

7-Day Weight Loss Diet Plan for Women PDF

Kickstart your weight loss journey with a structured meal plan.

The 7-Day Weight Loss Diet Plan comprises 21 delicious recipes tailored for women aiming to shed pounds. This structured approach not only promotes weight loss but also encourages healthy habits. Perfect for women ready to make a change and feel their best.

DAILY NUTRITION OVERVIEW

DAY	CALORIES	PROTEIN	CARBS	FATS
Day 1	1,762	85g	227g	70g
Day 2	1,776	117g	180g	74g
Day 3	1,776	122g	182g	77g
Day 4	1,784	126g	146g	79g
Day 5	1,809	137g	169g	69g
Day 6	1,329	113g	92g	81g
Day 7	1,809	90g	238g	61g
Avg	1,721	113g	176g	73g

CALORIE DISTRIBUTION



Nourish Your Body, Transform Your Health

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Chocolate Mint Protein Bowl

Szechuan Tofu with Broccoli and Peppers

+ 9 more recipes inside

Need a plan that fits your goals? Reverse Health creates personalized meal plans based on your body, preferences, and lifestyle. [Get started at reverse.health](https://reverse.health)



21 Recipes

7-day meal plan



113g Protein

Daily average



1,721 cal/day

Daily average



Macro Balanced

176g C / 73g F avg

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Day 1

3 meals · 1,762 calories

BREAKFAST	Berry Nutty Smoothie Bowl	546 kcal
LUNCH	Turmeric Roasted Chickpea & Sweet Potato Bowl	589 kcal
DINNER	Baked Sweet Potato with Black Beans & Walnuts	627 kcal

Protein: 85g Carbs: 227g Fats: 70g

1. Berry Nutty Smoothie Bowl

This vibrant bowl features a mix of berries and nut butter for a refreshing yet satisfying smoothie. The high protein from yogurt and nuts helps stabilize blood sugar and maintain energy levels.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	8 min
Calories	546 kcal
Protein	39g
Carbs	50g
Fats	21g



Ingredients

Mixed frozen berries	1.4 cup / 336 ml
Greek yogurt (plain)	1.4 cup / 336 ml
Peanut butter or almond butter	2.8 tbsp / 42 g
Chia seeds	1.4 tbsp / 21 g

Sliced strawberries	2.8 tbsp / 42 g
Chopped walnuts	2.8 tbsp / 42 g
Coconut flakes	1.4 tbsp / 21 g

Instructions

1. Blend 1.4 cup (336 ml) mixed frozen berries, 1.4 cup (336 ml) Greek yogurt, 2.8 tbsp (42 g) peanut butter, and 1.4 tbsp (21 g) chia seeds until smooth.
2. Pour into a bowl and top with 2.8 tbsp (42 g) sliced strawberries, 2.8 tbsp (42 g) chopped walnuts, and 1.4 tbsp (21 g) coconut flakes.
3. Serve immediately to enjoy the fresh flavors.

2. Turmeric Roasted Chickpea & Sweet Potato Bowl

This hearty bowl combines roasted chickpeas and sweet potatoes, both of which are excellent for energy and fiber. Turmeric provides anti-inflammatory properties and black pepper enhances its absorption, supporting overall vitality for women over 40.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	30 min
Calories	589 kcal
Protein	23g
Carbs	78g
Fats	19g



Ingredients

Chickpeas, drained and rinsed	1.6 cup / 372 g
Sweet potato, cubed	1.5 large / 387.5 g
Olive oil	3.1 tbsps / 46.5 ml
Ground turmeric	1.6 tsp / 7.8 g
Ground black pepper	0.4 tsp / 1.6 g
Salt, to taste	to taste / to taste
Fresh greens (spinach or arugula)	3.1 cups / 93 g

Instructions

1. Preheat the oven to 400°F (200°C). In a bowl, toss 1.6 cup (372 g) chickpeas and 1.5 large cubed sweet potato with 3.1 tbsp (46.5 ml) olive oil, 1.6 tsp (7.8 g) ground turmeric, 0.4 tsp (1.6 g) black pepper, and salt to taste.
2. Spread on a baking sheet and roast for 30 minutes until golden.
3. Serve over 3.1 cups (93 g) fresh greens.

3. Baked Sweet Potato with Black Beans & Walnuts

This dish features sweet potatoes packed with nutrients and fiber, along with black beans and walnuts for a hearty meal that supports thyroid function and overall health.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	18 min
Calories	627 kcal
Protein	23g
Carbs	99g
Fats	30g



Ingredients

Sweet potato, baked	1.5 medium / 1.5 medium
Canned black beans, drained	0.8 cup / 198 ml
Walnuts, chopped	3.3 tbsp / 49.5 ml
Cinnamon	0.8 tsp / 4.1 ml
Olive oil	1.7 tbsp / 24.8 ml

Instructions

1. Preheat oven to 400°F (200°C). Bake sweet potato for 30 minutes until tender.
2. In a bowl, mix black beans, walnuts, olive oil, and cinnamon.
3. Once the sweet potato is done, cut it open and stuff with the black bean mixture.

Day 2

3 meals · 1,776 calories

BREAKFAST Quinoa Breakfast Bowl with Almond Butter and Berries **560 kcal**

LUNCH Roasted Beet & Goat Cheese Salad **589 kcal**

DINNER Pineapple Ginger Chicken Stir-Fry **627 kcal**

Protein: 117g Carbs: 180g Fats: 74g

4. Quinoa Breakfast Bowl with Almond Butter and Berries

This hearty breakfast bowl is rich in protein from quinoa, providing sustained energy throughout the day. The addition of berries offers antioxidants that combat inflammation common in menopause.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	15 min
Calories	560 kcal
Protein	21g
Carbs	77g
Fats	21g



Ingredients

Cooked quinoa	0.7 cup / 168 g
Almond butter	2.8 tbsp / 42 g
Mixed berries (fresh or frozen)	0.7 cup / 105 g
Unsweetened almond milk	0.7 cup / 168 ml
Chia seeds	1.4 tbsp / 21 g

Instructions

1. In a bowl, combine 0.7 cup (168 g) cooked quinoa with 0.7 cup (168 ml) almond milk and stir well.
2. Top with 2.8 tbsp (42 g) almond butter, 0.7 cup (105 g) mixed berries, and 1.4 tbsp (21 g) chia seeds.
3. Mix together before eating to enjoy the creamy, nutritious flavors.

5. Roasted Beet & Goat Cheese Salad

This vibrant salad combines roasted beets and goat cheese for a rich flavor and a balance of protein and healthy fats, beneficial for hormone regulation. The beets offer antioxidants that support heart health.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	13 min
Calories	589 kcal
Protein	40g
Carbs	62g
Fats	28g



Ingredients

Beets, roasted and diced	1.6 cup / 372 ml
Mixed greens	3.1 cups / 744 ml
Goat cheese, crumbled	0.4 cup / 93 ml
Walnuts, chopped	3.1 tbsp / 46.5 ml
Olive oil	3.1 tbsp / 46.5 ml
Balsamic vinegar	1.6 tbsp / 23.3 ml
Salt and pepper	to taste / to taste

Instructions

1. Preheat oven to 400°F (200°C). Roast beets for about 30 minutes until tender.
2. In a bowl, combine mixed greens, roasted beets, and crumbled goat cheese.
3. Top with chopped walnuts.
4. In a small bowl, whisk together olive oil, balsamic vinegar, salt, and pepper, then drizzle over the salad.

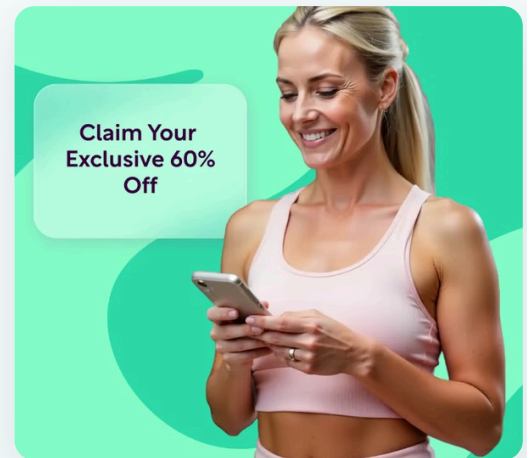
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6. Pineapple Ginger Chicken Stir-Fry

This vibrant stir-fry combines chicken, a source of collagen, with pineapple for a vitamin C boost, supporting skin health and joint function. Ginger adds anti-inflammatory properties, making it a great dish for women over 40.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	18 min
Calories	627 kcal
Protein	56g
Carbs	41g
Fats	25g



Ingredients

Chicken breast, diced	1.7 lb / 742.5 g
Pineapple chunks	1.7 cup / 396 ml
Bell peppers, sliced	3 medium / 3 medium
Fresh ginger, minced	1.7 tbsp / 24.8 g
Soy sauce	3.3 tbsp / 49.5 ml
Olive oil	1.7 tbsp / 24.8 ml
Green onions, sliced	3 stalks / 3 stalks

Instructions

1. Heat olive oil in a large skillet over medium-high heat. Add diced chicken and cook until golden, about 5-7 minutes.
2. Add bell peppers, pineapple, ginger, and soy sauce. Stir-fry for an additional 5-7 minutes until vegetables are tender.
3. Garnish with sliced green onions and serve immediately.

Day 3

3 meals · 1,776 calories

BREAKFAST	Reishi Mushroom & Almond Butter Oatmeal	560 kcal
LUNCH	Protein-Packed Quinoa and Tofu Stir-Fry Bowl	589 kcal
DINNER	Zesty Lemon & Tofu Stir-Fry	627 kcal

Protein: 122g Carbs: 182g Fats: 77g

7. Reishi Mushroom & Almond Butter Oatmeal

This warm and comforting oatmeal is enriched with reishi mushroom powder, which is known for its stress-relieving properties. Combined with protein-rich almond butter, it provides sustained energy and supports overall wellness for women over 40.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	5 min
Calories	560 kcal
Protein	34g
Carbs	70g
Fats	22g



Ingredients

Rolled oats	0.7 cup / 56 g
Water or almond milk	1.4 cup / 336 ml
Reishi mushroom powder	1.4 tsp / 7 g
Almond butter	2.8 tbsp / 44.8 g
Banana, sliced	1.5 small / 140 g

Instructions

1. In a saucepan, combine 0.7 cup (56 g) rolled oats and 1.4 cup (336 ml) water or almond milk. Cook over medium heat for about 5 minutes until creamy.
2. Stir in 1.4 tsp (7 g) reishi mushroom powder and 2.8 tbsp (44.8 g) almond butter until well combined.
3. Top with sliced banana and enjoy warm.

8. Protein-Packed Quinoa and Tofu Stir-Fry Bowl

This vibrant quinoa and tofu stir-fry bowl is packed with plant-based protein and essential nutrients, supporting hormone balance and bone health for women over 40. The combination of tofu, quinoa, and mixed vegetables provides a rich source of phytoestrogens, omega-3s, and calcium, making it a wholesome meal for vitality.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	589 kcal
Protein	47g
Carbs	62g
Fats	22g



Ingredients

Firm tofu	10.9 oz / 310 g
Cooked quinoa	1.6 cup / 286.8 g
Mixed vegetables (bell peppers, broccoli, carrots)	3.1 cups / 465 g
Olive oil	1.6 tbsp / 23.3 ml
Soy sauce (low sodium)	3.1 tbsp / 46.5 ml
Pumpkin seeds	3.1 tbsp / 43.4 g
Hummus	4.7 tbsp / 155 g

Instructions

1. Step 1: Press the tofu to remove excess moisture, then cut it into cubes.
2. Step 2: Heat olive oil in a large skillet over medium heat. Add tofu cubes and cook until golden brown, about 5-7 minutes.
3. Step 3: Add mixed vegetables to the skillet and stir-fry for another 5 minutes until tender.
4. Step 4: Stir in cooked quinoa and soy sauce, mixing well to combine and heat through.
5. Step 5: Serve the stir-fry in a bowl, topped with pumpkin seeds and a side of hummus.

9. Zesty Lemon & Tofu Stir-Fry

This vibrant stir-fry combines colorful vegetables and tofu, providing a rich source of plant protein and antioxidants, which are crucial for maintaining health and energy as women age.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	18 min
Calories	627 kcal
Protein	41g
Carbs	50g
Fats	33g



Ingredients

firm tofu, cubed	1.7 cup / 396 ml
bell peppers, sliced	1.7 cup / 396 ml
zucchini, sliced	1.7 cup / 396 ml
soy sauce	3.3 tbsp / 49.5 ml
lemon juice	1.7 tbsp / 24.8 ml
olive oil	1.7 tbsp / 24.8 ml
ginger, grated	1.7 tsp / 8.3 g

Instructions

1. In a skillet, heat olive oil over medium heat. Add cubed tofu and cook until golden brown (about 5 minutes).
2. Add bell peppers, zucchini, soy sauce, lemon juice, and ginger. Stir-fry for an additional 5-7 minutes until vegetables are tender.
3. Serve warm over brown rice or quinoa for a complete meal.

Day 4

3 meals · 1,784 calories

BREAKFAST Chocolate Mint Protein Bowl **560 kcal**

LUNCH Herbed Quinoa Bowl with Grilled Salmon and Spinach **597 kcal**

DINNER Szechuan Tofu with Broccoli and Peppers **627 kcal**

Protein: 126g Carbs: 146g Fats: 79g

10. Chocolate Mint Protein Bowl

This refreshing smoothie bowl combines chocolate and mint for a delightful treat packed with high-quality protein. The addition of spinach boosts nutrient density while providing antioxidants, making it an excellent choice for energy and overall health for women over 40.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	8 min
Calories	560 kcal
Protein	39g
Carbs	49g
Fats	21g



Ingredients

Greek yogurt	1.4 cup / 336 ml
unsweetened cocoa powder	1.4 tbsp / 9.8 g
fresh spinach	1.4 cup / 42 g
almond milk	0.7 cup / 168 ml
fresh mint leaves	1.4 tbsp / 11.2 g
sliced banana	0.7 medium / 70 g
chopped dark chocolate	1.4 tbsp / 14 g
chia seeds	1.4 tbsp / 21 g

Instructions

1. In a blender, combine 1.4 cup (336 ml) Greek yogurt, 1.4 tbsp (9.8 g) unsweetened cocoa powder, 1.4 cup (42 g) fresh spinach, 0.7 cup (168 ml) almond milk, and 1.4 tbsp (11.2 g) fresh mint leaves. Blend until smooth.
2. Pour the smoothie into a bowl and top with 0.7 sliced banana, 1.4 tbsp (14 g) chopped dark chocolate, and 1.4 tbsp (21 g) chia seeds.
3. Serve immediately and enjoy!

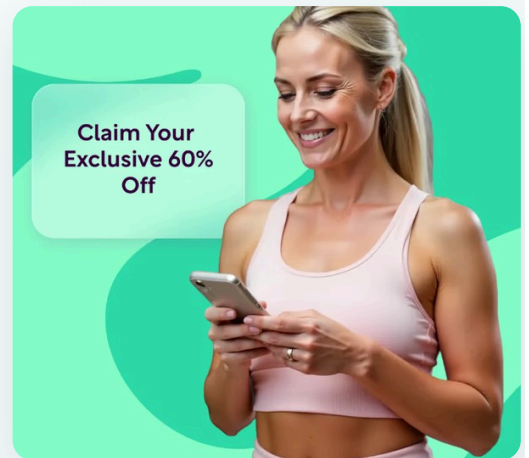
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11. Herbed Quinoa Bowl with Grilled Salmon and Spinach

This nutrient-dense quinoa bowl is packed with protein and healthy fats, making it ideal for women over 40. Rich in omega-3s, calcium, and phytoestrogens, it supports hormone balance, metabolism, and overall heart health.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	597 kcal
Protein	47g
Carbs	47g
Fats	25g



Ingredients

quinoa, rinsed	0.8 cup / 139.5 g
water	1.6 cup / 372 ml
salmon fillet	6.2 oz / 175.2 g
olive oil	1.6 tablespoon / 23.3 ml
spinach, fresh	3.1 cups / 93 g
lemon juice	1.6 tablespoon / 23.3 ml
garlic, minced	1.5 clove / 1.5 clove
salt	to taste / to taste
pepper	to taste / to taste
sesame seeds	1.6 tablespoon / 14 g

Instructions

1. Step 1: In a medium saucepan, combine the quinoa and water. Bring to a boil, then reduce heat, cover, and simmer for 15 minutes or until water is absorbed.
2. Step 2: While the quinoa cooks, heat olive oil in a skillet over medium heat. Season the salmon fillet with salt, pepper, and minced garlic. Cook for about 5-6 minutes on each side or until cooked through.
3. Step 3: Add fresh spinach to the skillet and sauté until wilted, about 2 minutes. Squeeze lemon juice over the spinach.
4. Step 4: Once the quinoa is cooked, fluff it with a fork and serve topped with the sautéed spinach and grilled salmon. Sprinkle sesame seeds on top for added crunch.

12. Szechuan Tofu with Broccoli and Peppers

Tofu stir-fried with broccoli and bell peppers in a spicy Szechuan sauce, providing protein and antioxidants. This dish is anti-inflammatory, supporting joint health and metabolism.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	19 min
Calories	627 kcal
Protein	40g
Carbs	50g
Fats	33g



Ingredients

Firm tofu, cubed	9.9 oz / 280.5 g
Broccoli florets	1.7 cup / 247.5 g
Bell pepper, sliced	0.8 medium / 0.8g
Szechuan sauce	3.3 tbsp / 49.5 ml
Olive oil	1.7 tbsp / 24.8 ml
Ginger, grated	1.7 tsp / 8.3 g

Instructions

1. Heat olive oil in a skillet over medium-high heat. Add tofu and cook until golden (about 5 minutes).
2. Add broccoli, bell pepper, and ginger, sautéing for another 5 minutes.
3. Stir in Szechuan sauce and cook for an additional 2-3 minutes.
4. Serve with whole grains if desired.

Day 5

3 meals · 1,809 calories

BREAKFAST Berry Almond Bliss Bowl **560 kcal**

LUNCH Avgolemono with Chicken and Chickpeas **605 kcal**

DINNER Baked Herring with Root Veggie Mash **644 kcal**

Protein: 137g Carbs: 169g Fats: 69g

13. Berry Almond Bliss Bowl

Packed with antioxidants from mixed berries, this smoothie bowl is high in protein from Greek yogurt and almond butter, supporting energy levels and muscle maintenance. The addition of chia seeds provides omega-3s for hormone balance, making it a great choice for women 40+.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	8 min
Calories	560 kcal
Protein	42g
Carbs	49g
Fats	21g



Ingredients

Greek yogurt	1.4 cup / 336 ml
frozen mixed berries	0.7 cup / 168 ml
almond butter	2.8 tbsp / 42 g
chia seeds	1.4 tbsp / 21 g
almond milk	0.7 cup / 168 ml
sliced almonds	2.8 tbsp / 28 g
sliced strawberries	0.4 cup / 84 ml
blueberries	0.4 cup / 84 ml

Instructions

1. In a blender, combine 1.4 cup (336 ml) Greek yogurt, 0.7 cup (168 ml) frozen mixed berries, 2.8 tbsp (42 g) almond butter, 1.4 tbsp (21 g) chia seeds, and 0.7 cup (168 ml) almond milk. Blend until smooth.
2. Pour the smoothie into a bowl and top with 2.8 tbsp (28 g) sliced almonds, 0.4 cup (84 ml) sliced strawberries, and 0.4 cup (84 ml) blueberries.
3. Serve immediately and enjoy!

14. Avgolemono with Chicken and Chickpeas

This traditional Greek soup combines tender chicken, chickpeas, and a tangy lemon-egg sauce. High in protein and healthy fats, it supports hormone balance and provides a comfort food boost for women over 40.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	13 min
Calories	605 kcal
Protein	45g
Carbs	54g
Fats	23g



Ingredients

chicken breast, diced	1.6 cup / 232.5 g
chickpeas, drained and rinsed	1.5 can (15oz) / 651 g
chicken broth	6.2 cups / 1488 ml
egg, beaten	1.6 large / 1.6g
lemon juice	0.4 cup / 93 ml
oregano, dried	1.6 tsp / 7.8 g
salt	to taste /

Instructions

1. In a pot, bring 6.2 cups (1488 ml) chicken broth to a simmer. Add 1.6 cup (232.5 g) diced chicken and cook until done, about 10 minutes.
2. Stir in 1.5 can (651 g) drained chickpeas and simmer for another 5 minutes.
3. In a bowl, whisk together 1.6 beaten egg and 0.4 cup (93 ml) lemon juice. Slowly add a ladle of hot broth to temper the egg mixture.
4. Pour the egg-lemon mixture back into the pot, stirring gently until slightly thickened. Add 1.6 tsp (7.8 g) oregano and season with salt to taste. Serve warm.

15. Baked Herring with Root Veggie Mash

Baked herring is a rich source of omega-3s, which support heart health and hormonal balance for women over 40. Pairing it with a mash of root vegetables adds fiber and nutrients, making this a balanced meal.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	30 min
Calories	644 kcal
Protein	50g
Carbs	66g
Fats	25g



Ingredients

Herring fillet	6.6 oz / 186.5 g
Potatoes, peeled and diced	0.8 cup / 123.8 g
Carrots, peeled and diced	0.8 cup / 123.8 g
Olive oil	1.7 tbsp / 24.8 ml
Lemon juice	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 herring fillet on a lined baking sheet, season with salt, pepper, and lemon juice, and bake for 20 minutes.
3. In the meantime, boil potatoes and carrots in salted water until tender (about 15 minutes).
4. Drain, then mash the vegetables with olive oil and season to taste.
5. Serve the baked herring with the root veggie mash.

Day 6

3 meals · 1,329 calories

BREAKFAST	Citrus Berry Cooler	49 kcal
LUNCH	Spicy Chickpea and Avocado Salad	620 kcal
DINNER	Zucchini Noodles with Ginger-Turmeric Chicken	660 kcal

Protein: 113g Carbs: 92g Fats: 81g

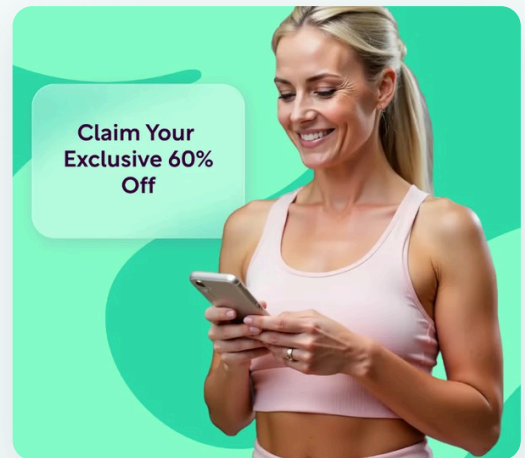
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16. Citrus Berry Cooler

This vibrant drink combines the immune-boosting properties of citrus with the antioxidant power of berries, making it a revitalizing choice for women over 40. It promotes hydration and supports skin health, keeping you looking youthful.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	5 min
Calories	49 kcal
Protein	35g
Carbs	13g
Fats	14g



Ingredients

Water	2.8 cups / 672 ml
Mixed citrus slices (orange, lemon, lime)	0.7 cup / 168 ml
Mixed berries	0.7 cup / 168 ml

Instructions

1. Slice the citrus fruits and prepare the mixed berries.
2. In a pitcher, combine 2.8 cups (672 ml) of water, citrus slices, and mixed berries.
3. Let it infuse for at least 30 minutes in the refrigerator before serving.

17. Spicy Chickpea and Avocado Salad

This salad features protein-rich chickpeas and healthy fats from avocado, making it perfect for maintaining energy levels and hormone balance. The spices add flavor and anti-inflammatory benefits.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	620 kcal
Protein	25g
Carbs	59g
Fats	31g



Ingredients

Canned chickpeas, drained and rinsed	1.6 cup / 372 g
Avocado, diced	0.8 medium / 108.5 g
Cherry tomatoes, halved	0.8 cup / 116.3 g
Olive oil	1.6 tbsp / 23.3 ml
Cumin	0.8 tsp / 1.6 g
Lime juice	1.6 tbsp / 23.3 ml
Salt	to taste / to taste
Black pepper	to taste / to taste

Instructions

1. In a bowl, combine 1.6 cup (372 g) chickpeas, diced avocado, cherry tomatoes, and cumin.
2. Drizzle with 1.6 tbsp (23.3 ml) olive oil and 1.6 tbsp (23.3 ml) lime juice.
3. Season with salt and pepper to taste, and mix well.

18. Zucchini Noodles with Ginger-Turmeric Chicken

This dish is a low-carb alternative to pasta, making it great for maintaining a flat stomach, while lean chicken offers high protein for muscle support. Ginger and turmeric are powerful anti-inflammatory ingredients to help ease menopause symptoms.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	660 kcal
Protein	53g
Carbs	20g
Fats	36g



Ingredients

Chicken breast, diced	6.6 oz / 189.8 g
Zucchini, spiralized	1.5 medium / 330 g
Olive oil	1.7 tbsp / 24.8 ml
Fresh ginger, grated	1.7 tsp / 8.3 g
Ground turmeric	0.8 tsp / 4.1 g
Salt and pepper	to taste / to taste

Instructions

1. In a skillet, heat 1.7 tbsp (24.8 ml) olive oil over medium heat, add 6.6 oz (189.8 g) diced chicken, and cook until browned, about 5-7 minutes.
2. Add 1.7 tsp (8.3 g) grated ginger, 0.8 tsp (4.1 g) turmeric, salt, and pepper, cooking for an additional 2 minutes.
3. Toss in the spiralized zucchini and sauté for another 3-4 minutes until just tender, then serve immediately.

Day 7

3 meals · 1,809 calories

BREAKFAST Raspberry Almond Overnight Oats **560 kcal**

LUNCH Vibrant Vegetable and Brown Rice Bowl **605 kcal**

DINNER Creamy White Bean and Spinach Pasta **644 kcal**

Protein: 90g Carbs: 238g Fats: 61g

19. Raspberry Almond Overnight Oats

These overnight oats combine raspberries and almonds for a fiber-rich breakfast that supports digestive health and keeps blood sugar levels stable. The antioxidants from raspberries promote healthy skin.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	8 min
Calories	560 kcal
Protein	21g
Carbs	63g
Fats	28g



Ingredients

Rolled oats	½ cup / 56 g
Almond milk	1.4 cup / 336 ml
Raspberries	½ cup / 105 g
Almond butter	2.8 tbsp / 42 g
Chia seeds	1.4 tbsp / 21 g
Maple syrup (optional)	1.4 tsp / 7 g

Instructions

1. In a jar, combine ½ cup (56 g) rolled oats, 1.4 cup (336 ml) almond milk, ½ cup (105 g) raspberries, 2.8 tbsp (42 g) almond butter, and 1.4 tbsp (21 g) chia seeds.
2. Stir well and let sit in the refrigerator overnight.
3. In the morning, add 1.4 tsp (7 g) maple syrup if desired and enjoy.

20. Vibrant Vegetable and Brown Rice Bowl

This bowl combines sautéed kale, carrots, bell peppers, and brown rice, providing a fulfilling meal that supports sustained energy levels and hormone balance with its high fiber and protein content.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	12 min
Calories	605 kcal
Protein	36g
Carbs	84g
Fats	16g



Ingredients

Brown rice (cooked)	1.6 cup / 372 g
Kale (chopped)	1.6 cup / 232.5 g
Carrot (sliced)	0.8 cup / 116.3 g
Bell pepper (sliced)	1.6 cup / 232.5 g
Olive oil	1.6 tbsp / 23.3 ml
Sesame seeds	1.6 tbsp / 23.3 g

Instructions

1. In a skillet, heat olive oil over medium heat. Add kale, carrots, and bell pepper, sautéing for approximately 5-7 minutes.
2. In a bowl, layer the cooked brown rice and top with the sautéed vegetables.
3. Sprinkle with sesame seeds before serving.

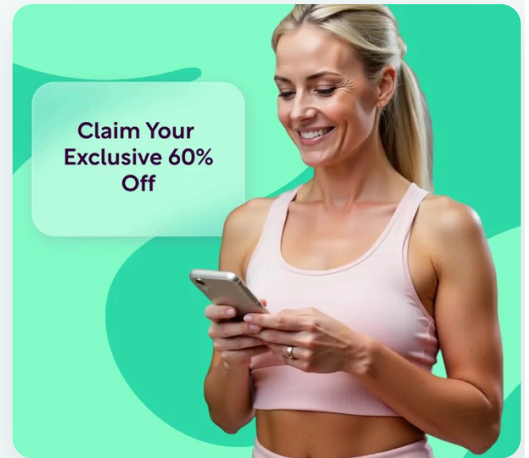
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21. Creamy White Bean and Spinach Pasta

This pasta dish combines white beans and spinach, providing a creamy texture that is high in protein and fiber, essential for women over 40 to support muscle health and overall vitality. The inclusion of whole grains helps maintain energy levels and promote heart health.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	644 kcal
Protein	33g
Carbs	91g
Fats	17g



Ingredients

Whole grain pasta	3.3 oz / 99 g
Canned white beans, rinsed	0.8 cup / 198 g
Fresh spinach, chopped	3.3 cups / 99 g
Olive oil	1.7 tbsp / 24.8 ml
Garlic, minced	3 cloves / 3 cloves
Salt and pepper to taste	to taste / to taste

Instructions

1. Cook pasta according to package instructions until al dente, then drain.
2. In a skillet, heat 1.7 tbsp (24.8 ml) olive oil and sauté minced garlic for 1 minute.
3. Add white beans and spinach, cooking until the spinach wilts, then toss with the cooked pasta and season with salt and pepper.

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