

7-Day Vegan Diet Plan for Menopause PDF

Support your menopause journey with this nourishing vegan meal plan.

The 7-Day Vegan Diet Plan for Menopause includes 21 nutritious recipes designed to support women during their menopause journey. This plan focuses on plant-based foods that promote hormonal balance and overall well-being. Enjoy comforting and satisfying meals that cater to your unique needs.

DAILY NUTRITION OVERVIEW

DAY	CALORIES	PROTEIN	CARBS	FATS
Day 1	1,503	60g	200g	60g
Day 2	1,503	70g	177g	63g
Day 3	1,499	69g	192g	60g
Day 4	1,499	62g	217g	43g
Day 5	1,503	86g	166g	62g
Day 6	1,497	91g	145g	74g
Day 7	1,497	81g	189g	61g
Avg	1,500	74g	184g	60g

CALORIE DISTRIBUTION



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Holy Basil & Vegetable Stir-Fry

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21 Recipes

7-day meal plan



74g Protein

Daily average



1,500 cal/day

Daily average



Macro Balanced

184g C / 60g F avg

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Day 1

3 meals · 1,503 calories

BREAKFAST	Herbed Lemon Quinoa Breakfast Bowl	448 kcal
LUNCH	Chickpea and Quinoa Mediterranean Bowl	527 kcal
DINNER	Spaghetti Squash with Walnut Pesto	528 kcal

Protein: 60g Carbs: 200g Fats: 60g

1. Herbed Lemon Quinoa Breakfast Bowl

A wholesome quinoa bowl topped with fresh herbs and a zesty lemon dressing.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	None
Calories	448 kcal
Protein	15g
Carbs	84g
Fats	4g



Ingredients

Cooked quinoa	1.4 / 259g
Cucumber	0.7 medium / 105g
Fresh mint	1.4 / 21g
Lemon zest	1.4 medium / 7g
Garlic	1.4 clove(s) / 2.8g

Instructions

1. In a bowl, mix cooked quinoa with diced cucumber and chopped mint.
2. In a separate bowl, combine lemon zest, minced garlic, and a little water to create a dressing.
3. Drizzle the dressing over the quinoa mix and toss to combine.
4. Serve the bowl garnished with extra mint.

2. Chickpea and Quinoa Mediterranean Bowl

This Mediterranean-inspired bowl features chickpeas and quinoa, both rich in fiber and protein, essential for maintaining energy levels and muscle mass in women over 40. The addition of fresh vegetables and herbs enhances flavor while providing a variety of vitamins and minerals.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	527 kcal
Protein	28g
Carbs	78g
Fats	16g



Ingredients

Cooked quinoa	0.8 cup / 186 g
Canned chickpeas, rinsed	0.8 cup / 186 g
Chopped cucumber	0.8 cup / 116.3 g
Cherry tomatoes, halved	0.8 cup / 116.3 g
Olive oil	1.6 tbsp / 23.3 ml
Lemon juice	1.6 tbsp / 23.3 ml
Fresh parsley, chopped	3.1 tbsp / 15.5 g
Salt and pepper to taste	to taste / to taste

Instructions

1. In a bowl, mix cooked quinoa and chickpeas.
2. Add cucumber, cherry tomatoes, olive oil, lemon juice, and parsley. Toss to combine.
3. Season with salt and pepper to taste and serve immediately.

3. Spaghetti Squash with Walnut Pesto

This spaghetti squash dish is a low-carb alternative that's bursting with flavor from walnut pesto, rich in omega-3s and antioxidants. It's a heart-healthy meal that supports weight management and lowers triglycerides for women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	30 min
Calories	528 kcal
Protein	17g
Carbs	38g
Fats	40g



Ingredients

Spaghetti squash	1.5 medium / 1.5 medium
Chopped walnuts	0.8 cup / 99 g
Fresh basil leaves	0.4 cup / 99 ml
Olive oil	0.4 cup / 99 ml
Salt and pepper	to taste / to taste

Instructions

1. Preheat the oven to 400°F (200°C).
2. Halve the spaghetti squash lengthwise and remove the seeds. Drizzle with olive oil, season with salt, and roast for 30 minutes cut side down.
3. While the squash is roasting, blend chopped walnuts, basil, and olive oil in a food processor until smooth. Season with salt and pepper.
4. Once the squash is cooked, use a fork to scrape the flesh into spaghetti-like strands and mix with walnut pesto.

Day 2

3 meals · 1,503 calories

BREAKFAST Blueberry Oatmeal with Walnuts and Flaxseed **448 kcal**

LUNCH Spinach and Lentil Salad with Balsamic Vinaigrette **527 kcal**

DINNER Spicy Chickpea & Spinach Stew **528 kcal**

Protein: 70g Carbs: 177g Fats: 63g

4. Blueberry Oatmeal with Walnuts and Flaxseed

A hearty breakfast loaded with fiber, this blueberry oatmeal supports digestive health and sustained energy. Walnuts provide healthy fats and antioxidants, contributing to cognitive function for women over 40.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	10 min
Calories	448 kcal
Protein	14g
Carbs	56g
Fats	21g



Ingredients

Rolled oats	0.7 cup / 63 g
Water	1.4 cup / 336 ml
Fresh blueberries	0.7 cup / 168 ml
Chopped walnuts	2.8 tbsp / 21 g
Flaxseed meal	1.4 tbsp / 14 g
Cinnamon	0.7 tsp / 2.8 g

Instructions

1. In a small saucepan, bring water to a boil.
2. Add rolled oats and reduce heat, cooking for 5-7 minutes until soft.
3. Stir in blueberries, walnuts, flaxseed meal, and cinnamon.
4. Cook for another 1-2 minutes until heated through.
5. Serve warm, topped with extra blueberries and walnuts if desired.

5. Spinach and Lentil Salad with Balsamic Vinaigrette

This vibrant salad is loaded with protein-rich lentils and nutrient-dense spinach, which are essential for maintaining energy levels and bone health. The balsamic vinaigrette adds a flavorful anti-inflammatory boost.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	527 kcal
Protein	31g
Carbs	47g
Fats	25g



Ingredients

Fresh spinach, chopped	3.1 cups / 744 ml
Cooked lentils	0.8 cup / 186 ml
Cherry tomatoes, halved	0.8 cup / 186 ml
Cucumber, diced	0.8 cup / 186 ml
Balsamic vinegar	3.1 tbsp / 46.5 ml
Olive oil	1.6 tbsp / 23.3 ml

Instructions

1. In a large bowl, combine 3.1 cups (744 ml) of chopped spinach, 0.8 cup (186 ml) of cooked lentils, 0.8 cup (186 ml) of halved cherry tomatoes, and 0.8 cup (186 ml) of diced cucumber.
2. In a small bowl, whisk together 3.1 tbsp (46.5 ml) of balsamic vinegar and 1.6 tbsp (23.3 ml) of olive oil.
3. Drizzle the dressing over the salad, toss gently to combine, and serve immediately.

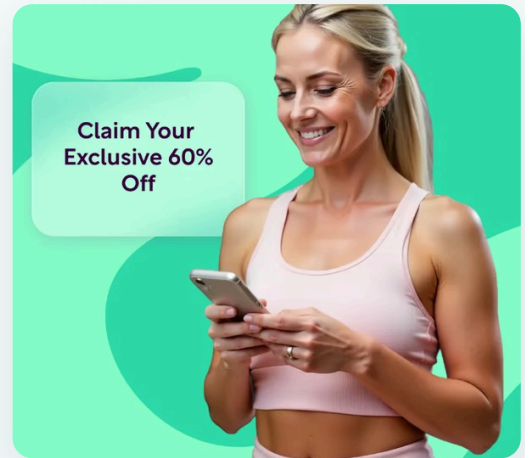
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6. Spicy Chickpea & Spinach Stew

This hearty stew combines chickpeas and spinach in a flavorful broth, providing a warm, nourishing meal. The high protein content and rich flavors make it a satisfying choice for women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	20 min
Calories	528 kcal
Protein	25g
Carbs	74g
Fats	17g



Ingredients

Canned chickpeas, rinsed and drained	1.7 cup / 396 g
Fresh spinach, chopped	1.7 cup / 49.5 g
Vegetable broth	1.7 cup / 396 ml
Olive oil	1.7 tbsp / 24.8 ml
Garlic, minced	3 cloves / 3 cloves
Red pepper flakes	1.7 tsp / 8.3 g

Instructions

1. In a pot, heat 1.7 tbsp (24.8 ml) of olive oil over medium heat. Add minced garlic and red pepper flakes, sautéing for 1-2 minutes.
2. Add the chickpeas, spinach, and vegetable broth. Bring to a simmer and cook for 15 minutes.
3. Serve hot, garnished with fresh herbs if desired.

Day 3

3 meals · 1,499 calories

BREAKFAST	Turmeric Quinoa Breakfast Bowl	490 kcal
LUNCH	Mediterranean Lentil & Spinach Salad	481 kcal
DINNER	Reishi Mushroom & Lentil Soup	528 kcal

Protein: 69g Carbs: 192g Fats: 60g

7. Turmeric Quinoa Breakfast Bowl

This protein-packed quinoa bowl features turmeric, spinach, and walnuts for an anti-inflammatory boost. It's perfect for a hearty breakfast that fuels your day.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	490 kcal
Protein	17g
Carbs	39g
Fats	31g



Ingredients

cooked quinoa	0.7 cup / 126 g
turmeric powder	0.7 tsp / 2.8 g
fresh spinach	1.4 cup / 42 g
walnuts	2.8 tbsp / 19.6 g
olive oil	1.4 tsp / 7 ml

Instructions

1. In a skillet, heat olive oil and sauté spinach until wilted.
2. Stir in cooked quinoa and turmeric, mixing well.
3. Top with walnuts and serve warm.

8. Mediterranean Lentil & Spinach Salad

This salad is a fantastic blend of lentils and spinach, loaded with protein and iron, crucial for energy levels and muscle maintenance as women age. The combination of herbs and vegetables also delivers antioxidants, supporting overall health and well-being.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	30 min
Calories	481 kcal
Protein	22g
Carbs	70g
Fats	16g



Ingredients

Cooked lentils	0.8 cup / 186 ml
Fresh spinach, chopped	3.1 cups / 744 ml
Cherry tomatoes, halved	0.8 cup / 186 ml
Cucumber, diced	0.8 medium / 0.8g
Olive oil	1.6 tbsp / 23.3 ml
Red wine vinegar	1.6 tbsp / 23.3 ml
Salt	to taste / to taste
Pepper	to taste / to taste

Instructions

1. In a large bowl, combine cooked lentils, chopped spinach, halved cherry tomatoes, and diced cucumber.
2. Drizzle with olive oil and red wine vinegar, season with salt and pepper to taste.
3. Toss well and serve.

9. Reishi Mushroom & Lentil Soup

This comforting lentil soup incorporates reishi mushrooms, known for their calming properties, and offers a high protein content from lentils. This soup is perfect for supporting stress resilience and overall well-being.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	19 min
Calories	528 kcal
Protein	30g
Carbs	83g
Fats	13g



Ingredients

Olive oil	3.3 tbsp / 49.5 ml
Onion, diced	1.7 medium / 1.7g
Carrot, diced	1.7 medium / 1.7g
Reishi mushroom powder	1.7 tbsp / 24.8 g
Lentils, rinsed	1.7 cup / 396 ml
Vegetable broth	6.6 cups / 1584 ml
Spinach	3.3 cups / 792 ml
Salt & pepper	to taste / to taste

Instructions

1. Heat 3.3 tbsp (49.5 ml) olive oil in a pot over medium heat. Add 1.7 diced onion and 1.7 diced carrot, cooking until softened, about 5 minutes.
2. Stir in 1.7 tbsp (24.8 g) reishi mushroom powder and 1.7 cup (396 ml) lentils, then pour in 6.6 cups (1584 ml) vegetable broth.
3. Bring to a boil, then reduce heat and simmer for 20-25 minutes until lentils are tender.
4. Add 3.3 cups (792 ml) spinach, stirring until wilted. Season with salt and pepper.

Day 4

3 meals · 1,499 calories

BREAKFAST Garlic Lemon Quinoa Salad **490 kcal**

LUNCH Mediterranean Chickpea and Spinach Soup **481 kcal**

DINNER Holy Basil & Vegetable Stir-Fry **528 kcal**

Protein: 62g Carbs: 217g Fats: 43g

10. Garlic Lemon Quinoa Salad

A refreshing quinoa salad with a tangy garlic lemon dressing and vibrant veggies, ideal for breakfast.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	490 kcal
Protein	14g
Carbs	81g
Fats	11g



Ingredients

quinoa	0.7 cup / 126 grams
lemon juice	2.8 tablespoons / 42 milliliters
garlic	1.5 clove / 1.5 clove
fresh herbs (cilantro, parsley)	2.8 tablespoons / 42 grams
cucumber, diced	0.7 cup / 105 grams

Instructions

1. Cook quinoa according to package instructions and let it cool.
2. In a small bowl, mix lemon juice, minced garlic, and chopped fresh herbs.
3. In a large bowl, combine cooked quinoa, diced cucumber, and dressing.
4. Toss gently and serve chilled or at room temperature.

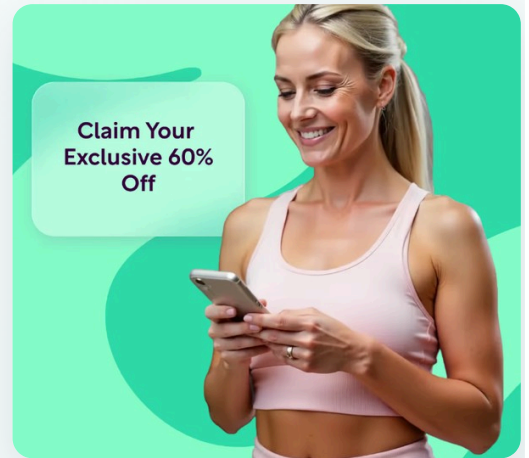
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11. Mediterranean Chickpea and Spinach Soup

Rich in chickpeas and spinach, this soup offers protein and iron, crucial for women over 40 to combat fatigue and support energy levels. The Mediterranean flavors, combined with anti-inflammatory ingredients, help ease menopause symptoms.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	481 kcal
Protein	31g
Carbs	62g
Fats	12g



Ingredients

canned chickpeas, rinsed and drained

1.6 cup / 372 ml

Instructions

1. Heat 1 tbsp (15ml) olive oil in a pot over medium heat.
2. Sauté 1.6 cup (372 ml) chopped onion and 2 cloves garlic (minced) for about 5 minutes until fragrant.
3. Add 1.6 cup (372 ml) chickpeas, 2 cups (480ml) vegetable broth, and 2 cups (480ml) fresh spinach. Cook for 8 minutes, seasoning with salt, pepper, and lemon juice.

12. Holy Basil & Vegetable Stir-Fry

This vibrant vegetable stir-fry features holy basil, known for its stress-relief properties, and a variety of colorful vegetables to provide essential vitamins and minerals. It's a quick and nourishing meal to support adrenal health.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	19 min
Calories	528 kcal
Protein	17g
Carbs	74g
Fats	20g



Ingredients

Olive oil	1.7 tbsp / 24.8 ml
Bell pepper, sliced	0.8 medium / 0.8g
Carrot, julienned	1.7 medium / 1.7g
Zucchini, sliced	0.8 medium / 0.8g
Holy basil leaves, fresh	0.4 cup / 99 ml
Soy sauce, low sodium	1.7 tbsp / 24.8 ml
Cooked quinoa	1.7 cup / 396 ml

Instructions

1. Heat 1.7 tbsp (24.8 ml) olive oil in a pan over medium heat.
2. Add sliced bell pepper, julienned carrot, and sliced zucchini, stir-fry for about 5-7 minutes or until tender.
3. Stir in 0.4 cup (99 ml) holy basil leaves and 1.7 tbsp (24.8 ml) soy sauce, cooking for an additional minute.
4. Serve over 1.7 cup (396 ml) cooked quinoa.

Day 5

3 meals · 1,503 calories

BREAKFAST Lentil and Mushroom Breakfast Stir-Fry **448 kcal**

LUNCH Zinc-Packed Pumpkin Seed & Quinoa Salad **527 kcal**

DINNER Spicy Lentil & Kale Harmony Bowl **528 kcal**

Protein: 86g Carbs: 166g Fats: 62g

13. Lentil and Mushroom Breakfast Stir-Fry

This hearty breakfast stir-fry is packed with protein from lentils and fiber from mushrooms, which help to support a healthy metabolism. The dish is also rich in antioxidants that can aid in reducing inflammation during menopause.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	10 min
Calories	448 kcal
Protein	31g
Carbs	53g
Fats	17g



Ingredients

Cooked lentils	0.7 cup / 168 g
Mushrooms, sliced	0.7 cup / 49 g
Olive oil	1.4 tbsp / 21 ml
Garlic, minced	1.5 clove / 1.5 clove
Spinach	1.4 cup / 42 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 skillet over medium heat.
2. Add minced garlic and sliced mushrooms; sauté for 3-4 minutes until mushrooms are tender.
3. Stir in cooked lentils and spinach, cooking for an additional 2-3 minutes until spinach is wilted and everything is heated through, then season with salt and pepper.

14. Zinc-Packed Pumpkin Seed & Quinoa Salad

This refreshing salad includes quinoa and pumpkin seeds, which are rich in zinc, promoting thyroid health. It's a light and nutritious dish perfect for lunch or dinner.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	12 min
Calories	527 kcal
Protein	22g
Carbs	47g
Fats	28g



Ingredients

Cooked quinoa	1.6 cup / 372 ml
Pumpkin seeds, toasted	0.4 cup / 93 ml
Cucumber, diced	0.8 cup / 186 ml
Olive oil	3.1 tbsp / 46.5 ml
Lemon juice	1.6 tbsp / 23.3 ml

Instructions

1. In a bowl, combine cooked quinoa, toasted pumpkin seeds, and diced cucumber.
2. Drizzle with olive oil and lemon juice, then toss to combine.
3. Serve chilled or at room temperature.

15. Spicy Lentil & Kale Harmony Bowl

A nutrient-dense bowl featuring lentils and kale, rich in protein and vitamins that support hormonal balance. The spiciness helps with hormone regulation while providing anti-inflammatory benefits.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	18 min
Calories	528 kcal
Protein	33g
Carbs	66g
Fats	17g



Ingredients

Green lentils, cooked	1.7 cup / 396 ml
Kale, chopped	1.7 cup / 396 ml
Garlic, minced	3 cloves / 3 cloves
Red pepper flakes	0.8 tsp / 3.3 g
Olive oil	1.7 tbsp / 24.8 ml

Instructions

1. In a skillet, heat 1.7 tbsp (24.8 ml) olive oil over medium heat. Add 2 minced garlic cloves and sauté until fragrant.
2. Stir in 1.7 cup (396 ml) cooked lentils and 1.7 cup (396 ml) chopped kale.
3. Sprinkle with 0.8 tsp (3.3 g) red pepper flakes and cook until kale is wilted.

Day 6

3 meals · 1,497 calories

BREAKFAST Savory Tofu Scramble with Spinach and Nutritional Yeast **490 kcal**

LUNCH Savory Quinoa Bowl with Leafy Greens and Almonds **512 kcal**

DINNER Savory Lentil and Spinach Soup **495 kcal**

Protein: 91g Carbs: 145g Fats: 74g

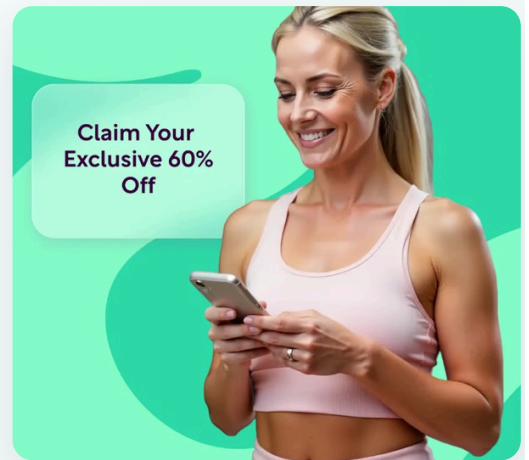
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16. Savory Tofu Scramble with Spinach and Nutritional Yeast

This tofu scramble is a fantastic source of plant-based protein and contains nutritional yeast, which is rich in B vitamins, essential for energy production and maintaining mood. Spinach enhances bone health by providing vitamin K and calcium, making this dish perfect for women over 40.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	10 min
Calories	490 kcal
Protein	39g
Carbs	17g
Fats	34g



Ingredients

Firm tofu, crumbled	1.4 block (14 oz) / 560 g
Fresh spinach, chopped	2.8 cups / 672 ml
Nutritional yeast	0.4 cup / 84 ml
Turmeric	0.7 tsp / 2.8 g
Olive oil	1.4 tbsp / 21 ml
Salt	0.4 tsp / 1.4 g
Black pepper	0.4 tsp / 1.4 g

Instructions

1. Heat 1.4 tbsp (21 ml) olive oil in a skillet over medium heat.
2. Add 1 block (560 g) crumbled tofu, 2.8 cups (672 ml) chopped spinach, 0.4 cup (84 ml) nutritional yeast, 0.7 tsp (2.8 g) turmeric, 0.4 tsp (1.4 g) salt, and 0.4 tsp (1.4 g) black pepper.
3. Cook for about 10 minutes, stirring occasionally, until heated through and spinach is wilted.

17. Savory Quinoa Bowl with Leafy Greens and Almonds

This nourishing bowl combines quinoa, healthy leafy greens, and crunchy almonds, providing a balanced meal that promotes heart health and supports hormone balance. The fiber and protein combination also aids in digestion and keeps energy levels stable.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	512 kcal
Protein	19g
Carbs	54g
Fats	28g



Ingredients

Quinoa	0.8 cup / 139.5 g
Kale	1.6 cup / 232.5 g
Almonds	3.1 tbsp / 46.5 g
Olive oil	1.6 tbsp / 23.3 ml
Lemon juice	1.6 tbsp / 23.3 ml

Instructions

1. Cook quinoa according to package instructions.
2. In a bowl, combine cooked quinoa with chopped kale and drizzle with olive oil and lemon juice.
3. Top with sliced almonds before serving.

18. Savory Lentil and Spinach Soup

This hearty soup is packed with protein and fiber from lentils, which help sustain energy levels and promote fullness. Spinach adds iron and vitamins, supporting bone health during menopause.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	25 min
Calories	495 kcal
Protein	33g
Carbs	74g
Fats	12g



Ingredients

Brown lentils	1.7 cup / 396 ml
Spinach	4.9 cups / 1188 ml
Carrot	1.7 medium / 1.7g
Onion	1.7 medium / 1.7g
Garlic	3 cloves / 3 cloves
Vegetable broth	6.6 cups / 1584 ml
Olive oil	1.7 tbsp / 24.8 ml
Cumin	1.7 tsp / 8.3 g

Instructions

1. In a pot, heat olive oil over medium heat and add onion and garlic; sauté for 3 minutes.
2. Add carrot and cook for an additional 5 minutes.
3. Stir in lentils, vegetable broth, and cumin; bring to a boil, then cover and simmer for 20 minutes.
4. Add spinach and cook for an additional 5 minutes until wilted.

Day 7

3 meals · 1,497 calories

BREAKFAST Savory Quinoa & Vegetable Breakfast Bowl **490 kcal**

LUNCH Spinach and Mushrooms Quinoa Bowl **512 kcal**

DINNER Lentil and Spinach Soup **495 kcal**

Protein: 81g Carbs: 189g Fats: 61g

19. Savory Quinoa & Vegetable Breakfast Bowl

Packed with protein from quinoa and nutrient-rich vegetables, this breakfast bowl supports muscle maintenance and hormone balance. The inclusion of healthy fats from avocado helps promote heart health and reduce inflammation.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	490 kcal
Protein	21g
Carbs	42g
Fats	28g



Ingredients

Quinoa, cooked	0.7 cup / 168 g
Spinach, fresh	1.4 cup / 42 g
Cherry tomatoes, halved	0.7 cup / 105 g
Avocado, diced	0.7 medium / 140 g
Olive oil	1.4 tbsp / 21 ml
Salt	pinch / to taste
Pepper	pinch / to taste

Instructions

1. In a skillet, heat 1.4 tbsp (21 ml) olive oil over medium heat.
2. Add 1.4 cup (42 g) of fresh spinach and 0.7 cup (105 g) of halved cherry tomatoes, cooking until spinach is wilted, about 3-4 minutes.
3. In a bowl, combine 0.7 cup (168 g) of cooked quinoa, the sautéed spinach and tomatoes, and top with 0.7 diced avocado. Season with salt and pepper.

20. Spinach and Mushrooms Quinoa Bowl

This wholesome quinoa bowl features sautéed spinach and mushrooms, providing a hearty dose of vitamins and minerals crucial for bone health. Quinoa adds complete protein, making this a perfect dish for energy and muscle maintenance for women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	512 kcal
Protein	19g
Carbs	81g
Fats	16g



Ingredients

Cooked quinoa	1.6 cup / 372 ml
Fresh spinach, chopped	1.6 cup / 372 ml
Mushrooms, sliced	0.8 cup / 186 ml
Olive oil	1.6 tbsp / 23.3 ml
Garlic, minced	1.5 clove / 1.5 clove
Salt	to taste / to taste
Pepper	to taste / to taste

Instructions

1. In a skillet, heat olive oil over medium heat and add minced garlic; sauté for 30 seconds.
2. Add sliced mushrooms and cook until soft, then stir in the chopped spinach and cook until wilted.
3. Serve warm over cooked quinoa, seasoned with salt and pepper.

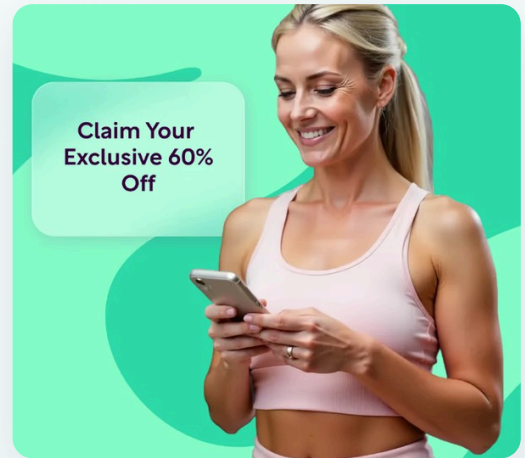
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21. Lentil and Spinach Soup

This hearty soup features lentils, which are high in protein and fiber, crucial for muscle retention and digestive health for women over 40. Spinach adds iron and antioxidants, supporting overall vitality.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	30 min
Calories	495 kcal
Protein	41g
Carbs	66g
Fats	17g



Ingredients

Lentils (cooked)	0.8 cup / 198 ml
Fresh spinach	1.7 cup / 396 ml
Vegetable broth	3.3 cups / 792 ml
Carrot	1.5 medium / 165 g
Olive oil	1.7 tbsp / 24.8 ml

Instructions

1. In a saucepan, heat 1.7 tbsp (24.8 ml) olive oil over medium heat and sauté 1 chopped carrot for 3-4 minutes.
2. Add 3.3 cups (792 ml) vegetable broth and 0.8 cup (198 ml) cooked lentils, and bring to a boil.
3. Stir in 1.7 cup (396 ml) fresh spinach, simmer for 10 minutes, then blend until smooth.

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