

Endomorph Diet Plan for Women PDF

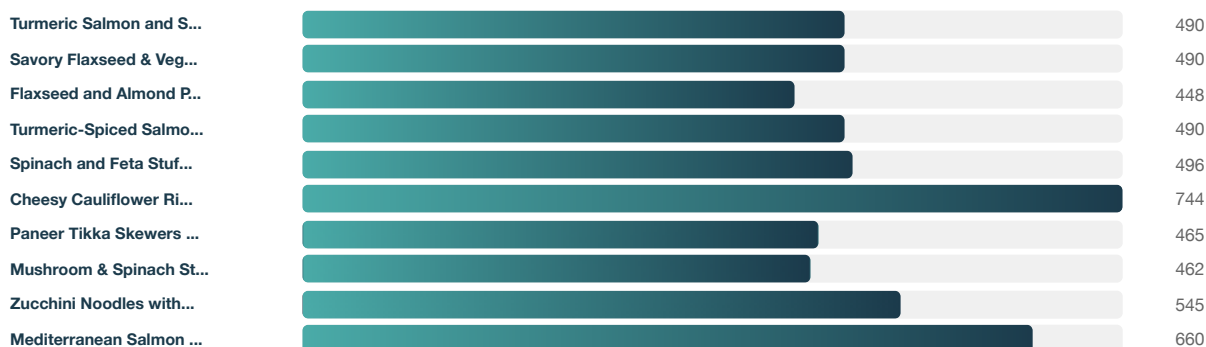
Smart eating for women with an endomorph body type.

Crafted for endomorph women, this diet plan features 10 satisfying recipes that help manage weight while promoting metabolic health. Enjoy dishes that are both delicious and effective in supporting your fitness journey.

RECIPE NUTRITION OVERVIEW

RECIPE	CAL	PROTEIN	CARBS	FATS
Turmeric Salmon and Spinach Bowl	490	42g	21g	28g
Savory Flaxseed & Vegetable Frittata	490	32g	14g	34g
Flaxseed and Almond Protein Pancakes	448	28g	20g	31g
Turmeric-Spiced Salmon with Blueberry...	490	42g	28g	28g
Spinach and Feta Stuffed Avocado	496	31g	22g	37g
Cheesy Cauliflower Rice with Salmon	744	50g	22g	53g
Paneer Tikka Skewers with Mint Yogurt...	465	34g	23g	23g
Mushroom & Spinach Stir-Fry with Tofu	462	33g	25g	30g
Zucchini Noodles with Pesto & Grilled...	545	50g	17g	33g
Mediterranean Salmon & Vegetable Skew...	660	50g	20g	43g
Average	529	39g	21g	34g

CALORIE PER RECIPE



Nourish Your Body, Transform Your Health

WHAT'S INSIDE

Turmeric Salmon and Spinach Bowl

Flaxseed and Almond Protein Pancakes

Spinach and Feta Stuffed Avocado

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Zucchini Noodles with Pesto & Grilled Shrimp

Savory Flaxseed & Vegetable Frittata

Turmeric-Spiced Salmon with Blueberry Walnut Salad

Cheesy Cauliflower Rice with Salmon

Mushroom & Spinach Stir-Fry with Tofu

Mediterranean Salmon & Vegetable Skewers

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10 Recipes

Curated collection



529 cal avg

Per recipe



39g Protein

Average per recipe



Macro Balanced

21g C / 34g F avg

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1. Turmeric Salmon and Spinach Bowl

Breakfast · This vibrant bowl features tender salmon infused with turmeric and paired with fresh spinach and berries. It's a nutritious and delicious start to your day.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	20 min
Calories	490 kcal
Protein	42g
Carbs	21g
Fats	28g



Ingredients

salmon fillet	5.6 oz / 158.2 g
spinach	1.4 cup / 42 g
turmeric powder	1.4 tsp / 7 g
olive oil	1.4 tbsp / 21 ml
mixed berries	0.7 cup / 105 g

Instructions

1. Preheat the oven to 375°F (190°C).
2. Rub the salmon fillet with olive oil and turmeric powder.
3. Place the salmon on a baking sheet and bake for 15-20 minutes, until cooked through.
4. Sauté the spinach in a pan with a little olive oil for 2-3 minutes.
5. Serve the salmon over the spinach and top with mixed berries.

2. Savory Flaxseed & Vegetable Frittata

Breakfast · This protein-packed frittata is loaded with vegetables and flaxseed to help balance hormones and provide essential nutrients for bone health. Eggs contribute to sustained energy levels and muscle maintenance during menopause.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	20 min
Calories	490 kcal
Protein	32g
Carbs	14g
Fats	34g



Ingredients

Eggs	4.2 large / 4 large
Flaxseed meal	2.8 tbsp / 42 g
Bell pepper, diced	0.7 medium / 105 g
Onion, diced	0.4 medium / 56 g
Spinach, chopped	1.4 cup / 42 g
Olive oil	1.4 tbsp / 21 ml

Instructions

1. Preheat your oven to 375°F (190°C). In a bowl, whisk together 4 large eggs and 2.8 tbsp (42 g) flaxseed meal.
2. In an oven-safe skillet, heat 1.4 tbsp (21 ml) olive oil over medium heat and sauté 0.4 diced onion and 0.7 diced bell pepper until softened.
3. Add 1.4 cup (42 g) chopped spinach, cook until wilted, then pour in the egg mixture and cook for 5 minutes. Transfer to the oven and bake for 10-15 minutes until set.

3. Flaxseed and Almond Protein Pancakes

Breakfast · These light pancakes are enhanced with flaxseed and almond flour for added protein and fiber, making them a great option for sustained energy. They support hormonal balance through phytoestrogens and omega-3 fatty acids.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	448 kcal
Protein	28g
Carbs	20g
Fats	31g



Ingredients

Almond flour	0.7 cup / 70 g
Egg	1.5 large / 70 g
Flaxseed meal	2.8 tbsp / 42 g
Almond milk	0.7 cup / 168 ml
Baking powder	1.4 tsp / 7 g

Instructions

1. In a bowl, whisk together almond flour, flaxseed meal, baking powder, and egg.
2. Gradually add almond milk until you achieve a batter consistency.
3. Heat a non-stick skillet over medium heat and pour 1/4 cup (60ml) of batter for each pancake.
4. Cook for 2-3 minutes on each side until golden brown.

4. Turmeric-Spiced Salmon with Blueberry Walnut Salad

Breakfast · This dish combines omega-3 rich salmon with anti-inflammatory turmeric, perfect for cognitive support. The blueberry walnut salad adds antioxidants and healthy fats, enhancing brain function for women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	490 kcal
Protein	42g
Carbs	28g
Fats	28g



Ingredients

Salmon fillet	5.6 oz / 158.2 g
Turmeric powder	1.4 tsp / 7 g
Blueberries	0.7 cup / 168 ml
Chopped walnuts	0.4 cup / 42 g
Mixed leafy greens	2.8 cups / 672 ml
Olive oil	1.4 tbsp / 21 ml
Lemon juice	1.4 tbsp / 21 ml

Instructions

1. Preheat oven to 375°F (190°C).
2. Season the salmon fillet with turmeric powder, salt, and pepper.
3. Place the salmon on a baking sheet and bake for 15 minutes or until cooked through.
4. In a bowl, combine mixed greens, blueberries, and walnuts.
5. Drizzle with olive oil and lemon juice, then toss gently.
6. Serve the turmeric-spiced salmon alongside the blueberry walnut salad.

5. Spinach and Feta Stuffed Avocado

Lunch · This easy-to-make dish combines the healthy fats of avocado with protein-rich feta and iron-rich spinach, supporting both bone and hormone health. It's a cooling meal ideal for those experiencing menopause symptoms.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	5 min
Calories	496 kcal
Protein	31g
Carbs	22g
Fats	37g



Ingredients

Avocado	1.6 medium / 217 g
Fresh spinach	1.6 cup / 46.5 g
Feta cheese	0.4 cup / 46.5 g
Olive oil	1.6 tsp / 7.8 ml
Lemon juice	1.6 tsp / 7.8 ml
Salt and pepper	to taste / to taste

Instructions

1. In a bowl, mix 1.6 cup (46.5 g) chopped spinach and 0.4 cup (46.5 g) crumbled feta cheese together, season with salt, pepper, and 1.6 tsp (7.8 ml) lemon juice.
2. Scoop the spinach mixture into the two halves of 1.6 avocado (217 g).
3. Drizzle with 1.6 tsp (7.8 ml) olive oil and serve immediately.

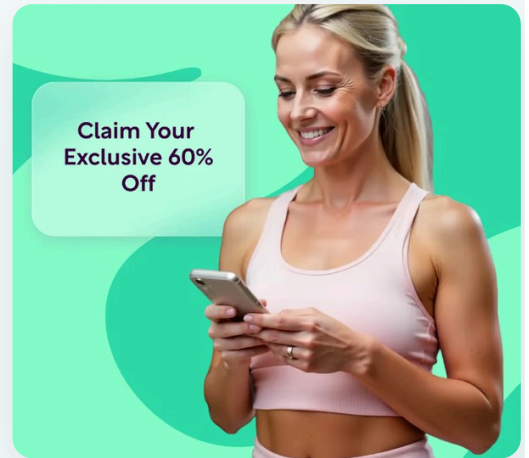
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6. Cheesy Cauliflower Rice with Salmon

Lunch · This dish combines the antioxidant-rich cauliflower and omega-3 fatty acids from salmon, promoting heart health while supporting weight loss. The added cheese enhances flavor and provides calcium, crucial for bone health.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	744 kcal
Protein	50g
Carbs	22g
Fats	53g



Ingredients

Cauliflower florets	1.6 cup / 155 g
Cooked salmon	4.7 oz / 131.8 g
Shredded cheese (cheddar or mozzarella)	0.4 cup / 46.5 g
Olive oil	1.6 tbsp / 23.3 ml
Garlic powder	0.8 tsp / 3.1 g
Salt and pepper	to taste / to taste

Instructions

1. In a skillet, heat 1.6 tbsp (23.3 ml) olive oil over medium heat and add 1.6 cup (155 g) cauliflower florets.
2. Sauté for about 5 minutes until tender, then stir in 4.7 oz (131.8 g) flaked salmon, garlic powder, and season with salt and pepper.
3. Top with 0.4 cup (46.5 g) shredded cheese, cover, and let it melt for 2-3 minutes before serving.

7. Paneer Tikka Skewers with Mint Yogurt Dip

Lunch · These marinated paneer skewers provide a good source of protein and calcium, essential for maintaining bone health during menopause. The cooling mint yogurt dip includes probiotics that support digestive health and can help reduce menopause symptoms.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	15 min
Calories	465 kcal
Protein	34g
Carbs	23g
Fats	23g



Ingredients

Paneer, cubed	1.6 cup / 372 g
Bell peppers, chopped	1.6 cup / 372 ml
Yogurt, plain	0.8 cup / 186 ml
Fresh mint leaves	3.1 tbsp / 46.5 ml
Turmeric powder	1.6 tsp / 7.8 g
Cumin powder	1.6 tsp / 7.8 g
Olive oil	1.6 tbsp / 23.3 ml

Instructions

1. In a bowl, combine 1.6 cup (372 g) cubed paneer, 1.6 cup (372 ml) chopped bell peppers, 1.6 tsp (7.8 g) turmeric powder, 1.6 tsp (7.8 g) cumin powder, and 1.6 tbsp (23.3 ml) olive oil.
2. Mix well and marinate for at least 30 minutes.
3. Preheat grill or oven to medium heat.
4. Thread the marinated paneer and bell peppers onto skewers and grill for 10-15 minutes, turning occasionally.
5. In another bowl, mix 0.8 cup (186 ml) yogurt with 3.1 tbsp (46.5 ml) mint leaves for a refreshing dip.

8. Mushroom & Spinach Stir-Fry with Tofu

Dinner · This stir-fry is a great source of plant protein from tofu, which is essential for maintaining muscle mass as women age. Loaded with spinach and mushrooms, it provides antioxidants and iron for energy and vitality.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	10 min
Calories	462 kcal
Protein	33g
Carbs	25g
Fats	30g



Ingredients

Firm tofu, cubed	1.7 cup / 396 ml
Mushrooms, sliced	1.7 cup / 396 ml
Fresh spinach, chopped	1.7 cup / 396 ml
Soy sauce, low-sodium	3.3 tbsp / 49.5 ml
Olive oil	1.7 tbsp / 24.8 ml
Garlic, minced	1.5 clove / 1.5 clove

Instructions

1. In a skillet, heat olive oil over medium heat and add garlic. Sauté for 1 minute.
2. Add mushrooms and cook until they release their moisture, about 3-4 minutes.
3. Stir in cubed tofu and spinach, cooking until spinach wilts. Add soy sauce and toss to combine before serving.

9. Zucchini Noodles with Pesto & Grilled Shrimp

Dinner · This low-carb dish features zucchini noodles, a great way to increase vegetable intake while keeping calorie content low. Shrimp is high in protein and omega-3 fatty acids, supporting heart health and muscle maintenance.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	10 min
Calories	545 kcal
Protein	50g
Carbs	17g
Fats	33g



Ingredients

Zucchini, spiralized	1.5 medium / 1.5 medium
Shrimp, peeled and deveined	9.9 oz / 280.5 g
Pesto sauce	3.3 tbsp / 49.5 ml
Olive oil	1.7 tbsp / 24.8 ml
Salt	to taste /
Black pepper	to taste /

Instructions

1. In a skillet, heat olive oil over medium heat and add shrimp. Cook for 3-4 minutes until shrimp are pink and cooked through.
2. In a separate pan, sauté zucchini noodles for 2-3 minutes until just tender.
3. Toss zucchini noodles with cooked shrimp and pesto before serving.

10. Mediterranean Salmon & Vegetable Skewers

Dinner · These skewers are high in protein and omega-3s from salmon, which are essential for heart health and managing menopause symptoms. The colorful vegetables provide antioxidants and fiber to support digestion and energy levels.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	10 min
Calories	660 kcal
Protein	50g
Carbs	20g
Fats	43g



Ingredients

Salmon, cubed	6.6 oz / 186.5 g
Bell pepper, cubed	0.8 medium / 123.8 g
Zucchini, sliced	0.8 medium / 123.8 g
Red onion, cubed	0.4 medium / 66 g
Olive oil	1.7 tbsp / 24.8 ml
Lemon juice	1.7 tbsp / 24.8 ml

Instructions

1. Preheat the grill to medium-high heat. In a bowl, toss 6.6 oz (186.5 g) cubed salmon, 0.8 cubed bell pepper, 0.8 sliced zucchini, and 0.4 cubed red onion with 1.7 tbsp (24.8 ml) olive oil and 1.7 tbsp (24.8 ml) lemon juice.
2. Thread the mixture onto skewers and grill for about 10 minutes, turning occasionally until salmon is cooked through.
3. Serve warm with your choice of side.

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