

Ectomorph Diet Plan for Women PDF

Nutrition strategies for women with an ectomorph body type.

This diet plan offers 10 tailored recipes designed for ectomorph women, promoting muscle gain and energy. Discover how to fuel your body with the right nutrients to achieve your fitness goals while enjoying delicious meals.

RECIPE NUTRITION OVERVIEW

RECIPE	CAL	PROTEIN	CARBS	FATS
Sweet Potato and Black Bean Breakfast...	644	28g	84g	22g
Savory Breakfast Quinoa with Spinach ...	630	42g	49g	28g
Peanut Butter Banana Protein Bowl	644	42g	63g	28g
Berry Almond Protein Parfait	630	42g	63g	21g
Grilled Chicken & Sweet Potato Salad	806	54g	64g	34g
Tempeh and Quinoa Buddha Bowl	698	43g	78g	23g
Grilled Salmon Tacos with Cabbage Slaw	698	47g	47g	31g
Tempeh and Vegetable Stir-Fry with Br...	792	50g	99g	25g
Grilled Salmon with Broccoli and Quin...	743	59g	50g	40g
Almond-Crusted Chicken with Garlic Sp...	743	59g	20g	50g
Average	703	47g	62g	30g

CALORIE PER RECIPE



Nourish Your Body, Transform Your Health

WHAT'S INSIDE

Sweet Potato and Black Bean Breakfast Quesadilla

Savory Breakfast Quinoa with Spinach and Salmon

Peanut Butter Banana Protein Bowl

Berry Almond Protein Parfait

Grilled Chicken & Sweet Potato Salad

Tempeh and Quinoa Buddha Bowl

Grilled Salmon Tacos with Cabbage Slaw

Tempeh and Vegetable Stir-Fry with Brown Rice

Grilled Salmon with Broccoli and Quinoa

Almond-Crusted Chicken with Garlic Spinach

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](#)



10 Recipes

Curated collection



703 cal avg

Per recipe



47g Protein

Average per recipe



Macro Balanced

62g C / 30g F avg

Contents

A quick overview of what's inside

1. Sweet Potato and Black Bean Breakfast Quesadilla

2. Savory Breakfast Quinoa with Spinach and Salmon

3. Peanut Butter Banana Protein Bowl

4. Berry Almond Protein Parfait

5. Grilled Chicken & Sweet Potato Salad

6. Tempeh and Quinoa Buddha Bowl

7. Grilled Salmon Tacos with Cabbage Slaw

8. Tempeh and Vegetable Stir-Fry with Brown Rice

9. Grilled Salmon with Broccoli and Quinoa

10. Almond-Crusted Chicken with Garlic Spinach

1. Sweet Potato and Black Bean Breakfast Quesadilla

Breakfast · This hearty quesadilla combines protein-rich black beans with fiber-filled sweet potatoes for a meal that stabilizes blood sugar and keeps energy levels high.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	8 min
Calories	644 kcal
Protein	28g
Carbs	84g
Fats	22g



Ingredients

Whole wheat tortilla	1.5 large / 1.5 large
Cooked sweet potato	0.7 cup / 168 ml
Canned black beans	0.7 cup / 168 ml
Shredded cheese	0.4 cup / 42 g
Olive oil	1.4 tsp / 7 ml
Cumin	0.4 tsp / 1.4 g

Instructions

1. In a bowl, mix together 0.7 cup (168 ml) mashed sweet potato, 0.7 cup (168 ml) black beans, and 0.4 tsp (1.4 g) cumin.
2. Spread the mixture onto one side of 1.5 large whole wheat tortilla, add cheese if using, and fold the tortilla in half.
3. Heat 1.4 tsp (7 ml) olive oil in a skillet over medium heat. Cook the quesadilla for about 3-4 minutes on each side until golden brown.

2. Savory Breakfast Quinoa with Spinach and Salmon

Breakfast · This savory quinoa dish is high in protein and omega-3s, supporting memory and cognitive clarity. Spinach adds essential vitamins and antioxidants, making it a perfect breakfast for mental sharpness.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	15 min
Calories	630 kcal
Protein	42g
Carbs	49g
Fats	28g



Ingredients

Quinoa	0.7 cup / 126 g
Water	1.4 cup / 336 ml
Fresh spinach	1.4 cup / 42 g
Cooked salmon	4.2 oz / 119 g
Olive oil	1.4 tbsp / 21 ml
Salt and pepper	to taste / to taste

Instructions

1. Rinse 0.7 cup (126 g) quinoa under cold water, then combine with 1.4 cup (336 ml) water in a saucepan. Bring to a boil, then reduce to a simmer, cover, and cook for 15 minutes.
2. Stir in 1.4 cup (42 g) fresh spinach until wilted, then mix in 4.2 oz (119 g) cooked salmon.
3. Drizzle with 1.4 tbsp (21 ml) olive oil and season with salt and pepper to taste.

3. Peanut Butter Banana Protein Bowl

Breakfast · Combining creamy peanut butter with banana and protein-rich yogurt, this smoothie bowl supports muscle maintenance and energy levels. Topped with crunchy granola and berries for added texture and nutrients.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	8 min
Calories	644 kcal
Protein	42g
Carbs	63g
Fats	28g



Ingredients

Banana	1.5 large / 1.5 large
Greek yogurt	0.7 cup / 168 ml
Peanut butter	2.8 tbsp / 42 g
Almond milk	0.7 cup / 168 ml
Granola	0.4 cup / 84 ml
Mixed berries	0.7 cup / 168 ml

Instructions

1. Combine 1.5 large banana, 0.7 cup (168 ml) Greek yogurt, 2.8 tbsp (42 g) peanut butter, and 0.7 cup (168 ml) almond milk in a blender. Blend until smooth.
2. Pour into a bowl and top with 0.4 cup (84 ml) granola and 0.7 cup (168 ml) mixed berries.

4. Berry Almond Protein Parfait

Breakfast · This delicious Berry Almond Protein Parfait is packed with protein and healthy fats, making it an excellent choice for women over 40. It's designed to support hormone balance, metabolism, and bone health, while also being rich in antioxidants and fiber.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	630 kcal
Protein	42g
Carbs	63g
Fats	21g



Ingredients

Greek yogurt	1.4 cup / 336 ml
protein powder (whey or plant-based)	1.5 scoop / 42 g
mixed berries (blueberries, strawberries, raspberries)	1.4 cup / 210 g
rolled oats	0.5 cup / 42 g
almond butter	1.4 tablespoon / 22.4 g
medium apple	1.4 medium / 252 g
sliced turkey breast	2.8 oz / 78.4 g
almonds	1.4 oz / 39.2 g

Instructions

1. In a bowl, mix Greek yogurt with the protein powder until well combined.
2. Layer the yogurt mixture in a glass or bowl with mixed berries and rolled oats.
3. Top with almond butter for added flavor and healthy fats.
4. Serve with a medium apple on the side for a refreshing crunch.
5. For a mid-morning snack, enjoy sliced turkey breast and almonds.

5. Grilled Chicken & Sweet Potato Salad

Lunch · This vibrant salad features grilled chicken breast and roasted sweet potatoes, offering a perfect blend of lean protein and complex carbohydrates. The addition of greens and healthy fats from avocado supports heart health and provides essential vitamins.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	20 min
Calories	806 kcal
Protein	54g
Carbs	64g
Fats	34g



Ingredients

Chicken breast, grilled	9.3 oz / 263.5 g
Sweet potato, cubed and roasted	1.5 medium / about 200g
Mixed greens	3.1 cups / 744 ml
Avocado, sliced	0.8 medium / about 75g
Olive oil and balsamic vinegar	1.6 tbsp each / 23.3 ml each
Salt and pepper	to taste / to taste

Instructions

1. Preheat the oven to 400°F (200°C). Toss 1.5 medium cubed sweet potato with olive oil, salt, and pepper, and roast for 20 minutes until tender.
2. Grill 9.3 oz (263.5 g) of chicken breast until cooked through, about 6-7 minutes per side, then slice.
3. In a bowl, combine 3.1 cups (744 ml) of mixed greens, roasted sweet potatoes, sliced avocado, and grilled chicken.
4. Drizzle with 1 tbsp (15ml) of olive oil and 1 tbsp (15ml) of balsamic vinegar, toss gently, and serve.

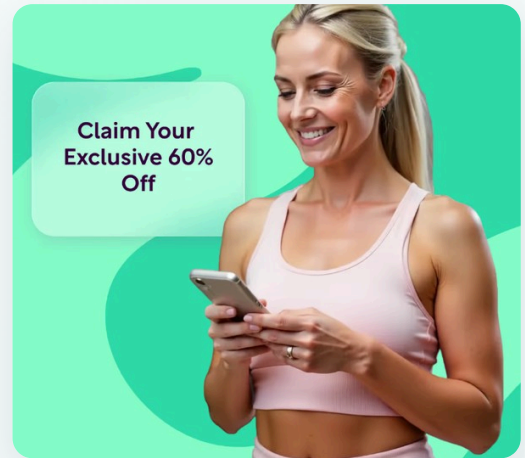
EXCLUSIVE OFFER

Start Your Personalized Plan

Get personalized meal plans, macro tracking, and expert guidance — all tailored to your unique body and goals. Join thousands of women already transforming their health with Reverse Health.

[Get Started Now](#)

**Join +1,100,000 women transforming their health*



6. Tempeh and Quinoa Buddha Bowl

Lunch · This nourishing bowl combines protein-packed tempeh with quinoa, providing a complete amino acid profile and supporting muscle maintenance. The vegetables add vitamins and minerals, crucial for women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	20 min
Calories	698 kcal
Protein	43g
Carbs	78g
Fats	23g



Ingredients

Cooked quinoa	0.8 cup / 186 g
Tempeh, cubed	0.8 cup / 186 g
Broccoli, steamed	1.6 cup / 232.5 g
Carrots, shredded	0.8 cup / 77.5 g
Tahini	3.1 tbsp / 46.5 g
Lemon juice	1.6 tbsp / 23.3 ml
Salt	to taste / to taste
Black pepper	to taste / to taste

Instructions

1. Cook tempeh in a skillet over medium heat until golden brown, about 6-8 minutes.
2. In a bowl, layer 0.8 cup (186 g) cooked quinoa, 0.8 cup (186 g) cooked tempeh, 1.6 cup (232.5 g) steamed broccoli, and 0.8 cup (77.5 g) shredded carrots.
3. Drizzle with 3.1 tbsp (46.5 g) tahini, 1.6 tbsp (23.3 ml) lemon juice, and season with salt and pepper.

7. Grilled Salmon Tacos with Cabbage Slaw

Lunch · These flavorful tacos feature grilled salmon, providing omega-3 fatty acids that support heart health and help maintain healthy triglyceride levels. The cabbage slaw adds crunch and fiber, essential for digestive health in women over 40.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	10 min
Calories	698 kcal
Protein	47g
Carbs	47g
Fats	31g



Ingredients

Salmon fillet	12.4 oz / 350.3 g
Corn tortillas	6 small / 6 small
Green cabbage, shredded	1.6 cup / 372 ml
Olive oil	1.6 tbsp / 23.3 ml
Lime juice	1.6 tbsp / 23.3 ml
Salt and pepper	to taste / to taste

Instructions

1. Preheat a grill or grilling pan over medium heat and brush with olive oil.
2. Season the salmon with salt, pepper, and lime juice, then grill for about 4-5 minutes on each side until cooked through.
3. Warm the corn tortillas on the grill for 1 minute per side.
4. Assemble tacos by placing grilled salmon and shredded cabbage in each tortilla.

8. Tempeh and Vegetable Stir-Fry with Brown Rice

Dinner · Tempeh offers a complete protein source along with fiber, making this stir-fry ideal for balanced nutrition. The colorful vegetables are packed with antioxidants that combat inflammation and support heart health.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	20 min
Calories	792 kcal
Protein	50g
Carbs	99g
Fats	25g



Ingredients

Tempeh	13.2 oz / 379.5 g
Brown rice	1.7 cup / 396 ml
Mixed bell peppers	1.7 cup / 396 ml
Carrot	1.7 medium / 1.7g
Soy sauce	3.3 tbsp / 49.5 ml
Sesame oil	1.7 tbsp / 24.8 ml
Sesame seeds	1.7 tbsp / 24.8 g

Instructions

1. Heat sesame oil in a skillet over medium heat.
2. Add tempeh and cook until browned for about 5-7 minutes.
3. Add bell peppers and carrot; stir-fry for another 5-7 minutes.
4. Add soy sauce and cook for an additional 1.7-2 minutes, then serve over brown rice, garnished with sesame seeds.

9. Grilled Salmon with Broccoli and Quinoa

Dinner · Salmon is rich in omega-3 fatty acids which are essential for heart health and hormone production, making it a perfect choice for women over 40. Coupled with broccoli and quinoa, this meal offers a balance of protein, fiber, and vitamins for overall wellness.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	743 kcal
Protein	59g
Carbs	50g
Fats	40g



Ingredients

Salmon fillet	9.9 oz / 280.5 g
Broccoli florets	1.7 cup / 396 ml
Cooked quinoa	0.8 cup / 198 ml
Olive oil	1.7 tbsp / 24.8 ml
Salt	to taste /
Black pepper	to taste /

Instructions

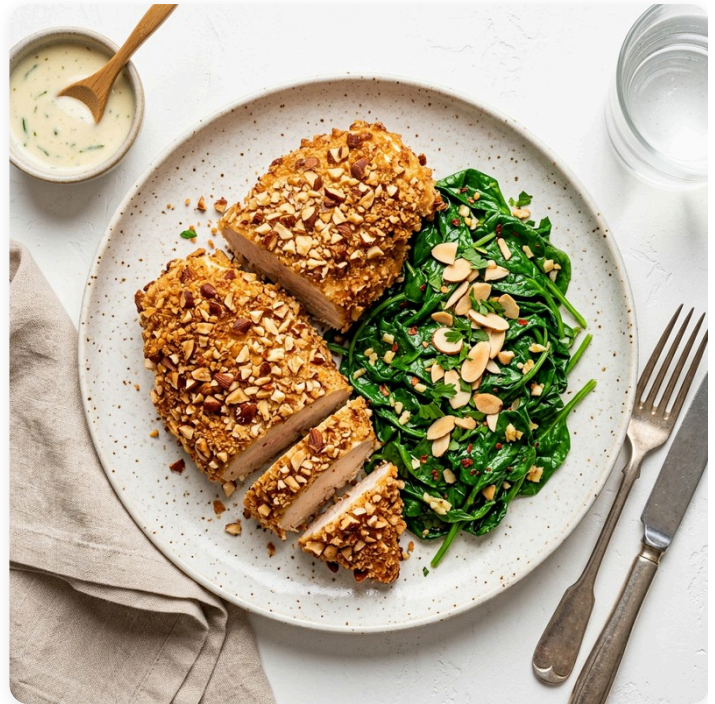
1. Preheat grill to medium-high heat.
2. Brush salmon with olive oil, season with salt and pepper, and grill for about 6-8 minutes on each side until cooked through.
3. While salmon is grilling, steam broccoli until tender.
4. Serve the grilled salmon with quinoa and steamed broccoli.

10. Almond-Crusted Chicken with Garlic Spinach

Dinner · This high-protein chicken dish offers healthy fats and protein, essential for maintaining muscle mass during menopause. The garlic spinach adds iron and magnesium, supporting energy levels.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	20 min
Calories	743 kcal
Protein	59g
Carbs	20g
Fats	50g



Ingredients

Chicken breast, boneless	8.3 oz / 231 g
Almond flour	0.4 cup / 49.5 g
Egg, beaten	1.7 large / 1.5 large
Spinach, fresh	3.3 cups / 99 g
Garlic, minced	1.5 clove / 4.9 g
Olive oil	1.7 tbsp / 24.8 ml

Instructions

1. Preheat the oven to 400°F (200°C). Dip 8.3 oz (231 g) chicken breast in 1.7 large beaten egg, then coat with 0.4 cup (49.5 g) almond flour.
2. Place the chicken on a baking sheet and bake for 20 minutes or until cooked through.
3. In a skillet, heat 1.7 tbsp (24.8 ml) olive oil over medium heat, add 1.5 clove (4.9 g) minced garlic and 3.3 cups (99 g) spinach, and sauté until wilted.

Start Your Health Journey Today

Join thousands of women transforming their health with personalized nutrition and fitness plans designed around your unique body, goals, and lifestyle.



Custom meal plans & macro tracking



Evidence-based programs



Expert guidance & support

EXPLORE MORE PLANS

Discover more expert-curated nutrition guides and diet plans at reverse.health/category/nutrition — meal plans, recipes, and wellness tips for women over 40.

Get Started Now

Explore a world tailored to women's health

This content is for informational purposes only and is not a substitute for professional medical advice. Consult your healthcare provider before starting any new diet or exercise program.

© 2026 Reverse Health. All rights reserved.