

Complete Diet Plan for Women Over 70 PDF

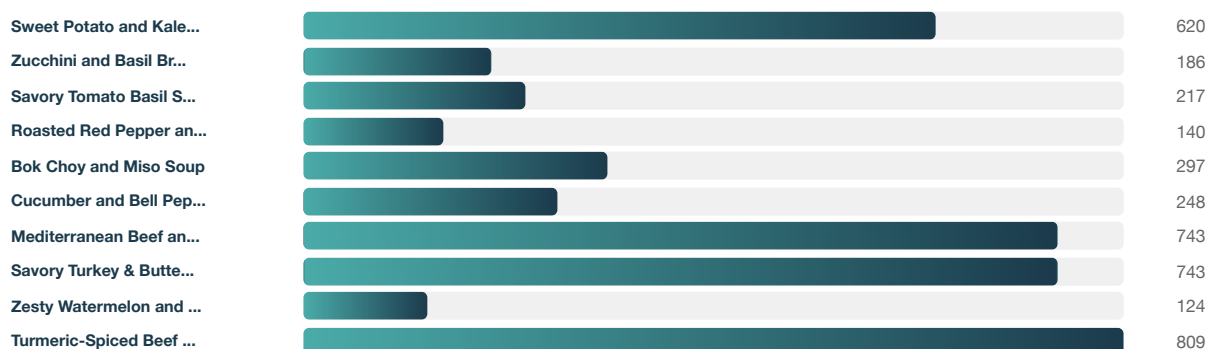
Nourish your body with this comprehensive diet plan designed for women over 70.

Our Complete Diet Plan for Women Over 70 includes 10 carefully curated recipes that focus on the unique nutritional needs of older women. This plan promotes health, vitality, and well-being through balanced meals. Enjoy recipes that are easy to prepare and cater to your lifestyle.

RECIPE NUTRITION OVERVIEW

RECIPE	CAL	PROTEIN	CARBS	FATS
Sweet Potato and Kale Salad with Tahi...	620	19g	54g	37g
Zucchini and Basil Broth	186	5g	22g	9g
Savory Tomato Basil Soup	217	6g	34g	8g
Roasted Red Pepper and Carrot Juice	140	3g	31g	16g
Bok Choy and Miso Soup	297	10g	33g	13g
Cucumber and Bell Pepper Stir-Fry	248	5g	17g	17g
Mediterranean Beef and Zucchini Stir-...	743	59g	12g	50g
Savory Turkey & Butternut Squash Chili	743	50g	58g	25g
Zesty Watermelon and Lime Juice	124	2g	31g	16g
Turmeric-Spiced Beef & Root Vegetable...	809	54g	66g	33g
Average	413	21g	36g	22g

CALORIE PER RECIPE



Nourish Your Body, Transform Your Health

WHAT'S INSIDE

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Roasted Red Pepper and Carrot Juice

Cucumber and Bell Pepper Stir-Fry

Savory Turkey & Butternut Squash Chili

Turmeric-Spiced Beef & Root Vegetable Stew

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)



10 Recipes

Curated collection



413 cal avg

Per recipe



21g Protein

Average per recipe



Macro Balanced

36g C / 22g F avg

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1. Sweet Potato and Kale Salad with Tahini Dressing

Lunch · This hearty salad is rich in calcium and vitamin K from kale and sweet potatoes, supporting bone health. The tahini dressing adds healthy fats that promote hormone production.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	20 min
Calories	620 kcal
Protein	19g
Carbs	54g
Fats	37g



Ingredients

Sweet potato, cubed	1.6 cup / 372 ml
Kale, chopped	3.1 cups / 744 ml
Tahini	3.1 tbsp / 46.5 ml
Lemon juice	1.6 tbsp / 23.3 ml
Olive oil	1.6 tbsp / 23.3 ml

Instructions

1. Preheat oven to 400°F (200°C). Toss 1.6 cup (372 ml) cubed sweet potatoes with 1.6 tbsp (23.3 ml) olive oil and roast for 20 minutes or until tender.
2. In a bowl, massage 3.1 cups (744 ml) chopped kale with a pinch of salt and 1.6 tbsp (23.3 ml) lemon juice for 2 minutes.
3. Add roasted sweet potato, 3.1 tbsp (46.5 ml) tahini, and toss well to combine.

2. Zucchini and Basil Broth

Lunch · This light broth is packed with hydration from zucchini and nutrients from basil, making it an excellent choice for hydration and digestive health. The fresh flavors are revitalizing and soothing, perfect for women experiencing menopause symptoms.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	15 min
Calories	186 kcal
Protein	5g
Carbs	22g
Fats	9g



Ingredients

Zucchini	1.5 medium / 310 g
Fresh basil	0.4 cup / 23.3 g
Vegetable broth	3.1 cups / 744 ml
Garlic	1.5 clove / 7.8 g
Olive oil	1.6 tbsp / 23.3 ml

Instructions

1. In a pot, heat 1.6 tbsp (23.3 ml) olive oil over medium heat; sauté 1 minced garlic clove until fragrant, about 1 minute.
2. Add 3.1 cups (744 ml) vegetable broth and 1 chopped zucchini; bring to a boil.
3. Reduce heat and simmer for 10 minutes, then stir in 0.4 cup (23.3 g) chopped basil before serving.

3. Savory Tomato Basil Soup

Lunch · This classic soup is a delicious source of antioxidants from tomatoes, which help manage inflammation and support heart health. Basil adds a fresh flavor while providing additional anti-inflammatory benefits, perfect for women over 40.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	20 min
Calories	217 kcal
Protein	6g
Carbs	34g
Fats	8g



Ingredients

Canned tomatoes	1.5 can (14oz) / 620 g
Vegetable broth	1.6 cup / 372 ml
Fresh basil leaves	0.4 cup / 23.3 g
Garlic	3 cloves / 15.5 g
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 and sauté 2 minced garlic cloves until fragrant, about 1 minute.
2. Add 1 can (620 g) canned tomatoes and 1.6 cup (372 ml) vegetable broth; bring to a boil.
3. Reduce heat and simmer for 15 minutes; stir in 0.4 cup (23.3 g) chopped basil before serving.

4. Roasted Red Pepper and Carrot Juice

Lunch · This unique juice blends roasted red peppers and carrots, providing a rich source of vitamins A and C for skin health and immunity. It's a flavorful way to add antioxidants to your diet.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	140 kcal
Protein	3g
Carbs	31g
Fats	16g



Ingredients

Roasted red pepper, chopped	1.5 medium / 232.5 g
Carrot, peeled and chopped	1.5 medium / 155 g
Lemon juice	1.6 tbsp / 23.3 ml
Water	0.8 cup / 186 ml

Instructions

1. Roast the red pepper under a broiler for about 10 minutes until charred, then peel and chop.
2. In a blender, combine roasted red pepper, carrot, lemon juice, and water.
3. Blend until smooth, then strain through a fine mesh sieve to extract juice.

5. Bok Choy and Miso Soup

Dinner · This light and flavorful soup features bok choy and miso, providing probiotics to support gut health and digestion, crucial for women over 40. Bok choy is also an excellent source of calcium and vitamin K for bone health.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	10 min
Calories	297 kcal
Protein	10g
Carbs	33g
Fats	13g



Ingredients

bok choy, chopped

3.3 cups / 792 ml

Instructions

1. In a pot, heat 4 cups (960ml) vegetable broth until simmering.
2. Add 3.3 cups (792 ml) chopped bok choy and cook for 5 minutes.
3. Stir in 2 tbsp (30g) miso paste and mix well. Serve hot.

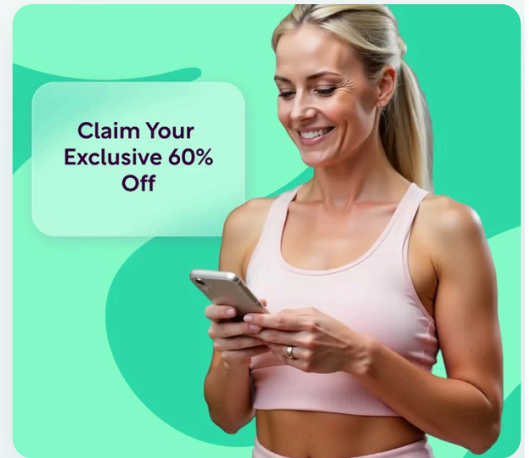
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6. Cucumber and Bell Pepper Stir-Fry

Dinner · This vibrant stir-fry combines nutrient-rich bell peppers and cucumbers, offering a light yet satisfying dinner option. It's loaded with antioxidants, which can help reduce inflammation and support heart health in women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	10 min
Calories	248 kcal
Protein	5g
Carbs	17g
Fats	17g



Ingredients

Bell pepper, sliced	1.7 cup / 396 ml
Cucumber, sliced	1.7 cup / 396 ml
Olive oil	1.7 tbsp / 24.8 ml
Soy sauce	3.3 tbsp / 49.5 ml
Garlic, minced	3 cloves / 3 cloves

Instructions

1. Heat 1.7 tbsp (24.8 ml) of olive oil in a pan over medium heat.
2. Add 2 minced garlic cloves and sauté for 1 minute.
3. Add 1.7 cup (396 ml) of sliced bell pepper and stir-fry for 5 minutes.
4. Add 1.7 cup (396 ml) of sliced cucumber and 3.3 tbsp (49.5 ml) of soy sauce, stir-frying for another 3-5 minutes.

7. Mediterranean Beef and Zucchini Stir-Fry

Dinner · This flavorful stir-fry is packed with protein-rich beef and low-carb zucchini, ensuring a satisfying meal that supports muscle maintenance. The combination of herbs and spices promotes anti-inflammatory effects, essential for women over 40 managing menopause symptoms.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	18 min
Calories	743 kcal
Protein	59g
Carbs	12g
Fats	50g



Ingredients

Ground beef, lean	9.9 oz / 280.5 g
Zucchini, sliced	1.5 medium / 330 g
Olive oil	1.7 tbsp / 24.8 ml
Dried oregano	1.7 tsp / 8.3 g
Garlic powder	1.7 tsp / 8.3 g
Salt and pepper	to taste / to taste

Instructions

1. Heat 1.7 tbsp (24.8 ml) of olive oil in a skillet over medium heat.
2. Add 9.9 oz (280.5 g) of ground beef and cook until browned, about 5 minutes.
3. Add the sliced zucchini, oregano, garlic powder, salt, and pepper. Stir-fry for another 5 minutes until the zucchini is tender.

8. Savory Turkey & Butternut Squash Chili

Dinner · This chili recipe is rich in protein from turkey and fiber from butternut squash, helping to manage weight and maintain muscle mass. The blend of spices including turmeric and cumin promote anti-inflammatory responses.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	20 min
Calories	743 kcal
Protein	50g
Carbs	58g
Fats	25g



Ingredients

Lean ground turkey	1.7 lb / 742.5 g
Butternut squash, cubed	3.3 cups / 495 g
Canned diced tomatoes	1.5 can / 660 g
Bone broth	3.3 cups / 792 ml
Garlic, minced	5 cloves / 5 cloves
Turmeric powder	1.7 tsp / 8.3 g
Cumin powder	1.7 tsp / 8.3 g

Instructions

1. In a large pot, brown the ground turkey for about 5-7 minutes until cooked through.
2. Add butternut squash, diced tomatoes, bone broth, garlic, turmeric, and cumin.
3. Bring to a simmer and cook for 20 minutes until the squash is tender.

9. Zesty Watermelon and Lime Juice

Lunch · This hydrating juice is made with watermelon, which is high in water content and vitamins, perfect for hydration and cooling. The lime adds a burst of flavor and vitamin C to support immunity.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	5 min
Calories	124 kcal
Protein	2g
Carbs	31g
Fats	16g



Ingredients

Watermelon, peeled and cubed	3.1 cups / 465 g
Lime juice	1.6 tbsp / 23.3 ml

Instructions

1. In a blender, combine watermelon and lime juice.
2. Blend until smooth, strain through a fine mesh sieve if desired.
3. Serve chilled over ice.

10. Turmeric-Spiced Beef & Root Vegetable Stew

Dinner · Packed with lean beef and an array of root vegetables, this stew is rich in iron and vitamin K, essential for bone health. The anti-inflammatory properties of turmeric and ginger help ease menopause discomfort.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	48 min
Calories	809 kcal
Protein	54g
Carbs	66g
Fats	33g



Ingredients

Lean beef chuck, cubed	1.7 lb / 742.5 g
Bone broth	4.9 cups / 1188 ml
Carrots, diced	1.7 cup / 198 g
Parsnips, diced	1.7 cup / 198 g
Potato, diced	1.7 cup / 247.5 g
Garlic, minced	6.5 cloves / 6.5 cloves
Turmeric powder	3.3 tsp / 16.5 g
Fresh ginger, grated	1.7 tbsp / 24.8 g

Instructions

1. In a large pot, brown the beef over medium heat for about 8 minutes.
2. Add the garlic, ginger, turmeric, and cook for another 2 minutes.
3. Pour in the bone broth, add the root vegetables, and simmer for 40 minutes until tender.

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