

# 7-Day Salad Diet Plan PDF

Refresh your meals with this light and healthy salad-focused diet.

Our 7-Day Salad Diet Plan offers 21 refreshing salad recipes that are perfect for those looking to eat lighter and healthier. This plan is great for anyone aiming to lose weight while enjoying flavorful and satisfying meals. Discover the endless possibilities of salads that nourish and delight!

## DAILY NUTRITION OVERVIEW

DAY	CALORIES	PROTEIN	CARBS	FATS
Day 1	1,399	32g	174g	76g
Day 2	1,399	96g	77g	88g
Day 3	1,399	86g	114g	69g
Day 4	1,398	91g	118g	75g
Day 5	1,398	106g	156g	50g
Day 6	1,398	58g	127g	76g
Day 7	1,397	61g	195g	52g
<b>Avg</b>	<b>1,398</b>	<b>76g</b>	<b>137g</b>	<b>69g</b>

## CALORIE DISTRIBUTION



*Nourish Your Body, Transform Your Health*

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Garden Vegetable and Tempeh Lettuce Wraps

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+ 9 more recipes inside

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**21 Recipes**

7-day meal plan



**1,398 cal/day**

Daily average



**76g Protein**

Daily average



**Macro Balanced**

137g C / 69g F avg

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# Day 1

3 meals · 1,399 calories

<b>BREAKFAST</b>	Avocado and Tomato Salad with Lemon Dressing	<b>406 kcal</b>
<b>LUNCH</b>	Spicy Avocado & Hummus Wrap	<b>465 kcal</b>
<b>DINNER</b>	Sweet Potato and Kale Soup	<b>528 kcal</b>

**Protein: 32g   Carbs: 174g   Fats: 76g**

## 1. Avocado and Tomato Salad with Lemon Dressing

This refreshing salad is rich in healthy fats and vitamins, essential for maintaining hormone balance and skin health. The tomatoes provide lycopene, a potent antioxidant beneficial for heart health.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	5 min
<b>Calories</b>	406 kcal
<b>Protein</b>	6g
<b>Carbs</b>	21g
<b>Fats</b>	36g



### Ingredients

Ripe avocado, diced	1.5 medium / 1.5 medium
Cherry tomatoes, halved	1.4 cup / 336 ml
Fresh basil leaves, chopped	2.8 tbsp / 42 ml
Lemon juice	1.4 tbsp / 21 ml

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Black pepper

to taste / to taste

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### **Instructions**

1. In a bowl, combine diced avocado, halved cherry tomatoes, and chopped basil.
2. Drizzle with lemon juice and season with black pepper, then gently toss to combine.
3. Serve immediately for the best taste and texture.

## 2. Spicy Avocado & Hummus Wrap

A quick and satisfying wrap that combines protein-rich hummus with healthy fats from avocado. The spices help improve metabolism and manage blood sugar levels.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	11 min
<b>Cook Time</b>	12 min
<b>Calories</b>	465 kcal
<b>Protein</b>	16g
<b>Carbs</b>	54g
<b>Fats</b>	23g



### Ingredients

Whole grain wrap	1.6 slice(s) / 1.6g
Hummus	0.4 cup / 93 ml
Avocado, sliced	0.8 medium / 108.5 g
Sliced cucumber	0.8 cup / 186 ml
Cayenne pepper	0.4 tsp / 1.6 g

### Instructions

1. Spread 0.4 cup (93 ml) hummus over the whole grain wrap.
2. Layer with 0.8 sliced avocado and 0.8 cup (186 ml) sliced cucumber.
3. Sprinkle with 0.4 tsp (1.6 g) cayenne pepper and roll the wrap tightly.

### 3. Sweet Potato and Kale Soup

This nutrient-rich soup features sweet potatoes and kale, providing beta-carotene and calcium, both vital for bone health and hormone balance in women over 40. The fiber content promotes digestive health, helping manage weight effectively.

#### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	20 min
<b>Calories</b>	528 kcal
<b>Protein</b>	10g
<b>Carbs</b>	99g
<b>Fats</b>	17g



#### Ingredients

sweet potato, peeled and 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 for 5 minutes until soft.
3. Stir in 1.7 cup (396 ml) diced sweet potato, 2 cups (480ml) vegetable broth, and 2 cups (480ml) kale. Simmer for 15 minutes until sweet potatoes are tender.

# Day 2

3 meals · 1,399 calories

**BREAKFAST** Egg & Spinach Breakfast Salad **490 kcal**

**LUNCH** Roasted Tomato and Arugula Salad with Tuna **496 kcal**

**DINNER** Zucchini Noodles with Pesto and Cherry Tomatoes **413 kcal**

**Protein: 96g   Carbs: 77g   Fats: 88g**

## 4. Egg & Spinach Breakfast Salad

A light breakfast option featuring poached eggs on a bed of spinach and veggies, this salad is rich in protein and iron which are crucial for energy levels. The addition of healthy fats from avocado aids in hormone balance.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	15 min
<b>Cook Time</b>	9 min
<b>Calories</b>	490 kcal
<b>Protein</b>	36g
<b>Carbs</b>	28g
<b>Fats</b>	31g



### Ingredients

Poached eggs	2.8 large / 2.8g
Fresh spinach	2.8 cups / 672 ml
Cherry tomatoes, halved	0.7 cup / 168 ml
Cucumber, diced	0.7 cup / 168 ml
Avocado, sliced	0.7 medium / 140 g
Olive oil	1.4 tbsp / 21 ml
Lemon juice	1.4 tbsp / 21 ml
Salt and pepper	to taste / to taste

### Instructions

1. In a bowl, layer fresh spinach, cherry tomatoes, cucumber, and sliced avocado.
2. Top with poached eggs.
3. In a small bowl, whisk together olive oil, lemon juice, salt, and pepper.
4. Drizzle dressing over the salad and serve immediately.

## 5. Roasted Tomato and Arugula Salad with Tuna

This protein-rich salad features tuna and roasted tomatoes, providing omega-3 fatty acids for heart health and hormone balance. Arugula adds a peppery flavor and essential vitamins, making this a wholesome meal for women over 40.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	15 min
<b>Calories</b>	496 kcal
<b>Protein</b>	47g
<b>Carbs</b>	16g
<b>Fats</b>	31g



### Ingredients

Cherry tomatoes	1.6 cup / 372 ml
Arugula, fresh	3.1 cups / 744 ml
Canned tuna, drained	0.8 cup / 186 ml
Olive oil	1.6 tbsp / 23.3 ml
Balsamic vinegar	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).
2. Place halved cherry tomatoes on a baking sheet, drizzle with olive oil, and season with salt and pepper; roast for 15 minutes.
3. In a bowl, toss roasted tomatoes with arugula and tuna, drizzle with balsamic vinegar, and serve.

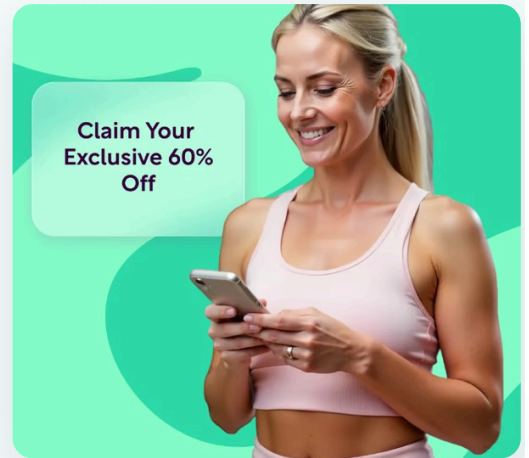
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## 6. Zucchini Noodles with Pesto and Cherry Tomatoes

This low-carb dish uses zucchini noodles for a fresh twist, combined with protein-rich pesto and sweet cherry tomatoes. Great for women over 40, it's light yet satisfying, aiding in weight management.

### Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	10 min
Calories	413 kcal
Protein	13g
Carbs	33g
Fats	26g



### Ingredients

Zucchini, spiralized	1.7 medium / 1.7g
Cherry tomatoes, halved	0.8 cup / 123.8 g
Pesto sauce	3.3 tbsp / 49.5 ml
Olive oil	1.7 tbsp / 24.8 ml
Parmesan cheese, grated	3.3 tbsp / 49.5 g

### Instructions

1. In a skillet, heat 1.7 tbsp (24.8 ml) of olive oil over medium heat.
2. Add 1.7 of spiralized zucchini and cook for 3-5 minutes until slightly tender.
3. Add 0.8 cup (123.8 g) of cherry tomatoes and 3.3 tbsp (49.5 ml) of pesto sauce, cooking for another 2-3 minutes.
4. Serve topped with 3.3 tbsp (49.5 g) of grated Parmesan cheese.

# Day 3

3 meals · 1,399 calories

**BREAKFAST** Savory Spinach and Egg Scramble with Avocado **490 kcal**

**LUNCH** Garden Vegetable and Tempeh Lettuce Wraps **496 kcal**

**DINNER** Reishi & Zucchini Noodles with Pesto **413 kcal**

**Protein: 86g   Carbs: 114g   Fats: 69g**

## 7. Savory Spinach and Egg Scramble with Avocado

This nutritious egg scramble is packed with protein and healthy fats, making it ideal for women over 40. Loaded with spinach for calcium and phytoestrogens, and topped with avocado for heart-healthy omega-3s, it supports hormone balance and metabolism.

### Nutrition Information

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



### Ingredients

large eggs	4.2 large / 4 large
fresh spinach	1.4 cup / 42 g
cherry tomatoes	0.7 cup / 105 g
avocado	0.7 medium / 98 g
olive oil	1.4 tablespoon / 21 ml
feta cheese (optional)	0.4 cup / 56 g
black pepper	to taste / to taste
sea salt	to taste / to taste

## Instructions

1. Step 1: In a medium bowl, whisk together the eggs, sea salt, and black pepper until well combined.
2. Step 2: Heat olive oil in a non-stick skillet over medium heat.
3. Step 4.2: Add the fresh spinach and cherry tomatoes to the skillet, and sauté for 2-4.2 minutes until the spinach is wilted.
4. Step 4: Pour the beaten eggs into the skillet and cook for 4.2-5 minutes, gently stirring until the eggs are scrambled and cooked through.
5. Step 5: Remove from heat and top with diced avocado and feta cheese if desired.

## 8. Garden Vegetable and Tempeh Lettuce Wraps

These refreshing lettuce wraps are light yet filling, combining protein-packed tempeh with a variety of crunchy veggies. They're a great way to incorporate phytonutrients for hormone balance and support heart health.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	14 min
<b>Cook Time</b>	12 min
<b>Calories</b>	496 kcal
<b>Protein</b>	39g
<b>Carbs</b>	47g
<b>Fats</b>	19g



### Ingredients

Tempeh, crumbled	1.6 cup / 372 ml
Carrots, shredded	0.8 cup / 186 ml
Red cabbage, shredded	0.8 cup / 186 ml
Cucumber, diced	0.8 cup / 186 ml
Lettuce leaves (for wrapping)	6 large / 6 large
Soy sauce or tamari	1.6 tbsp / 23.3 ml
Sesame oil	1.6 tsp / 7.8 ml

### Instructions

1. In a pan, heat sesame oil over medium heat and add crumbled tempeh. Cook until golden brown, about 5 minutes.
2. Stir in carrots, red cabbage, cucumber, and soy sauce. Cook for another 2-3 minutes to warm through.
3. Spoon the tempeh mixture onto lettuce leaves and wrap them up. Serve immediately.

## 9. Reishi & Zucchini Noodles with Pesto

This low-carb, nutrient-dense dish features zucchini noodles enhanced with reishi mushroom powder for stress relief, making it a perfect dinner option for women over 40.

### Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	3 min
Calories	413 kcal
Protein	8g
Carbs	25g
Fats	33g



### Ingredients

zucchini, spiralized	1.5 medium / 1.5 medium
prepared pesto	0.4 cup / 99 ml
reishi mushroom powder	1.7 tsp / 8.3 g
cherry tomatoes, halved	0.8 cup / 198 ml
olive oil	1.7 tbsp / 24.8 ml

### Instructions

1. Heat 1.7 tbsp (24.8 ml) olive oil in a skillet over medium heat, then add 1.5 medium spiralized zucchini.
2. Cook for 3 minutes until slightly softened, then stir in 0.4 cup (99 ml) prepared pesto and 1.7 tsp (8.3 g) reishi mushroom powder.
3. Add 0.8 cup (198 ml) halved cherry tomatoes and cook for an additional 2-3 minutes until warmed through.

# Day 4

3 meals · 1,398 calories

**BREAKFAST** Egg & Spinach Breakfast Wrap with Salsa **420 kcal**

**LUNCH** Cucumber Hummus Wrap **450 kcal**

**DINNER** Herb-Crusted Tofu with Sautéed Kale and Garlic **528 kcal**

**Protein: 91g   Carbs: 118g   Fats: 75g**

## 10. Egg & Spinach Breakfast Wrap with Salsa

This protein-packed breakfast wrap features omega-3-rich eggs and nutrient-dense spinach for hormone balance and bone health. The fresh salsa adds lycopene and spice for a metabolism boost.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	11 min
<b>Cook Time</b>	8 min
<b>Calories</b>	420 kcal
<b>Protein</b>	34g
<b>Carbs</b>	42g
<b>Fats</b>	20g



### Ingredients

Eggs	2.8 large / 140 g
Spinach, fresh	1.4 cup / 42 g
Whole wheat tortilla	1.4 slice(s) / 70 g
Fresh salsa	0.4 cup / 84 ml
Olive oil	1.4 tsp / 7 ml

### Instructions

1. In a non-stick pan, heat 1.4 tsp (7 ml) olive oil over medium heat. Add 1.4 cup (42 g) fresh spinach and sauté until wilted.
2. Whisk 2.8 eggs and pour them over the spinach, cooking until scrambled and fully cooked.
3. Place the egg mixture on 1.4 whole wheat tortilla and top with 0.4 cup (84 ml) fresh salsa before wrapping.

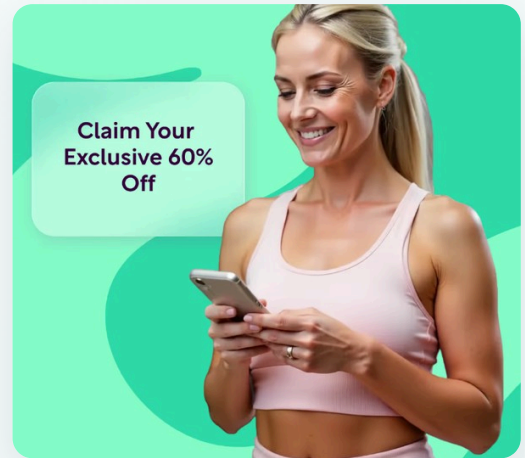
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## 11. Cucumber Hummus Wrap

This light wrap combines refreshing cucumber and creamy hummus for a satisfying lunch option that is low in calories and high in fiber. The chickpeas in hummus provide plant-based protein, essential for muscle maintenance.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	5 min
<b>Calories</b>	450 kcal
<b>Protein</b>	16g
<b>Carbs</b>	56g
<b>Fats</b>	19g



### Ingredients

Whole-grain wrap	1.6 slice(s) / 1.6g
Hummus	0.4 cup / 93 ml
Cucumber, sliced	0.8 cup / 186 ml
Spinach leaves	1.6 handful / 1.6 handful
Feta cheese, crumbled	3.1 tbsp / 46.5 ml

### Instructions

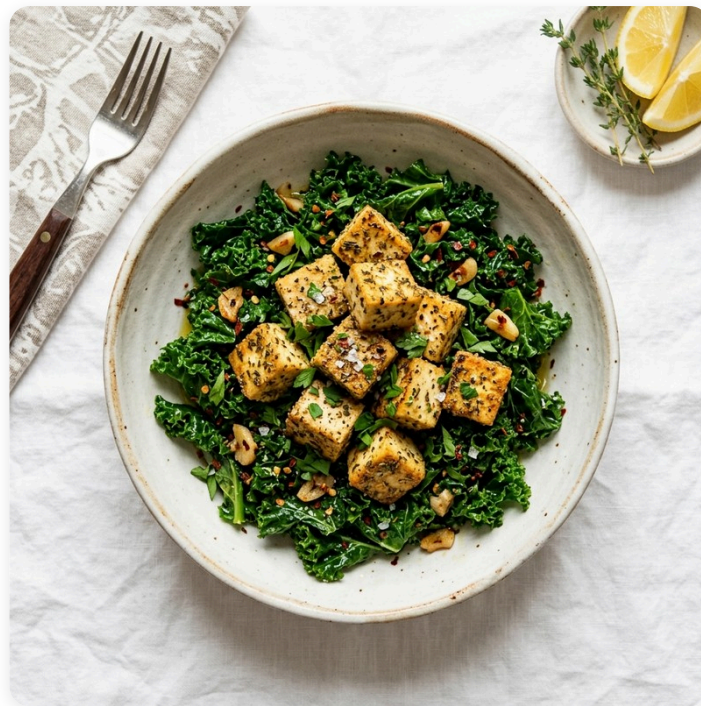
1. Spread 0.4 cup (93 ml) of hummus evenly over a whole-grain wrap.
2. Layer with 0.8 cup (186 ml) of sliced cucumber, 1.6 handful of spinach leaves, and 3.1 tbsp (46.5 ml) of crumbled feta cheese.
3. Roll the wrap tightly, slice in half, and serve.

## 12. Herb-Crusted Tofu with Sautéed Kale and Garlic

This herb-crusted tofu dish is rich in plant-based protein and paired with kale, a mineral-rich green that supports overall health, including thyroid function. It's a satisfying vegan option that's quick and easy.

### Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	1 min
Calories	528 kcal
Protein	41g
Carbs	20g
Fats	36g



### Ingredients

Firm tofu	9.9 oz / 280.5 g
Kale	3.3 cups / 792 ml
Olive oil	3.3 tbsp / 49.5 ml
Italian herbs (oregano, basil, thyme)	1.7 tsp / 8.3 g
Garlic	1.5 clove / 1.5 clove

### Instructions

1. Heat 1 tbsp (15ml) olive oil in a skillet over medium heat. Add minced garlic and sauté for 1 minute.
2. Add kale and cook until wilted, about 5 minutes. Remove and set aside.
3. In the same skillet, add remaining olive oil and tofu slices. Sprinkle with Italian herbs and cook until golden brown, about 4-5 minutes per side.

# Day 5

3 meals · 1,398 calories

<b>BREAKFAST</b>	Sardine & Spinach Frittata	<b>420 kcal</b>
<b>LUNCH</b>	Chickpea & Spinach Whole Wheat Wraps	<b>450 kcal</b>
<b>DINNER</b>	Mushroom & Lentil Vegetable Stew	<b>528 kcal</b>

**Protein: 106g   Carbs: 156g   Fats: 50g**

## 13. Sardine & Spinach Frittata

Packed with calcium from sardines and vitamin K from spinach, this frittata supports bone density and overall health. Eggs provide healthy protein, while the omega-3s in sardines help reduce inflammation.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	11 min
<b>Cook Time</b>	10 min
<b>Calories</b>	420 kcal
<b>Protein</b>	39g
<b>Carbs</b>	3g
<b>Fats</b>	28g



### Ingredients

Eggs	4 large / 4 large
Canned sardines in olive oil, drained	0.7 cup / 168 g
Fresh spinach, chopped	2.8 cups / 84 g
Olive oil	1.4 tbsp / 21 ml
Salt and pepper	to taste / to taste

### Instructions

1. Preheat oven to 350°F (175°C).
2. In a bowl, whisk together 4 large eggs with salt and pepper.
3. Heat 1.4 tbsp (21 ml) olive oil in an oven-safe skillet over medium heat, add 2.8 cups (84 g) chopped spinach, and sauté until wilted, about 2 minutes.
4. Add 0.7 cup (168 g) drained sardines to the skillet, then pour in the egg mixture, stirring gently to combine.
5. Cook on the stovetop for 3-4 minutes until the edges begin to set, then transfer the skillet to the oven and bake for 10 minutes until fully set.

## 14. Chickpea & Spinach Whole Wheat Wraps

These wraps are loaded with fiber from chickpeas and whole wheat, promoting gut health and stable energy levels. Spinach adds iron and antioxidants, crucial for women as they age.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	14 min
<b>Cook Time</b>	12 min
<b>Calories</b>	450 kcal
<b>Protein</b>	31g
<b>Carbs</b>	70g
<b>Fats</b>	9g



### Ingredients

Whole wheat tortillas	3 large / 3 large
Canned chickpeas, drained and rinsed	1.6 cup / 372 ml
Fresh spinach, chopped	3.1 cups / 744 ml
Greek yogurt (plain)	⅓ cup / 124 ml
Cumin	½ tsp / 3.9 g
Salt	⅛ tsp / 1.2 g
Black pepper	⅛ tsp / 1.2 g

### Instructions

1. In a bowl, mash chickpeas with a fork until slightly chunky.
2. Stir in spinach, Greek yogurt, cumin, salt, and pepper.
3. Spread the mixture evenly on whole wheat tortillas, then wrap tightly and slice in half.

## 15. Mushroom & Lentil Vegetable Stew

Packed with fiber-rich lentils and mushrooms, this hearty stew supports digestion and promotes gut health. It's low in calories but high in nutrients beneficial for women 40+.

### Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	10 min
Calories	528 kcal
Protein	36g
Carbs	83g
Fats	13g



### Ingredients

Mushrooms	1.7 cup / 396 ml
Cooked lentils	0.8 cup / 198 ml
Vegetable broth	3.3 cups / 792 ml
Carrots	0.8 cup / 99 g
Spinach	1.7 cup / 396 ml

### Instructions

1. In a pot, combine 3.3 cups (792 ml) vegetable broth and bring to a boil.
2. Add 1.7 cup (396 ml) chopped mushrooms and 0.8 cup (99 g) diced carrots. Simmer for 10 minutes.
3. Stir in 0.8 cup (198 ml) cooked lentils and 1.7 cup (396 ml) spinach. Cook for an additional 5 minutes before serving.

# Day 6

3 meals · 1,398 calories

**BREAKFAST** Herbed Cottage Cheese and Tomato Toast **420 kcal**

**LUNCH** Avocado & Tomato Salad with Ginger Vinaigrette **450 kcal**

**DINNER** Stuffed Bell Peppers with Quinoa and Veggies **528 kcal**

**Protein: 58g   Carbs: 127g   Fats: 76g**

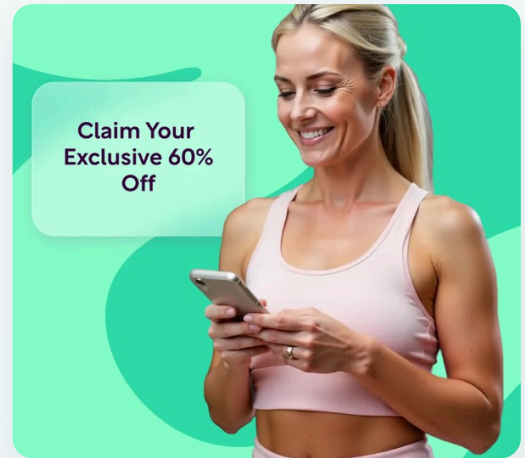
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## 16. Herbed Cottage Cheese and Tomato Toast

This open-faced toast combines high-protein cottage cheese with fresh tomatoes and herbs, offering a quick, energizing breakfast that supports mental clarity and muscle health.

### Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	8 min
Calories	420 kcal
Protein	35g
Carbs	42g
Fats	14g



### Ingredients

Whole grain bread	1.5 slice / 1.5 slice
Cottage cheese	0.7 cup / 168 ml
Cherry tomatoes	0.7 cup / 168 ml
Fresh herbs	1.4 tbsp / 21 g
Olive oil	1.4 tsp / 7 ml

### Instructions

1. Toast 1.5 slice of whole grain bread until golden.
2. Spread 0.7 cup (168 ml) cottage cheese over the toast.
3. Top with 0.7 cup (168 ml) halved cherry tomatoes, sprinkle with 1.4 tbsp (21 g) chopped fresh herbs, and drizzle with 1.4 tsp (7 ml) olive oil.

## 17. Avocado & Tomato Salad with Ginger Vinaigrette

This vibrant salad offers healthy fats from avocados, essential for hormone production, alongside tomatoes rich in antioxidants. The ginger dressing not only adds flavor but also aids digestion and reduces inflammation.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	5 min
<b>Calories</b>	450 kcal
<b>Protein</b>	6g
<b>Carbs</b>	19g
<b>Fats</b>	39g



### Ingredients

Avocado, diced	1 medium / 155 g
Cherry tomatoes, halved	1.6 cup / 232.5 g
Olive oil	1.6 tbsp / 23.3 ml
Lemon juice	1.6 tbsp / 23.3 ml
Fresh ginger, grated	0.8 tsp / 3.9 g
Salt and pepper	to taste / to taste

### Instructions

1. In a bowl, combine 1 medium (155 g) diced avocado and 1.6 cup (232.5 g) halved cherry tomatoes.
2. In a separate bowl, whisk together 1.6 tbsp (23.3 ml) olive oil, 1.6 tbsp (23.3 ml) lemon juice, and 0.8 tsp (3.9 g) grated ginger; season with salt and pepper.
3. Pour the vinaigrette over the salad, toss gently, and serve immediately.

## 18. Stuffed Bell Peppers with Quinoa and Veggies

These stuffed bell peppers are filled with a nutritious mixture of quinoa, vegetables, and spices, offering a hearty and satisfying meal. The fiber from both the peppers and quinoa helps in maintaining healthy blood pressure levels.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	15 min
<b>Cook Time</b>	30 min
<b>Calories</b>	528 kcal
<b>Protein</b>	17g
<b>Carbs</b>	66g
<b>Fats</b>	23g



### Ingredients

Bell pepper (halved and seeded)	1.5 medium / 1.5 medium
Cooked quinoa	0.8 cup / 148.5 g
Zucchini (diced)	1 medium / 123.8 g
Tomato (diced)	1 medium / 123.8 g
Olive oil	1.7 tbsp / 24.8 ml
Garlic powder	0.8 tsp / 3.3 g

### Instructions

1. Preheat the oven to 375°F (190°C). In a bowl, combine 0.8 cup (148.5 g) of cooked quinoa with 1.5 medium diced zucchini, 1.5 medium diced tomato, 1.7 tbsp (24.8 ml) of olive oil, and 0.8 tsp (3.3 g) of garlic powder.
2. Stuff the mixture into 1.5 medium halved and seeded bell pepper.
3. Place in a baking dish and bake for 30 minutes or until the pepper is tender.

# Day 7

3 meals · 1,397 calories

**BREAKFAST** Savory Cucumber Oatmeal Bowl **406 kcal**

**LUNCH** Feta & Spinach Stuffed Sweet Potatoes **496 kcal**

**DINNER** Spicy Spinach and Chickpea Soup **495 kcal**

**Protein: 61g   Carbs: 195g   Fats: 52g**

## 19. Savory Cucumber Oatmeal Bowl

This unique savory oatmeal bowl combines oats with cucumber and yogurt, offering a nutritious start to your day. The fiber from oats supports heart health and digestion, while yogurt introduces probiotics for gut health.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	5 min
<b>Cook Time</b>	5 min
<b>Calories</b>	406 kcal
<b>Protein</b>	17g
<b>Carbs</b>	59g
<b>Fats</b>	13g



### Ingredients

Rolled oats	0.7 cup / 56 g
Water	1.4 cup / 336 ml
Cucumber, diced	0.4 cup / 84 ml
Greek yogurt	0.4 cup / 84 ml
Olive oil	1.4 tsp / 7 ml
Salt and pepper to taste	to taste / to taste

### Instructions

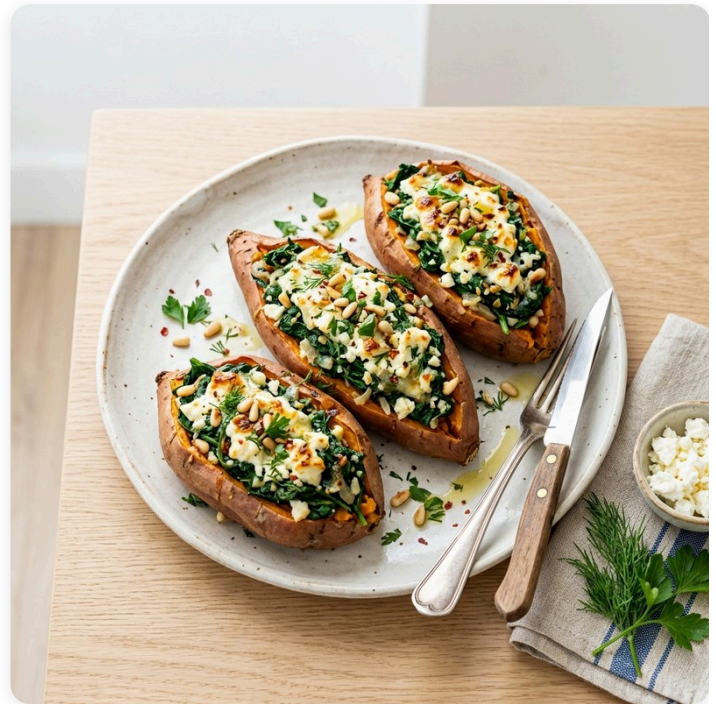
1. In a saucepan, bring 1.4 cup (336 ml) of water to a boil and stir in 0.7 cup (56 g) of rolled oats.
2. Reduce heat and simmer for about 5 minutes until oats are cooked.
3. Remove from heat and stir in the diced cucumber, 0.4 cup (84 ml) of Greek yogurt, and 1.4 tsp (7 ml) of olive oil. Season with salt and pepper to taste.

## 20. Feta & Spinach Stuffed Sweet Potatoes

Sweet potatoes are rich in vitamin A and fiber, while spinach brings calcium and vitamin K, making this dish a delicious way to support bone health.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	11 min
<b>Cook Time</b>	12 min
<b>Calories</b>	496 kcal
<b>Protein</b>	19g
<b>Carbs</b>	78g
<b>Fats</b>	14g



### Ingredients

Sweet potato	1.5 medium / 1.5 medium
Fresh spinach	1.6 cup / 372 ml
Feta cheese, crumbled	0.4 cup / 93 ml
Olive oil	1.6 tsp / 7.8 ml
Garlic, minced	1.5 clove / 1.5 clove

### Instructions

1. Preheat oven to 400°F (200°C). Prick sweet potato with a fork and bake for 30-40 minutes until tender.
2. While the potato is baking, heat 1.6 tsp (7.8 ml) olive oil in a skillet; add 1.6 cup (372 ml) spinach and 1.5 clove minced garlic; cook until wilted.
3. Once the sweet potato is done, cut it open and fill with the spinach mixture and top with 0.4 cup (93 ml) crumbled feta.

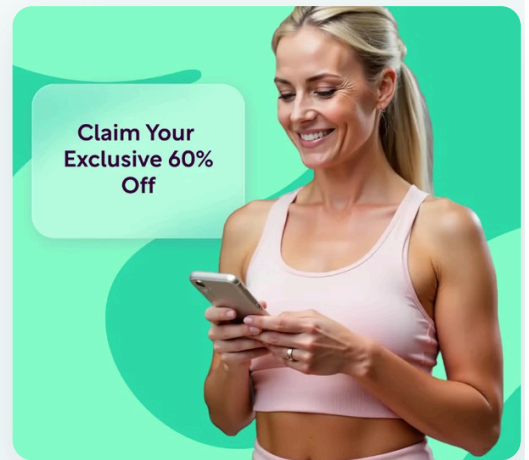
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## 21. Spicy Spinach and Chickpea Soup

This hearty soup is filled with chickpeas and spinach, providing protein, fiber, and vital nutrients for overall health. The spices used can help in managing inflammation and promoting hormone balance during menopause.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	20 min
<b>Calories</b>	495 kcal
<b>Protein</b>	25g
<b>Carbs</b>	58g
<b>Fats</b>	25g



### Ingredients

Canned chickpeas, drained	1.5 can / 660 g
Fresh spinach, chopped	3.3 cups / 792 ml
Onion, diced	1.7 medium / 1.7g
Garlic cloves, minced	3.3 clove(s) / 3.3g
Coconut milk	1.7 cup / 396 ml
Spices (cumin, coriander, chili powder)	1.7 tsp each / 8.3 g each
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.
2. Add 1.7 diced onion and sauté until softened, about 5 minutes.
3. Stir in 3.3 minced garlic cloves and spices, cooking for 1.7 minute.
4. Add 1.5 can (660 g) drained chickpeas, 3.3 cups (792 ml) chopped spinach, and 1.7 cup (396 ml) coconut milk.
5. Simmer for 10 minutes, then serve hot.



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