on fortified whole grain bread. Avocado adds healthy fats for hormone balance.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	9 min
Calories	630 kcal
Protein	35g
Carbs	56g
Fats	35g



Ingredients

Canned mackerel in olive oil	5.6 oz / 158.2 g
Whole grain fortified bread	3 slices / 3 slices
Avocado, mashed	0.7 medium / 0.7g
Lemon juice	1.4 tsp / 7 ml
Salt and pepper	to taste / to taste
Red pepper flakes	pinch / pinch

Instructions

1. Toast the slices of fortified bread until golden brown.
2. In a bowl, mix the mashed avocado with lemon juice, salt, and pepper.
3. Spread the avocado mixture onto the toasted bread and top with mackerel.
4. Sprinkle with red pepper flakes if desired.

20. Savory Grilled Vegetable Wraps with Hummus and Chicken

These grilled vegetable wraps packed with protein-rich chicken are perfect for energy and vitality. Enhanced with hummus, they support gut health and hormone balance, making them ideal for women over 40.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	12 min
Calories	620 kcal
Protein	47g
Carbs	78g
Fats	19g



Ingredients

Grilled chicken breast, sliced	9.3 oz / 263.5 g
Whole wheat wrap	1.6 slice(s) / 1.6g
Bell pepper, sliced	0.4 medium / 93 g
Zucchini, sliced	0.4 medium / 93 g
Hummus	3.1 tbsp / 46.5 g

Instructions

1. Grill sliced bell pepper and zucchini until tender, about 5 minutes.
2. Spread hummus on the whole wheat wrap, layer with grilled veggies and sliced chicken, then roll tightly.
3. Slice in half and serve.

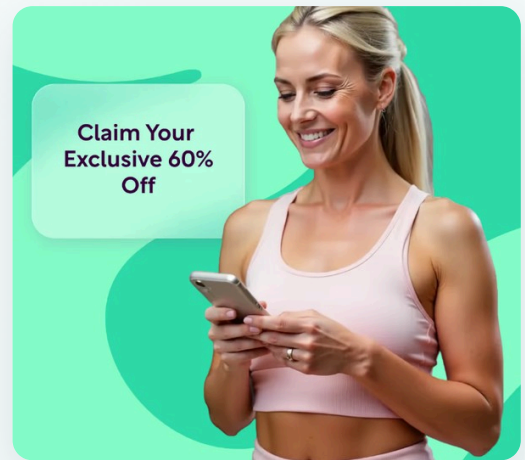
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21. Roasted Vegetable and Quinoa Bowl with Lemon Dressing

This hearty bowl provides a balanced meal with protein, fiber, and essential vitamins from a variety of roasted vegetables. Quinoa is a complete protein, supporting muscle maintenance and providing energy.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	30 min
Calories	660 kcal
Protein	25g
Carbs	99g
Fats	20g



Ingredients

Quinoa, rinsed	0.8 cup / 198 ml
Bell pepper, diced	0.8 medium / 132 g
Zucchini, diced	0.8 medium / 132 g
Olive oil	1.7 tbsp / 24.8 ml
Lemon juice	3.3 tbsp / 49.5 ml
Salt and pepper	to taste / to taste

Instructions

1. Preheat the oven to 400°F (200°C).
2. Toss diced bell pepper and zucchini in olive oil, salt, and pepper; spread on a baking sheet and roast for 25 minutes.
3. In the meantime, cook quinoa according to package instructions.
4. Once vegetables and quinoa are done, combine in a bowl and drizzle with lemon juice before serving.

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