

Diet Plan for Women Over 60 PDF

Nourishment for women enjoying their 60s and beyond.

This comprehensive diet plan provides 10 healthy recipes catered to women over 60, focusing on nutrient density and heart health. Embrace your golden years with meals that support your active lifestyle and well-being.

RECIPE NUTRITION OVERVIEW

RECIPE	CAL	PROTEIN	CARBS	FATS
Mediterranean Quinoa Salad with Tuna ...	698	56g	70g	23g
Reishi Mushroom & Spinach Soup	233	6g	31g	11g
Miso Soup with Seaweed and Tofu	310	19g	31g	12g
Chickpea & Arugula Salad with Almond ...	620	26g	59g	34g
Garlic Parmesan Grilled Chicken with ...	710	61g	13g	41g
Maple Mustard Glazed Salmon with Gril...	743	56g	20g	50g
Creamy Chicken & Vegetable Casserole	743	53g	58g	33g
Cumin-Spiced Chicken and Veggie Bowl	743	56g	66g	25g
Sweet Potato & Black Bean Wellness Bo...	698	25g	105g	23g
Quinoa & Turkey Stuffed Bell Peppers	759	63g	66g	25g
Average	626	42g	52g	28g

CALORIE PER RECIPE



Nourish Your Body, Transform Your Health

WHAT'S INSIDE

Mediterranean Quinoa Salad with Tuna and Chickpeas

Miso Soup with Seaweed and Tofu

Garlic Parmesan Grilled Chicken with Spinach Salad

Creamy Chicken & Vegetable Casserole

Sweet Potato & Black Bean Wellness Bowl

Reishi Mushroom & Spinach Soup

Chickpea & Arugula Salad with Almond Dressing

Maple Mustard Glazed Salmon with Grilled Asparagus

Cumin-Spiced Chicken and Veggie Bowl

Quinoa & Turkey Stuffed Bell Peppers

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10 Recipes

Curated collection



626 cal avg

Per recipe



42g Protein

Average per recipe



Macro Balanced

52g C / 28g F avg

Contents

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10. Quinoa & Turkey Stuffed Bell Peppers

1. Mediterranean Quinoa Salad with Tuna and Chickpeas

Lunch · This filling quinoa salad features protein-rich tuna and chickpeas, providing a perfect balance of macronutrients for sustained energy. The fresh vegetables and olive oil promote heart health and hormone balance.

Nutrition Information

Servings	1
Prep Time	17 min
Cook Time	12 min
Calories	698 kcal
Protein	56g
Carbs	70g
Fats	23g



Ingredients

Cooked quinoa	1.6 cup / 372 ml
Canned tuna, drained	1.5 can (5 oz) / 232.5 g
Canned chickpeas, drained and rinsed	1.6 cup / 372 ml
Cherry tomatoes, halved	1.6 cup / 232.5 g
Cucumber, diced	0.8 cup / 116.3 g
Olive oil	3.1 tbsp / 46.5 ml
Lemon juice	3.1 tbsp / 46.5 ml
Fresh parsley, chopped	3.1 tbsp / 46.5 ml
Salt and pepper	to taste / to taste

Instructions

1. In a large bowl, combine quinoa, tuna, chickpeas, cherry tomatoes, and cucumber.
2. In a small bowl, whisk together olive oil, lemon juice, salt, and pepper.
3. Pour dressing over the salad, add parsley, and toss to combine.

2. Reishi Mushroom & Spinach Soup

Lunch · This warm and comforting soup combines reishi mushrooms for stress reduction with nutrient-rich spinach, enhancing adrenal health and providing essential vitamins.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	12 min
Calories	233 kcal
Protein	6g
Carbs	31g
Fats	11g



Ingredients

fresh spinach	3.1 cups / 744 ml
vegetable broth	3.1 cups / 744 ml
reishi mushroom powder	1.6 tsp / 7.8 g
garlic, minced	3 cloves / 3 cloves
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, then add 3 cloves of minced garlic and sauté until fragrant.
2. Add 3.1 cups (744 ml) vegetable broth and 1.6 tsp (7.8 g) reishi mushroom powder, stirring to combine.
3. Bring to a boil, then add 3.1 cups (744 ml) fresh spinach and simmer for 5-7 minutes until spinach is wilted.

3. Miso Soup with Seaweed and Tofu

Lunch · This comforting miso soup is an excellent source of probiotics from miso paste, plus vitamin D from the seaweed. Adding tofu boosts protein content, supporting immune resilience in women over 40.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	12 min
Calories	310 kcal
Protein	19g
Carbs	31g
Fats	12g



Ingredients

Miso paste	3.1 tbsp / 46.5 g
Water	3.1 cups / 744 ml
Tofu, cubed	0.8 cup / 186 ml
Dried seaweed (wakame)	3.1 tbsp / 31 g
Green onions, sliced	3 stalks / 3 stalks

Instructions

1. In a pot, bring 3.1 cups (744 ml) water to a boil. Add 3.1 tbsp (46.5 g) miso paste and mix until dissolved.
2. Add 0.8 cup (186 ml) cubed tofu and 3.1 tbsp (31 g) dried seaweed. Simmer for 5-7 minutes.
3. Serve hot, garnished with sliced green onions.

4. Chickpea & Arugula Salad with Almond Dressing

Lunch · Packed with protein and fiber, this salad combines chickpeas and arugula for a nutrient-dense meal. The almond dressing not only adds flavor but also provides calcium and healthy fats crucial for hormone balance and energy levels.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	12 min
Calories	620 kcal
Protein	26g
Carbs	59g
Fats	34g



Ingredients

Canned chickpeas, rinsed and drained	1.6 cup / 372 ml
Arugula	3.1 cups / 744 ml
Almond butter	3.1 tbsp / 46.5 ml
Apple cider vinegar	1.6 tbsp / 23.3 ml
Honey	1.6 tsp / 7.8 ml
Salt and pepper	to taste / to taste

Instructions

1. In a bowl, mix together 1.6 cup (372 ml) rinsed chickpeas and 3.1 cups (744 ml) arugula.
2. In a small bowl, whisk together 3.1 tbsp (46.5 ml) almond butter, 1.6 tbsp (23.3 ml) apple cider vinegar, 1.6 tsp (7.8 ml) honey, and a splash of water to thin if necessary.
3. Drizzle the almond dressing over the salad, season with salt and pepper, and toss to combine.

5. Garlic Parmesan Grilled Chicken with Spinach Salad

Dinner · This flavorful chicken is marinated in garlic and parmesan for a protein-packed meal that supports muscle maintenance. Served with a spinach salad for additional iron and calcium to support women's health.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	18 min
Calories	710 kcal
Protein	61g
Carbs	13g
Fats	41g



Ingredients

Chicken breast, boneless	9.9 oz / 280.5 g
Minced garlic	3 cloves / 16.5 g
Grated parmesan cheese	1.7 tbsp / 16.5 g
Fresh spinach	3.3 cups / 99 g
Olive oil	1.7 tbsp / 24.8 ml
Cherry tomatoes, halved	0.8 cup / 123.8 g

Instructions

1. In a bowl, mix minced garlic (16.5 g), olive oil (24.8 ml), and parmesan (16.5 g). Coat chicken and marinate for 15 minutes.
2. Preheat the grill to medium heat. Grill chicken for 6-7 minutes on each side until cooked through.
3. Toss spinach (99 g) with cherry tomatoes (123.8 g) and remaining olive oil (24.8 ml) to serve with the chicken.

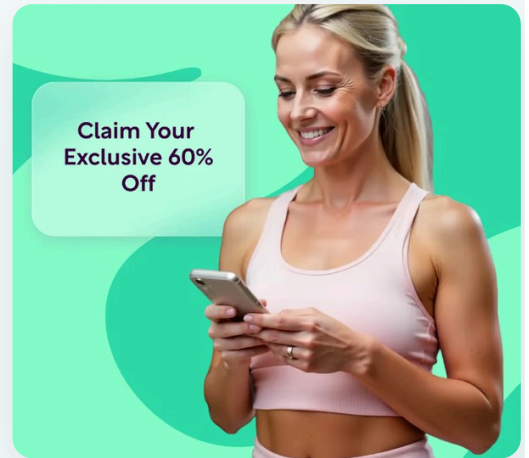
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6. Maple Mustard Glazed Salmon with Grilled Asparagus

Dinner · Rich in omega-3 fatty acids, this salmon dish supports hormone production and heart health. The maple mustard glaze adds sweetness paired with nutrient-dense asparagus, promoting bone health.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	18 min
Calories	743 kcal
Protein	56g
Carbs	20g
Fats	50g



Ingredients

Salmon fillet	9.9 oz / 280.5 g
Maple syrup	1.7 tbsp / 24.8 ml
Dijon mustard	1.7 tbsp / 24.8 g
Asparagus, trimmed	1.7 cup / 214.5 g
Olive oil	1.7 tbsp / 24.8 ml

Instructions

1. In a small bowl, mix maple syrup (24.8 ml) and Dijon mustard (24.8 g). Glaze salmon with the mixture.
2. Preheat the grill to medium-high heat. Grill salmon for about 5 minutes per side until cooked through.
3. Toss asparagus with olive oil (24.8 ml) and grill for 4-5 minutes, turning occasionally. Serve alongside salmon.

7. Creamy Chicken & Vegetable Casserole

Dinner · This creamy casserole combines chicken thighs and frozen vegetables in a budget-friendly, protein-rich dish. It's an easy make-ahead option great for freezing and reheating.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	30 min
Calories	743 kcal
Protein	53g
Carbs	58g
Fats	33g



Ingredients

Chicken thighs	1.7 lb / 742.5 g
Frozen mixed vegetables	4.9 cups / 1188 ml
Cream of mushroom soup (low-fat)	1.5 can (10.5 oz) / 495 g
Olive oil	3.3 tbsp / 49.5 ml
Garlic powder	1.7 tsp / 8.3 g
Onion powder	1.7 tsp / 8.3 g

Instructions

1. Preheat oven to 350°F (175°C).
2. In a skillet, heat 3.3 tbsp (49.5 ml) olive oil over medium heat.
3. Add 1.7 lb (742.5 g) diced chicken and cook until browned, about 5 minutes. Stir in 4.9 cups (1188 ml) frozen vegetables and 1 can (495 g) cream of mushroom soup. Season with 1.7 tsp (8.3 g) garlic powder and 1.7 tsp (8.3 g) onion powder.
4. Pour the mixture into a greased baking dish and bake for 30 minutes until heated through.

8. Cumin-Spiced Chicken and Veggie Bowl

Dinner · This flavorful chicken and vegetable bowl is loaded with protective antioxidants and protein to help balance hormones. The cumin adds an anti-inflammatory touch while being delicious.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	19 min
Calories	743 kcal
Protein	56g
Carbs	66g
Fats	25g



Ingredients

Chicken thighs	1.7 lb / 742.5 g
Frozen mixed vegetables	4.9 cups / 1188 ml
Cumin	3.3 tsp / 16.5 g
Olive oil	3.3 tbsp / 49.5 ml
Garlic powder	1.7 tsp / 8.3 g
Onion powder	1.7 tsp / 8.3 g
Cooked quinoa or rice	4.9 cups / 1188 ml

Instructions

1. Heat 3.3 tbsp (49.5 ml) olive oil in a large skillet over medium heat.
2. Add 1.7 lb (742.5 g) diced chicken thighs and cook until browned, about 5 minutes.
3. Stir in 4.9 cups (1188 ml) frozen mixed vegetables, 3.3 tsp (16.5 g) cumin, 1.7 tsp (8.3 g) garlic powder, and 1.7 tsp (8.3 g) onion powder. Cook for an additional 15 minutes until chicken is cooked through and vegetables are tender.
4. Serve over 4.9 cups (1188 ml) cooked quinoa or rice.

9. Sweet Potato & Black Bean Wellness Bowl

Lunch · Combining sweet potatoes and black beans, this bowl is rich in fiber and antioxidants. It's designed to support hormone balance and reduce inflammation, making it perfect for women over 40.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	20 min
Calories	698 kcal
Protein	25g
Carbs	105g
Fats	23g



Ingredients

Sweet potato	1.5 medium / 310 g
Canned black beans	0.8 cup / 186 g
Olive oil	1.6 tbsp / 23.3 ml
Cumin	1.6 tsp / 3.1 g
Chili powder	0.8 tsp / 1.6 g
Lime juice	1.6 tbsp / 23.3 ml
Fresh cilantro	3.1 tbsp / 15.5 g
Flaxseed	1.6 tbsp / 15.5 g

Instructions

1. Preheat the oven to 400°F (200°C). Toss cubed sweet potato with 1.6 tbsp (23.3 ml) olive oil, 1.6 tsp (3.1 g) cumin, and 0.8 tsp (1.6 g) chili powder. Spread on a baking sheet and roast for 20 minutes.
2. In a bowl, combine roasted sweet potato, 0.8 cup (186 g) black beans, and drizzle with 1.6 tbsp (23.3 ml) lime juice.
3. Sprinkle with 1.6 tbsp (15.5 g) ground flaxseed and garnish with 3.1 tbsp (15.5 g) chopped cilantro before serving.

10. Quinoa & Turkey Stuffed Bell Peppers

Dinner · These stuffed bell peppers blend quinoa and ground turkey, making for a high-protein, nutrient-dense meal. They provide fiber for digestive health and are rich in vitamins, which support overall well-being in women over 40.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	25 min
Calories	759 kcal
Protein	63g
Carbs	66g
Fats	25g



Ingredients

Ground turkey	9.9 oz / 280.5 g
Quinoa, cooked	0.8 cup / 198 ml
Bell peppers, halved	3 medium /
Tomato sauce	0.8 cup / 198 ml
Olive oil	1.7 tbsp / 24.8 ml
Salt and pepper	to taste /

Instructions

1. Preheat the oven to 375°F (190°C). In a skillet, cook ground turkey until browned. Stir cooked quinoa and tomato sauce into the skillet.
2. Season with salt and pepper. Fill halved bell peppers with the mixture and place in a baking dish. Drizzle with olive oil. Bake for 25 minutes.

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