

7-Day Rainbow Diet Meal Plan PDF

Eat the rainbow with this colorful and nutritious meal plan.

The 7-Day Rainbow Diet Meal Plan features 21 colorful recipes designed to maximize nutrient diversity. This plan encourages eating a wide variety of fruits and vegetables, promoting health and vitality. Enjoy vibrant meals that are not only beautiful but also packed with essential nutrients!

DAILY NUTRITION OVERVIEW

DAY	CALORIES	PROTEIN	CARBS	FATS
Day 1	1,401	37g	192g	52g
Day 2	1,397	40g	222g	46g
Day 3	1,393	80g	178g	46g
Day 4	1,421	107g	105g	69g
Day 5	1,513	97g	201g	43g
Day 6	1,471	121g	109g	65g
Day 7	1,471	128g	97g	65g
Avg	1,438	87g	158g	55g

CALORIE DISTRIBUTION



Nourish Your Body, Transform Your Health

WHAT'S INSIDE

Maca & Avocado Toast with Cherry Tomatoes

Balsamic Roasted Vegetables with Quinoa

Roasted Vegetable Medley with Quinoa

Carrot and Berry Smoothie Bowl

Lentil & Vegetable Stir-Fry with Apple Cider Sauce

Double Vegetable Power Bowl with Grilled Chicken

Miso Ginger Sweet Potato Soup

Overnight Oats with Berries and Chia Seeds

Sicilian-Style Eggplant and Tomato Stew

Sweet Potato and Coconut Soup

Almond Butter and Berry Chia Pudding

Over-Roasted Cod with Tomato and Basil

+ 9 more recipes inside

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21 Recipes

7-day meal plan



1,438 cal/day

Daily average



87g Protein

Daily average



Macro Balanced

158g C / 55g F avg

Contents

A quick overview of what's inside

01 Day 1

1. Maca & Avocado Toast with Cherry Tomatoes

2. Miso Ginger Sweet Potato Soup

3. Balsamic Roasted Vegetables with Quinoa

02 Day 2

4. Overnight Oats with Berries and Chia Seeds

5. Roasted Vegetable Medley with Quinoa

6. Sicilian-Style Eggplant and Tomato Stew

03 Day 3

7. Carrot and Berry Smoothie Bowl

8. Sweet Potato and Coconut Soup

9. Lentil & Vegetable Stir-Fry with Apple Cider Sauce

04 Day 4

10. Almond Butter and Berry Chia Pudding

11. Double Vegetable Power Bowl with Grilled Chicken

12. Oven-Roasted Cod with Tomato and Basil

05 Day 5

13. Fiber-Rich Oatmeal with Chia Seeds and Berries

14. Grilled Chicken Superfood Salad with Chickpeas and Feta

15. Stuffed Bell Peppers with Lentils and Brown Rice

06 Day 6

16. Berry & Chia Seed Smoothie Bowl

17. Collagen-Powered Quinoa Salad with Spinach and Walnuts

18. Stuffed Bell Peppers with Ground Turkey

07 Day 7

19. Pumpkin & Spinach Collagen-Boosting Frittata

20. Leucine-Powered Chicken Quinoa Bowl

21. Baked Mediterranean Cod with Tomatoes and Olives

Day 1

3 meals · 1,401 calories

BREAKFAST	Maca & Avocado Toast with Cherry Tomatoes	420 kcal
LUNCH	Miso Ginger Sweet Potato Soup	403 kcal
DINNER	Balsamic Roasted Vegetables with Quinoa	578 kcal

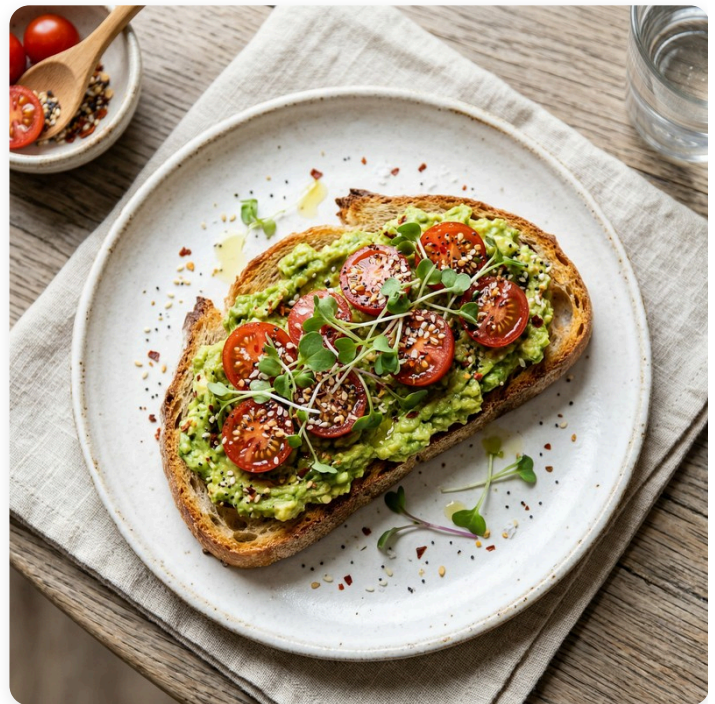
Protein: 37g Carbs: 192g Fats: 52g

1. Maca & Avocado Toast with Cherry Tomatoes

A delightful twist on avocado toast, this version incorporates maca for its energy-boosting properties, making it perfect for women seeking vitality after 40.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	8 min
Calories	420 kcal
Protein	8g
Carbs	42g
Fats	25g



Ingredients

whole grain bread	1.5 slice / 1.5 slice
ripe avocado	0.7 medium / 0.7g
maca powder	1.4 tsp / 7 g
cherry tomatoes, halved	0.4 cup / 84 ml

salt and pepper to taste

to taste / to taste

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 g) maca powder, adding salt and pepper to taste.
3. Spread the avocado mixture on the toast and top with 0.4 cup (84 ml) halved cherry tomatoes.

2. Miso Ginger Sweet Potato Soup

This umami-rich soup features sweet potatoes, which are high in vitamin A and fiber, essential for maintaining healthy skin and digestion. Miso and ginger work together to provide anti-inflammatory benefits, aiding in menopause symptom relief.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	20 min
Calories	403 kcal
Protein	9g
Carbs	84g
Fats	2g



Ingredients

Sweet potato	1.5 medium / 232.5 g
Miso paste	1.6 tbsp / 23.3 g
Fresh ginger	1.6 tsp / 7.8 g
Vegetable broth	3.1 cups / 744 ml
Green onions	1.6 medium / 15.5 g

Instructions

1. In a pot, combine 3.1 cups (744 ml) vegetable broth and 1.5 medium (232.5 g) cubed sweet potato; bring to a boil.
2. Reduce heat and simmer until sweet potatoes are tender, about 15 minutes.
3. Stir in 1.6 tbsp (23.3 g) miso paste and 1.6 tsp (7.8 g) minced ginger; blend until smooth, then garnish with chopped 1.6 (15.5 g) green onions.

3. Balsamic Roasted Vegetables with Quinoa

This dish combines a variety of roasted vegetables, which are nutrient-rich and high in antioxidants, supporting overall health during menopause. Quinoa adds a complete protein source, crucial for energy and muscle maintenance.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	30 min
Calories	578 kcal
Protein	20g
Carbs	66g
Fats	25g



Ingredients

Mixed vegetables (bell peppers, zucchini, carrots)	3.3 cups / 792 ml
Olive oil	3.3 tbsp / 49.5 ml
Balsamic vinegar	1.7 tbsp / 24.8 ml
Cooked quinoa	1.7 cup / 396 ml

Instructions

1. Preheat oven to 400°F (200°C). Toss 3.3 cups (792 ml) mixed vegetables with 3.3 tbsp (49.5 ml) olive oil and 1.7 tbsp (24.8 ml) balsamic vinegar.
2. Spread on a baking sheet and roast for 25-30 minutes until tender.
3. Serve over 1.7 cup (396 ml) cooked quinoa.

Day 2

3 meals · 1,397 calories

BREAKFAST Overnight Oats with Berries and Chia Seeds **392 kcal**

LUNCH Roasted Vegetable Medley with Quinoa **543 kcal**

DINNER Sicilian-Style Eggplant and Tomato Stew **462 kcal**

Protein: 40g Carbs: 222g Fats: 46g

4. Overnight Oats with Berries and Chia Seeds

These overnight oats are packed with fiber, supporting digestive health and keeping you full longer, ideal for women over 40. The berries add antioxidants that help fight inflammation and promote skin health.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	5 min
Calories	392 kcal
Protein	14g
Carbs	63g
Fats	10g



Ingredients

Rolled oats	0.7 cup / 56 g
Almond milk	1.4 cup / 336 ml
Chia seeds	2.8 tbsp / 42 g
Mixed berries (blueberries, strawberries)	0.7 cup / 105 g
Honey or maple syrup	1.4 tsp / 7 ml

Instructions

1. In a jar, combine rolled oats, almond milk, chia seeds, and honey or maple syrup.
2. Mix well and refrigerate overnight.
3. In the morning, stir in the mixed berries before serving.

5. Roasted Vegetable Medley with Quinoa

This filling and colorful dish is rich in fiber and antioxidants, supporting heart health and promoting sustained energy. The variety of vegetables ensures you're getting a wide range of vitamins and minerals crucial for women's health.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	20 min
Calories	543 kcal
Protein	16g
Carbs	93g
Fats	16g



Ingredients

Mixed vegetables (bell peppers, zucchini, carrots)	3.1 cups / 744 ml
Olive oil	1.6 tbsp / 23.3 ml
Quinoa, uncooked	0.8 cup / 186 ml
Black pepper	to taste / to taste

Instructions

1. Preheat oven to 400°F (200°C). Toss mixed vegetables with olive oil and black pepper on a baking sheet.
2. Roast for 20 minutes until tender and slightly caramelized.
3. Meanwhile, cook quinoa according to package instructions. Serve quinoa topped with roasted vegetables.

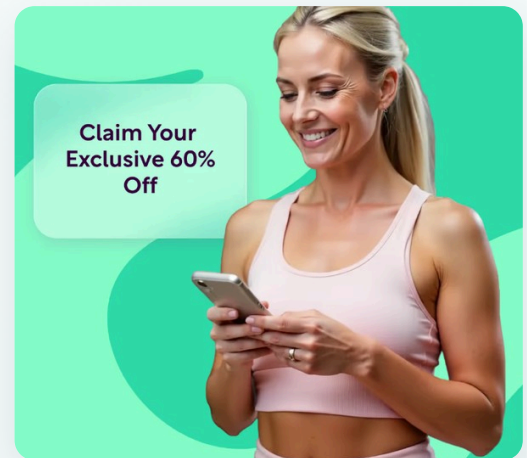
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6. Sicilian-Style Eggplant and Tomato Stew

This hearty eggplant and tomato stew is rich in fiber and antioxidants, supporting heart health and weight management for women over 40. Eggplant also contains compounds that can assist in mood stabilization, beneficial during menopause.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	25 min
Calories	462 kcal
Protein	10g
Carbs	66g
Fats	20g



Ingredients

eggplant, 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 and sauté until soft, about 5 minutes.
3. Stir in 1.7 cup (396 ml) diced eggplant, 2 cups (480ml) canned diced tomatoes, and season with Italian herbs. Simmer for 20 minutes.

Day 3

3 meals · 1,393 calories

BREAKFAST Carrot and Berry Smoothie Bowl **350 kcal**

LUNCH Sweet Potato and Coconut Soup **465 kcal**

DINNER Lentil & Vegetable Stir-Fry with Apple Cider Sauce **578 kcal**

Protein: 80g Carbs: 178g Fats: 46g

7. Carrot and Berry Smoothie Bowl

A vibrant blend of carrots and berries packed with vitamins and antioxidants to boost immunity and promote skin health. The addition of protein powder supports muscle maintenance during menopause.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	5 min
Calories	350 kcal
Protein	34g
Carbs	42g
Fats	10g



Ingredients

Carrot, chopped	0.7 cup / 168 ml
Frozen mixed berries	0.7 cup / 168 ml
Unsweetened almond milk	0.7 cup / 168 ml
Protein powder (vanilla or unflavored)	1.5 scoop / 42 g
Toppings (seeds, additional berries, nuts)	0.4 cup / 84 ml

Instructions

1. In a blender, combine 0.7 cup (168 ml) chopped carrot, 0.7 cup (168 ml) frozen mixed berries, and 0.7 cup (168 ml) unsweetened almond milk.
2. Blend until smooth, adding protein powder if desired.
3. Pour into a bowl and top with 0.4 cup (84 ml) of your choice of seeds, berries, or nuts.

8. Sweet Potato and Coconut Soup

The sweet potato in this soup is packed with beta-carotene and fiber, promoting healthy skin and digestion for women over 40. Coconut milk adds healthy fats that are essential for hormone regulation.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	20 min
Calories	465 kcal
Protein	8g
Carbs	70g
Fats	19g



Ingredients

Sweet potato	1.5 medium / 310 g
Vegetable broth	3.1 cups / 744 ml
Coconut milk	0.8 cup / 186 ml
Fresh ginger	1.6 inch / 3.9 cm
Olive oil	1.6 tbsp / 23.3 ml

Instructions

1. In a saucepan, heat 1.6 tbsp (23.3 ml) olive oil over medium heat. Add 1.5 medium diced sweet potato and sauté for about 5 minutes.
2. Add 3.1 cups (744 ml) vegetable broth and 1.6 inch (3.9 cm) grated ginger, bring to a boil, then simmer for 15 minutes until sweet potato is tender.
3. Blend until smooth and stir in 0.8 cup (186 ml) coconut milk before serving.

9. Lentil & Vegetable Stir-Fry with Apple Cider Sauce

A nutrient-dense stir-fry that combines protein-rich lentils with antioxidant-rich vegetables. The apple cider vinegar enhances the dish's flavor while supporting blood sugar control.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	5 min
Calories	578 kcal
Protein	38g
Carbs	66g
Fats	17g



Ingredients

Cooked lentils	1.7 cup / 396 ml
Mixed vegetables (bell peppers, broccoli, carrots)	1.7 cup / 396 ml
Olive oil	1.7 tbsp / 24.8 ml
Apple cider vinegar	1.7 tbsp / 24.8 ml
Fresh ginger, minced	1.7 tsp / 8.3 g

Instructions

1. Heat 1.7 tbsp (24.8 ml) olive oil in a pan over medium heat.
2. Add 1.7 cup (396 ml) of mixed vegetables and sauté for 5 minutes.
3. Stir in 1.7 cup (396 ml) cooked lentils, 1.7 tbsp (24.8 ml) apple cider vinegar, and 1.7 tsp (8.3 g) minced ginger. Cook for an additional 5 minutes, stirring occasionally.

Day 4

3 meals · 1,421 calories

BREAKFAST Almond Butter and Berry Chia Pudding **350 kcal**

LUNCH Double Vegetable Power Bowl with Grilled Chicken **543 kcal**

DINNER Oven-Roasted Cod with Tomato and Basil **528 kcal**

Protein: 107g Carbs: 105g Fats: 69g

10. Almond Butter and Berry Chia Pudding

This delicious chia pudding is a source of healthy fats and fiber, keeping you full and satisfied, which is crucial for PCOS management. The berries provide antioxidants and vitamin C, supporting overall health and hormone balance.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	350 kcal
Protein	14g
Carbs	42g
Fats	17g



Ingredients

Chia seeds	4.2 tbsp / 63 g
Almond milk	1.4 cup / 336 ml
Almond butter	1.4 tbsp / 21 g
Frozen or fresh mixed berries	0.7 cup / 168 ml
Honey or maple syrup	1.4 tsp / 7 g

Instructions

1. In a bowl, mix chia seeds with almond milk and almond butter until well combined.
2. Let sit for at least 15 minutes or overnight in the fridge until thickened.
3. Top with berries and drizzle with honey or maple syrup if desired.

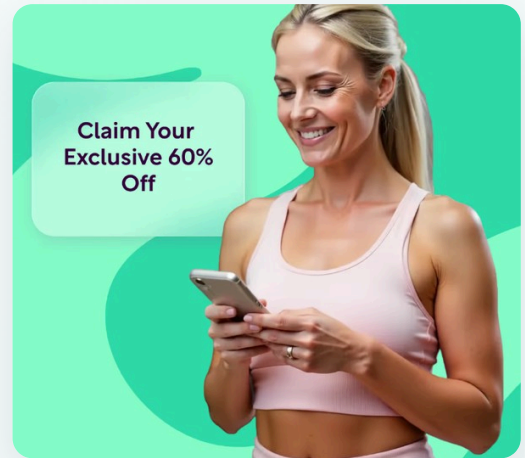
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11. Double Vegetable Power Bowl with Grilled Chicken

This vibrant power bowl is packed with double the vegetables, providing a wealth of nutrients essential for hormone balance and heart health. Topped with grilled chicken for a protein boost, it's a satisfying meal that promotes bone health and metabolic support, perfect for women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	543 kcal
Protein	47g
Carbs	43g
Fats	22g



Ingredients

Grilled chicken breast, diced	6.2 oz / 175.2 g
Broccoli florets, steamed	1.6 cup / 232.5 g
Bell peppers, sliced	1.6 cup / 232.5 g
Carrots, shredded	0.8 cup / 116.3 g
Olive oil	1.6 tablespoon / 23.3 ml
Hummus (for dressing)	3.1 tablespoons / 46.5 g
Chia seeds	1.6 tablespoon / 23.3 g
Fresh lemon juice	1.6 tablespoon / 23.3 ml
Salt and pepper, to taste	to taste / to taste

Instructions

1. Step 1: Preheat a grill or grill pan over medium heat. Season the diced chicken breast with salt and pepper, then grill for about 6-7 minutes until fully cooked.
2. Step 2: While the chicken is grilling, steam the broccoli, slice the bell peppers, and shred the carrots. This should take about 5-7 minutes.
3. Step 3: In a large bowl, combine the steamed broccoli, sliced bell peppers, shredded carrots, grilled chicken, and drizzle with olive oil and fresh lemon juice.
4. Step 4: Top the bowl with hummus and sprinkle chia seeds for added nutrients. Toss gently to combine before serving.

12. Oven-Roasted Cod with Tomato and Basil

A light and flavorful cod dish, roasted with tomatoes and basil, both rich in antioxidants that aid in reducing inflammation. This meal is low in calories but high in protein, perfect for women over 40.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	18 min
Calories	528 kcal
Protein	46g
Carbs	20g
Fats	30g



Ingredients

Cod fillet	9.9 oz / 280.5 g
Cherry tomatoes (halved)	1.7 cup / 396 ml
Fresh basil (chopped)	0.4 cup / 99 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. Place cod fillet on a baking sheet, top with cherry tomatoes, basil, olive oil, salt, and pepper.
3. Bake for 12-15 minutes or until the fish flakes easily with a fork.

Day 5

3 meals · 1,513 calories

BREAKFAST Fiber-Rich Oatmeal with Chia Seeds and Berries **392 kcal**

LUNCH Grilled Chicken Superfood Salad with Chickpeas and Feta **543 kcal**

DINNER Stuffed Bell Peppers with Lentils and Brown Rice **578 kcal**

Protein: 97g Carbs: 201g Fats: 43g

13. Fiber-Rich Oatmeal with Chia Seeds and Berries

This nourishing oatmeal combines rolled oats and chia seeds, both excellent sources of fiber. Berries serve as powerful antioxidants, promoting heart health and reducing inflammation.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	5 min
Calories	392 kcal
Protein	14g
Carbs	63g
Fats	11g



Ingredients

Rolled oats	0.7 cup / 168 ml
Chia seeds	2.8 tbsp / 42 ml
Mixed berries (fresh or frozen)	0.7 cup / 168 ml
Almond milk	1.4 cup / 336 ml
Maple syrup	1.4 tsp / 7 ml

Instructions

1. In a saucepan, combine 0.7 cup (168 ml) rolled oats and 1.4 cup (336 ml) almond milk, bringing to a boil.
2. Reduce heat, add 2.8 tbsp (42 ml) chia seeds, and cook for 5 minutes until thickened.
3. Serve topped with 0.7 cup (168 ml) mixed berries and drizzle with 1.4 tsp (7 ml) maple syrup if desired.

14. Grilled Chicken Superfood Salad with Chickpeas and Feta

This vibrant grilled chicken superfood salad is packed with protein and essential nutrients to support hormone balance and bone health for women over 40. Featuring mixed greens, chickpeas, and a drizzle of olive oil, this dish is not only satisfying but also heart-healthy and rich in phytoestrogens.

Nutrition Information

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



Ingredients

Grilled chicken breast	8.2 oz / 232.5 g
Mixed greens (spinach, kale, arugula)	3.1 cups / 232.5 g
Chickpeas, canned, drained	0.4 cup / 77.5 g
Feta cheese, crumbled	1.6 oz / 43.4 g
Olive oil dressing	1.6 tablespoon / 23.3 ml
Cherry tomatoes, halved	0.8 cup / 116.3 g
Cucumber, diced	0.8 cup / 116.3 g
Avocado, sliced	0.5 medium / 77.5 g

Instructions

1. Step 1: Heat a grill pan over medium-high heat and grill the chicken breast for approximately 6-7 minutes on each side or until fully cooked (165°F/75°C). Allow to rest before slicing.
2. Step 2: In a large bowl, combine mixed greens, chickpeas, cherry tomatoes, cucumber, and avocado.
3. Step 3: Add the sliced grilled chicken and crumbled feta cheese on top of the salad.
4. Step 4: Drizzle with olive oil dressing and toss gently to combine all ingredients. Serve immediately.

15. Stuffed Bell Peppers with Lentils and Brown Rice

These colorful stuffed bell peppers are filled with lentils and brown rice, making them rich in fiber and nutrients. The variety of colors adds antioxidants, supporting overall health.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	18 min
Calories	578 kcal
Protein	33g
Carbs	91g
Fats	10g



Ingredients

Bell pepper	1.7 medium / 1.7g
Canned lentils, rinsed	0.8 cup / 198 ml
Cooked brown rice	0.8 cup / 198 ml
Chopped tomatoes	0.8 cup / 198 ml
Cumin	1.7 tsp / 8.3 ml

Instructions

1. Preheat oven to 375°F (190°C).
2. In a bowl, mix 0.8 cup (198 ml) rinsed lentils, 0.8 cup (198 ml) cooked brown rice, and 0.8 cup (198 ml) chopped tomatoes with 1.7 tsp (8.3 ml) cumin.
3. Stuff the mixture into 1.7 halved bell pepper and place in a baking dish. Bake for 25-30 minutes until tender.

Day 6

3 meals · 1,471 calories

BREAKFAST	Berry & Chia Seed Smoothie Bowl	350 kcal
LUNCH	Collagen-Powered Quinoa Salad with Spinach and Walnuts	543 kcal
DINNER	Stuffed Bell Peppers with Ground Turkey	578 kcal

Protein: 121g Carbs: 109g Fats: 65g

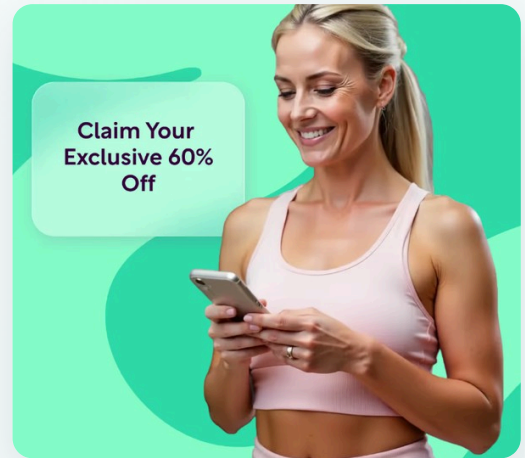
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16. Berry & Chia Seed Smoothie Bowl

Loaded with antioxidants and vitamin C from mixed berries, this smoothie bowl aids in immune resilience. Chia seeds provide omega-3 fatty acids, excellent for women over 40.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	8 min
Calories	350 kcal
Protein	21g
Carbs	49g
Fats	10g



Ingredients

Frozen mixed berries	1.4 cup / 336 ml
Greek yogurt	0.7 cup / 168 ml
Chia seeds	2.8 tbsp / 42 ml
Almond milk	0.7 cup / 168 ml
Honey	1.4 tsp / 7 g

Instructions

1. In a blender, combine 1.4 cup (336 ml) frozen mixed berries, 0.7 cup (168 ml) Greek yogurt, and 0.7 cup (168 ml) almond milk. Blend until smooth.
2. Pour into a bowl and sprinkle with 2.8 tbsp (42 ml) chia seeds. Drizzle with honey if desired.

17. Collagen-Powered Quinoa Salad with Spinach and Walnuts

This nutrient-dense quinoa salad is packed with collagen peptides, healthy fats, and fiber, making it perfect for women over 40. Rich in phytoestrogens, omega-3s, and essential vitamins, it supports hormone balance and heart health while promoting skin and joint wellness.

Nutrition Information

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



Ingredients

cooked quinoa	1.6 cup / 372 g
fresh spinach, chopped	3.1 cups / 93 g
cherry tomatoes, halved	1.6 cup / 232.5 g
walnuts, chopped	0.4 cup / 46.5 g
olive oil	3.1 tablespoons / 46.5 ml
lemon juice	1.6 tablespoon / 23.3 ml
collagen peptides	1.5 scoop / 46.5 g
feta cheese, crumbled (optional)	0.4 cup / 46.5 g
salt and pepper to taste	to taste / to taste

Instructions

1. In a large bowl, combine the cooked quinoa, chopped spinach, halved cherry tomatoes, and chopped walnuts.
2. In a small bowl, whisk together the olive oil, lemon juice, and a pinch of salt and pepper.
3. Pour the dressing over the quinoa mixture and toss to combine.
4. Add the collagen peptides and gently mix until evenly distributed.
5. If desired, top with crumbled feta cheese before serving.

18. Stuffed Bell Peppers with Ground Turkey

These stuffed peppers are filled with lean protein from turkey and healthy fats from cheese, offering a low-carb meal that's satisfying and nutritious.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	30 min
Calories	578 kcal
Protein	53g
Carbs	13g
Fats	36g



Ingredients

Bell pepper	1.7 medium / 1.5 medium
Ground turkey	6.6 oz / 189.8 g
Cheddar cheese	0.4 cup / 49.5 g
Olive oil	1.7 tbsp / 24.8 ml
Italian seasoning	1.7 tsp / 8.3 g

Instructions

1. Preheat oven to 375°F (190°C).
2. In a bowl, mix 6.6 oz (189.8 g) cooked ground turkey with 0.4 cup (49.5 g) shredded cheddar cheese and 1.7 tsp (8.3 g) Italian seasoning.
3. Stuff into bell pepper halves and place in a baking dish. Drizzle with 1.7 tbsp (24.8 ml) olive oil and bake for 30 minutes.

Day 7

3 meals · 1,471 calories

BREAKFAST Pumpkin & Spinach Collagen-Boosting Frittata **350 kcal**

LUNCH Leucine-Powered Chicken Quinoa Bowl **543 kcal**

DINNER Baked Mediterranean Cod with Tomatoes and Olives **578 kcal**

Protein: 128g Carbs: 97g Fats: 65g

19. Pumpkin & Spinach Collagen-Boosting Frittata

This frittata features nutrient-dense pumpkin and spinach, both high in vitamins and minerals that are vital for skin health. Eggs provide high-quality protein and amino acids necessary for collagen synthesis.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	9 min
Calories	350 kcal
Protein	28g
Carbs	17g
Fats	21g



Ingredients

Eggs	5.6 large / 336 g
Pumpkin puree	0.7 cup / 168 g
Fresh spinach, chopped	1.4 cup / 42 g
Olive oil	1.4 tbsp / 21 ml
Salt and pepper	to taste / to taste

Instructions

1. Preheat the oven to 375°F (190°C).
2. In a skillet, heat olive oil over medium heat and sauté chopped spinach until wilted.
3. In a bowl, whisk together eggs, pumpkin puree, salt, and pepper. Pour over spinach and cook until edges set, about 5 minutes.
4. Transfer the skillet to the oven and bake for 10-15 minutes until the center is fully set.

20. Leucine-Powered Chicken Quinoa Bowl

This nutrient-dense bowl combines lean chicken, quinoa, and colorful vegetables to support muscle health and hormone balance in women over 40. Packed with protein, fiber, and omega-3s, it promotes bone density and heart health while being quick to prepare.

Nutrition Information

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



Ingredients

Cooked quinoa	1.6 cup / 372 ml
Cooked chicken breast, diced	6.2 oz / 175.2 g
Spinach, fresh	1.6 cup / 46.5 g
Cherry tomatoes, halved	0.8 cup / 116.3 g
Avocado, diced	1 medium / 116.3 g
Olive oil	1.6 tablespoon / 23.3 ml
Lemon juice	1.6 tablespoon / 23.3 ml
Chia seeds	1.6 tablespoon / 23.3 g
Salt	to taste / to taste
Black pepper	to taste / to taste

Instructions

1. Step 1: In a large bowl, combine the cooked quinoa and diced chicken breast.
2. Step 2: Add the fresh spinach, cherry tomatoes, and diced avocado to the bowl.
3. Step 3: In a small bowl, whisk together the olive oil, lemon juice, salt, and black pepper to create a dressing.
4. Step 4: Pour the dressing over the quinoa and chicken mixture, and toss gently to combine.
5. Step 5: Sprinkle chia seeds on top for added omega-3s and serve immediately.

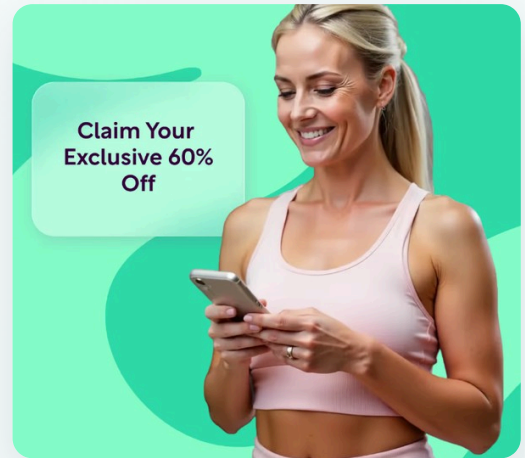
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21. Baked Mediterranean Cod with Tomatoes and Olives

Baked cod is a lean source of protein and omega-3s, while tomatoes and olives add antioxidants and healthy fats. This simple dish is perfect for women over 40, promoting heart and bone health.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	18 min
Calories	578 kcal
Protein	53g
Carbs	33g
Fats	25g



Ingredients

cod fillet	9.9 oz / 280.5 g
olive oil	3.3 tbsp / 49.5 ml
canned diced tomatoes	1.7 cup / 396 ml
black olives	0.4 cup / 99 ml
fresh basil	0.4 cup / 99 ml
sea salt	to taste /
black pepper	to taste /

Instructions

1. Preheat oven to 375°F (190°C). In a baking dish, place cod fillet, drizzle with olive oil, and season with salt and pepper.
2. Top with diced tomatoes and olives. Bake for 15-20 minutes until fish is cooked through and flakes easily.
3. Garnish with fresh basil before serving.

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