

Diet Plan for Women Over 50 PDF

Empowering nutrition for women in their 50s.

Designed for women in their 50s, this diet plan features 10 nutritious recipes that focus on maintaining energy and vitality. Experience the joy of cooking meals tailored to your unique health needs during this transformative decade.

RECIPE NUTRITION OVERVIEW

RECIPE	CAL	PROTEIN	CARBS	FATS
Grilled Salmon & Avocado Salad with C...	698	59g	23g	43g
Savory Quinoa & Kale Bowl with Tahini...	620	23g	62g	34g
Crispy Tofu & Kale Salad with Peanut ...	636	45g	47g	34g
Mediterranean Grilled Chicken Salad	698	47g	31g	43g
Mediterranean Grilled Shrimp Skewers ...	726	53g	59g	30g
Teriyaki Salmon with Grilled Asparagu...	809	50g	59g	41g
Cajun Spiced Grilled Chicken with Avo...	759	58g	33g	46g
Vegetable and Bean Chili	693	40g	112g	17g
Blueberry Spinach Salad with Walnuts	620	16g	39g	54g
Minted Yogurt Grilled Chicken with Mo...	759	69g	26g	41g
Average	702	46g	49g	38g

CALORIE PER RECIPE



Nourish Your Body, Transform Your Health

WHAT'S INSIDE

Grilled Salmon & Avocado Salad with Citrus Dressing

Crispy Tofu & Kale Salad with Peanut Dressing

Mediterranean Grilled Shrimp Skewers with Couscous Salad

Cajun Spiced Grilled Chicken with Avocado Tomato Salad

Blueberry Spinach Salad with Walnuts

Savory Quinoa & Kale Bowl with Tahini Dressing

Mediterranean Grilled Chicken Salad

Teriyaki Salmon with Grilled Asparagus and Quinoa

Vegetable and Bean Chili

Minted Yogurt Grilled Chicken with Moroccan Carrot Salad

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10 Recipes

Curated collection



46g Protein

Average per recipe



702 cal avg

Per recipe



Macro Balanced

49g C / 38g F avg

Contents

A quick overview of what's inside

1. Grilled Salmon & Avocado Salad with Citrus Dressing

2. Savory Quinoa & Kale Bowl with Tahini Dressing

3. Crispy Tofu & Kale Salad with Peanut Dressing

4. Mediterranean Grilled Chicken Salad

5. Mediterranean Grilled Shrimp Skewers with Couscous Salad

6. Teriyaki Salmon with Grilled Asparagus and Quinoa

7. Cajun Spiced Grilled Chicken with Avocado Tomato Salad

8. Vegetable and Bean Chili

9. Blueberry Spinach Salad with Walnuts

10. Minted Yogurt Grilled Chicken with Moroccan Carrot Salad

1. Grilled Salmon & Avocado Salad with Citrus Dressing

Lunch · This refreshing salad is rich in omega-3 fatty acids from salmon and healthy fats from avocado, both crucial for skin hydration and elasticity. The citrus dressing adds a vitamin C boost for collagen support.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	12 min
Calories	698 kcal
Protein	59g
Carbs	23g
Fats	43g



Ingredients

Salmon fillet	9.3 oz / 263.5 g
Mixed greens (spinach, arugula)	3.1 cups / 93 g
Avocado, sliced	0.8 medium / 116.3 g
Olive oil	3.1 tbsp / 46.5 ml
Juice of 1 lime	1.6 tbsp / 23.3 ml
Salt and pepper	to taste / to taste

Instructions

1. Season the salmon fillet with salt and pepper, then grill on medium heat for about 6-8 minutes per side until cooked through.
2. In a bowl, combine mixed greens and avocado slices.
3. Whisk together olive oil and lime juice, then drizzle over the salad and top with the grilled salmon.

2. Savory Quinoa & Kale Bowl with Tahini Dressing

Lunch · This nutritious bowl offers a plant-based protein source from quinoa and a wealth of vitamins from kale, essential for supporting bone health. The tahini dressing adds a creamy texture and healthy fats for better hormone health.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	12 min
Calories	620 kcal
Protein	23g
Carbs	62g
Fats	34g



Ingredients

Quinoa, cooked	1.6 cup / 372 ml
Kale, chopped	1.6 cup / 46.5 g
Tahini	3.1 tbsp / 46.5 g
Lemon juice	1.6 tbsp / 23.3 ml
Olive oil	1.6 tbsp / 23.3 ml

Instructions

1. In a bowl, combine 1.6 cup (372 ml) cooked quinoa and 1.6 cup (46.5 g) chopped kale.
2. In a separate bowl, whisk together 3.1 tbsp (46.5 g) tahini, 1.6 tbsp (23.3 ml) lemon juice, and 1.6 tbsp (23.3 ml) olive oil.
3. Drizzle the dressing over the quinoa and kale mixture, and toss to combine.

3. Crispy Tofu & Kale Salad with Peanut Dressing

Lunch · This crunchy salad features crispy tofu, nutrient-rich kale, and a creamy peanut dressing high in healthy fats and protein, ideal for hormone balance and satisfying hunger.

Nutrition Information

Servings	1
Prep Time	18 min
Cook Time	12 min
Calories	636 kcal
Protein	45g
Carbs	47g
Fats	34g



Ingredients

firm tofu, cubed	6.2 oz / 170.5 g
kale, chopped	3.1 cups / 744 ml
carrot, shredded	0.4 cup / 93 ml
red bell pepper, sliced	0.8 cup / 186 ml
peanut butter	1.6 tbsp / 23.3 g
soy sauce	1.6 tbsp / 23.3 ml
lime juice	1.6 tbsp / 23.3 ml
olive oil	1.6 tbsp / 23.3 ml
garlic powder	0.8 tsp / 3.1 g
salt and pepper to taste	to taste / to taste

Instructions

1. In a pan, heat olive oil and fry the cubed tofu until golden and crispy.
2. In a bowl, combine kale, carrot, and red bell pepper.
3. In a small bowl, whisk peanut butter, soy sauce, lime juice, and garlic powder. Drizzle this dressing over the salad and top with crispy tofu.

4. Mediterranean Grilled Chicken Salad

Lunch · This vibrant salad combines grilled chicken with fresh vegetables and a zesty lemon dressing, promoting heart health and providing essential proteins. The olives and feta cheese add calcium for strong bones.

Nutrition Information

Servings	1
Prep Time	18 min
Cook Time	12 min
Calories	698 kcal
Protein	47g
Carbs	31g
Fats	43g



Ingredients

grilled chicken breast, sliced	7.8 oz / 217 g
mixed greens (spinach, arugula)	3.1 cups / 744 ml
cucumber, diced	0.8 cup / 186 ml
cherry tomatoes, halved	0.8 cup / 186 ml
feta cheese, crumbled	0.4 cup / 93 ml
black olives, sliced	0.4 cup / 93 ml
olive oil	1.6 tbsp / 23.3 ml
lemon juice	1.6 tbsp / 23.3 ml
dried oregano	0.8 tsp / 3.1 g
salt and pepper to taste	to taste / to taste

Instructions

1. In a large bowl, add the mixed greens, cucumber, cherry tomatoes, olives, and feta cheese.
2. Top with sliced grilled chicken.
3. In a small bowl, whisk together olive oil, lemon juice, oregano, salt, and pepper, then drizzle over the salad.

5. Mediterranean Grilled Shrimp Skewers with Couscous Salad

Dinner · These Mediterranean grilled shrimp skewers are high in protein and rich in antioxidants, promoting bone health and reducing inflammation. The couscous salad adds fiber and complex carbohydrates, keeping you energized.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	18 min
Calories	726 kcal
Protein	53g
Carbs	59g
Fats	30g



Ingredients

Shrimp, peeled and deveined	9.9 oz / 280.5 g
Olive oil	3.3 tbsp / 49.5 ml
Lemon juice	1.7 tbsp / 24.8 ml
Couscous, cooked	0.8 cup / 198 ml
Cucumber, diced	0.4 cup / 99 ml
Cherry tomatoes, halved	0.4 cup / 99 ml
Feta cheese, crumbled	3.3 tbsp / 49.5 g

Instructions

1. In a bowl, mix shrimp with olive oil and lemon juice. Let marinate for 10 minutes.
2. Preheat the grill to medium-high and grill the shrimp skewers for about 2-3 minutes per side, until opaque.
3. In a separate bowl, combine cooked couscous, diced cucumber, and cherry tomatoes. Top with grilled shrimp and crumbled feta.

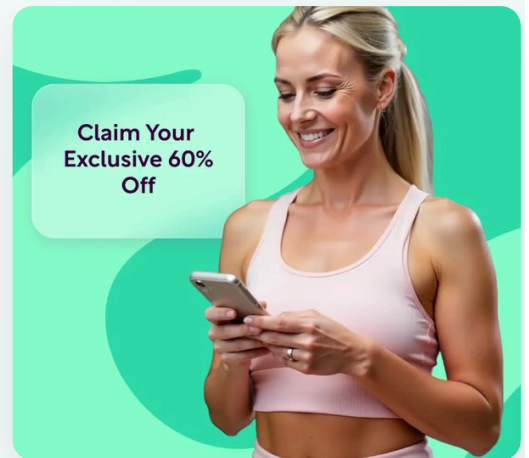
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6. Teriyaki Salmon with Grilled Asparagus and Quinoa

Dinner · This teriyaki salmon is rich in omega-3 fatty acids, supporting hormone production and reducing inflammation. Paired with grilled asparagus and quinoa, it promotes bone health and provides sustained energy.

Nutrition Information

Servings	1
Prep Time	9 min
Cook Time	18 min
Calories	809 kcal
Protein	50g
Carbs	59g
Fats	41g



Ingredients

Salmon fillet	9.9 oz / 280.5 g
Asparagus, trimmed	1.7 cup / 396 ml
Cooked quinoa	0.8 cup / 198 ml
Teriyaki sauce	3.3 tbsp / 49.5 ml

Instructions

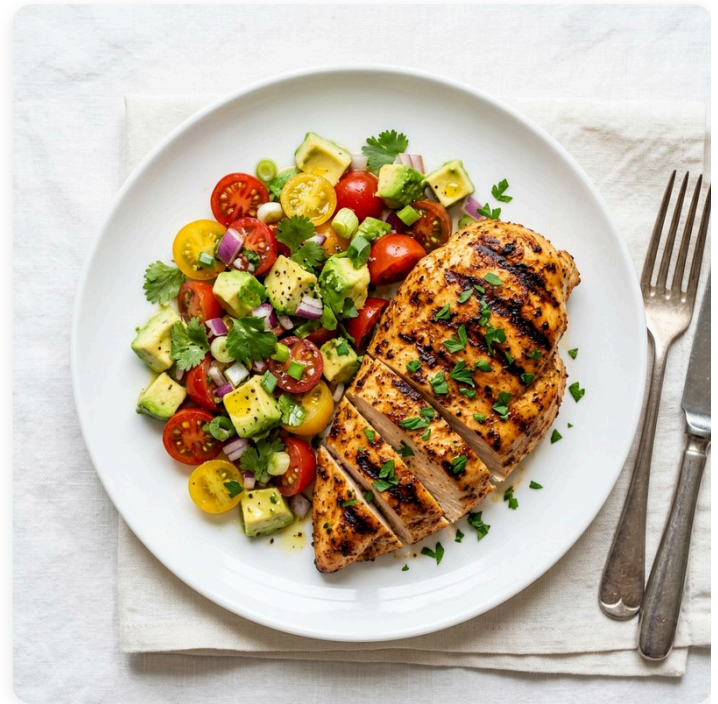
1. Marinate the salmon fillet in teriyaki sauce for at least 10 minutes.
2. Preheat the grill to medium-high and grill the salmon for about 6-7 minutes per side, or until it flakes easily.
3. Grill the asparagus for about 5 minutes, turning occasionally until tender. Serve with cooked quinoa.

7. Cajun Spiced Grilled Chicken with Avocado Tomato Salad

Dinner · Packed with protein and healthy fats, this Cajun spiced grilled chicken is great for boosting metabolism and supporting heart health. The avocado and tomato salad provides antioxidants and phytoestrogens, perfect for hormone balance.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	18 min
Calories	759 kcal
Protein	58g
Carbs	33g
Fats	46g



Ingredients

Boneless chicken breast	9.9 oz / 280.5 g
Olive oil	1.7 tbsp / 24.8 ml
Ripe avocado, diced	0.8 medium / 123.8 g
Cherry tomatoes, halved	0.8 cup / 198 ml
Fresh cilantro, chopped	1.7 tbsp / 24.8 ml

Instructions

1. In a bowl, combine the chicken with Cajun seasoning and 1.7 tbsp (24.8 ml) olive oil. Let marinate for 15 minutes.
2. Preheat grill to medium-high heat. Grill the chicken for 6-7 minutes on each side or until fully cooked.
3. In a bowl, combine diced avocado, cherry tomatoes, and cilantro. Serve alongside grilled chicken.

8. Vegetable and Bean Chili

Dinner · This hearty chili is loaded with kidney beans, black beans, bell peppers, and diced tomatoes. A high-protein, high-fiber meal that supports heart health and hormone balance during menopause.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	25 min
Calories	693 kcal
Protein	40g
Carbs	112g
Fats	17g



Ingredients

Kidney beans (canned, drained)	0.8 cup / 198 g
Black beans (canned, drained)	0.8 cup / 198 g
Bell peppers (chopped)	1.7 cup / 247.5 g
Diced tomatoes (canned)	1.7 cup / 396 g
Olive oil	1.7 tbsp / 24.8 ml
Chili powder	1.7 tbsp / 24.8 g
Cumin	1.7 tsp / 8.3 g

Instructions

1. In a pot, heat olive oil over medium heat. Add bell peppers and sauté for 5 minutes.
2. Add kidney beans, black beans, diced tomatoes, chili powder, and cumin. Stir well.
3. Simmer for 20 minutes, adjusting seasoning to taste.

9. Blueberry Spinach Salad with Walnuts

Lunch · This refreshing salad combines blueberries and spinach for a powerful dose of antioxidants and vitamins. Walnuts add healthy fats, supporting heart health and hormone balance for women over 40.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	12 min
Calories	620 kcal
Protein	16g
Carbs	39g
Fats	54g



Ingredients

Fresh spinach leaves	3.1 cups / 124 g
Blueberries	½ cup / 116.3 g
Walnuts, chopped	¼ cup / 46.5 g
Feta cheese, crumbled (optional)	3.1 tbsp / 46.5 g
Olive oil	1.6 tbsp / 23.3 ml
Balsamic vinegar	1.6 tbsp / 23.3 ml

Instructions

1. In a large bowl, combine 3.1 cups (124 g) fresh spinach leaves and ½ cup (116.3 g) blueberries.
2. Add ¼ cup (46.5 g) chopped walnuts and 3.1 tbsp (46.5 g) crumbled feta cheese if using.
3. Drizzle with 1.6 tbsp (23.3 ml) olive oil and 1.6 tbsp (23.3 ml) balsamic vinegar, then toss to combine.

10. Minted Yogurt Grilled Chicken with Moroccan Carrot Salad

Dinner · Grilled chicken is brightened by a refreshing mint yogurt sauce, providing protein and cooling effects to reduce symptoms of menopause. The Moroccan carrot salad adds fiber and vitamin A for skin health.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	19 min
Calories	759 kcal
Protein	69g
Carbs	26g
Fats	41g



Ingredients

Chicken breast, boneless	9.9 oz / 280.5 g
Plain Greek yogurt	0.8 cup / 198 g
Fresh mint, chopped	3.3 tbsp / 8.3 g
Carrots, shredded	1.7 cup / 214.5 g
Cumin powder	1.7 tsp / 8.3 g
Olive oil	1.7 tbsp / 24.8 ml
Lemon juice	1.7 tbsp / 24.8 ml

Instructions

1. In a bowl, mix yogurt (198 g), chopped mint (8.3 g), and lemon juice (24.8 ml), then set aside.
2. Marinate chicken in olive oil (24.8 ml) and cumin (8.3 g) for at least 15 minutes.
3. Preheat grill to medium-high heat and grill the chicken for 7-8 minutes on each side until fully cooked.
4. Serve grilled chicken topped with minted yogurt and shredded carrots (214.5 g) drizzled with additional olive oil (24.8 ml).

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