

# Fast Metabolism Diet Plan for Women PDF

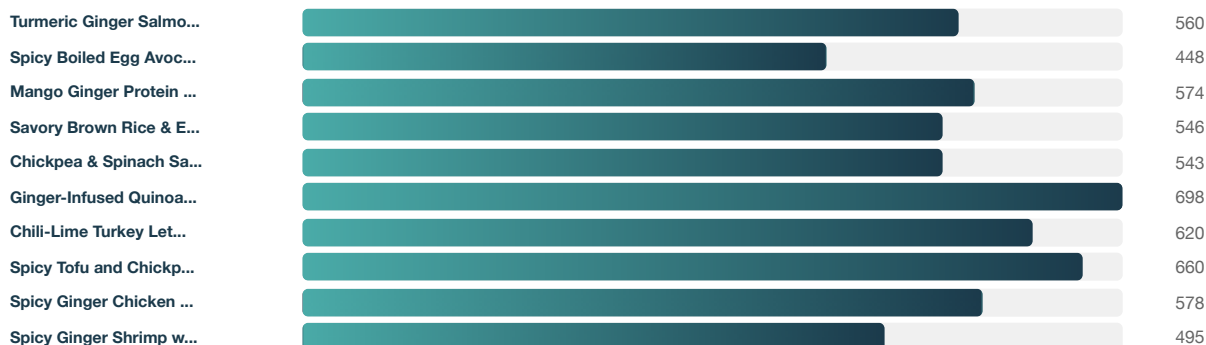
Boost your metabolism with strategic meal choices.

This diet plan includes 10 energizing recipes aimed at enhancing your metabolism and promoting weight loss. Perfect for women looking to revitalize their energy levels, these meals are designed to keep you feeling full and satisfied.

## RECIPE NUTRITION OVERVIEW

RECIPE	CAL	PROTEIN	CARBS	FATS
Turmeric Ginger Salmon Breakfast Bowl	560	39g	49g	28g
Spicy Boiled Egg Avocado Toast	448	31g	34g	25g
Mango Ginger Protein Bowl	574	41g	52g	24g
Savory Brown Rice & Egg Bowl	546	34g	48g	25g
Chickpea & Spinach Salad with Ginger ...	543	28g	78g	16g
Ginger-Infused Quinoa & Kale Bowl	698	31g	93g	23g
Chili-Lime Turkey Lettuce Wraps	620	50g	23g	39g
Spicy Tofu and Chickpea Stir-Fry	660	50g	74g	20g
Spicy Ginger Chicken Stir-Fry	578	46g	25g	33g
Spicy Ginger Shrimp with Bok Choy	495	46g	17g	26g
<b>Average</b>	<b>572</b>	<b>40g</b>	<b>49g</b>	<b>26g</b>

## CALORIE PER RECIPE



*Nourish Your Body, Transform Your Health*

## WHAT'S INSIDE

Turmeric Ginger Salmon Breakfast Bowl

Spicy Boiled Egg Avocado Toast

Mango Ginger Protein Bowl

Savory Brown Rice & Egg Bowl

Chickpea & Spinach Salad with Ginger Dressing

Ginger-Infused Quinoa & Kale Bowl

Chili-Lime Turkey Lettuce Wraps

Spicy Tofu and Chickpea Stir-Fry

Spicy Ginger Chicken Stir-Fry

Spicy Ginger Shrimp with Bok Choy

**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



**572 cal avg**

Per recipe



**40g Protein**

Average per recipe



**Macro Balanced**

49g C / 26g F avg

## Contents

A quick overview of what's inside

1. Turmeric Ginger Salmon Breakfast Bowl

2. Spicy Boiled Egg Avocado Toast

3. Mango Ginger Protein Bowl

4. Savory Brown Rice & Egg Bowl

5. Chickpea & Spinach Salad with Ginger Dressing

---

6. Ginger-Infused Quinoa & Kale Bowl

---

7. Chili-Lime Turkey Lettuce Wraps

---

8. Spicy Tofu and Chickpea Stir-Fry

---

9. Spicy Ginger Chicken Stir-Fry

---

10. Spicy Ginger Shrimp with Bok Choy

---

# 1. Turmeric Ginger Salmon Breakfast Bowl

**Breakfast** · Packed with omega-3 fatty acids from salmon and anti-inflammatory properties from turmeric and ginger, this breakfast bowl supports heart health and reduces inflammation. The addition of leafy greens provides essential vitamins and minerals that promote hormonal balance.

## Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	10 min
<b>Calories</b>	560 kcal
<b>Protein</b>	39g
<b>Carbs</b>	49g
<b>Fats</b>	28g



## Ingredients

salmon fillet	5.6 oz / 161 g
fresh spinach	1.4 cup / 336 ml
turmeric powder	1.4 tsp / 7 g
fresh ginger, grated	1.4 tsp / 7 g
olive oil	1.4 tbsp / 21 ml
quinoa, cooked	0.7 cup / 168 ml
blueberries	0.7 cup / 168 ml

## Instructions

1. Heat 1.4 tbsp (21 ml) olive oil in a skillet over medium heat.
2. Season the salmon fillet with turmeric and grated ginger, then cook for 5 minutes on each side until cooked through.
3. In a bowl, layer the cooked quinoa, spinach, and top with the salmon and blueberries.

## 2. Spicy Boiled Egg Avocado Toast

**Breakfast** · This delicious breakfast combines the healthy fats of avocado with the protein-packed goodness of boiled eggs, promoting hormone balance. The addition of chili flakes provides anti-inflammatory benefits that can help alleviate menopause symptoms.

### Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	10 min
Calories	448 kcal
Protein	31g
Carbs	34g
Fats	25g



### Ingredients

Boiled eggs	3 large / 3 large
Whole grain bread	1.5 slice / 1.5 slice
Avocado	0.5 medium / 0.5 medium
Red chili flakes	0.4 tsp / 1.4 ml
Salt	to taste / to taste

### Instructions

1. Toast 1.5 slice (1.5 slice) of whole grain bread until golden brown.
2. Mash 0.5 medium avocado in a bowl and season with salt and red chili flakes.
3. Slice 2 boiled eggs and layer them on top of the avocado toast.

### 3. Mango Ginger Protein Bowl

**Breakfast** · This smoothie bowl combines mango and ginger for a refreshing breakfast packed with protein. Fresh ginger offers anti-inflammatory benefits, while Greek yogurt provides the necessary protein to help maintain muscle mass, making this bowl perfect for women over 40.

#### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	14 min
<b>Cook Time</b>	8 min
<b>Calories</b>	574 kcal
<b>Protein</b>	41g
<b>Carbs</b>	52g
<b>Fats</b>	24g



#### Ingredients

Greek yogurt	1.4 cup / 336 ml
frozen mango	0.7 cup / 168 ml
fresh ginger	1.4 tsp / 7 g
almond milk	0.7 cup / 168 ml
sliced banana	0.7 medium / 70 g
chopped pistachios	2.8 tbsp / 21 g
sliced kiwi	1.4 / 1.5 medium

#### Instructions

1. In a blender, combine 1.4 cup (336 ml) Greek yogurt, 0.7 cup (168 ml) frozen mango, 1.4 tsp (7 g) grated fresh ginger, and 0.7 cup (168 ml) almond milk. Blend until smooth.
2. Pour the smoothie into a bowl and top with 0.7 sliced banana, 2.8 tbsp (21 g) chopped pistachios, and 1.4 sliced kiwi.
3. Serve immediately and enjoy!

## 4. Savory Brown Rice & Egg Bowl

**Breakfast** · This nourishing bowl combines brown rice with eggs, providing a balanced source of protein and healthy fats. Ideal for women over 40, it supports hormone balance and energy levels.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	14 min
<b>Cook Time</b>	8 min
<b>Calories</b>	546 kcal
<b>Protein</b>	34g
<b>Carbs</b>	48g
<b>Fats</b>	25g



### Ingredients

Brown rice	0.7 cup / 140 g
Eggs	3 large / 140 g
Spinach	1.4 cup / 42 g
Olive oil	1.4 tbsp / 21 ml
Flaxseed	1.4 tbsp / 14 g
Chili flakes	0.4 tsp / 1.4 g
Fresh herbs	1.4 tbsp / 7 g

### Instructions

1. Heat 1.4 tbsp (21 ml) olive oil in a skillet over medium heat. Add 1.4 cup (42 g) spinach and sauté until wilted.
2. In another pan, cook 3 large eggs to your liking (poached or scrambled).
3. In a bowl, layer 0.7 cup (140 g) cooked brown rice, sautéed spinach, and the cooked eggs. Sprinkle with 1.4 tbsp (14 g) ground flaxseed and 0.4 tsp (1.4 g) chili flakes before serving.

## 5. Chickpea & Spinach Salad with Ginger Dressing

**Lunch** · This refreshing salad is rich in protein and fiber, making it excellent for women over 40 looking to manage weight and support digestion. The ginger dressing not only enhances flavor but also aids in reducing inflammation and bloat.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	5 min
<b>Calories</b>	543 kcal
<b>Protein</b>	28g
<b>Carbs</b>	78g
<b>Fats</b>	16g



### Ingredients

Chickpeas, drained and rinsed	1.6 cup / 372 g
Fresh spinach, packed	3.1 cups / 93 g
Olive oil	1.6 tbsp / 23.3 ml
Lemon juice	1.6 tbsp / 23.3 ml
Fresh ginger, grated	1.6 tsp / 7.8 g
Salt and pepper	to taste / to taste

### Instructions

1. In a bowl, combine 1.6 cup (372 g) chickpeas and 3.1 cups (93 g) fresh spinach.
2. In a small bowl, whisk together 1.6 tbsp (23.3 ml) olive oil, 1.6 tbsp (23.3 ml) lemon juice, and 1.6 tsp (7.8 g) grated ginger; season with salt and pepper.
3. Pour the dressing over the salad, toss to combine, and serve cold.

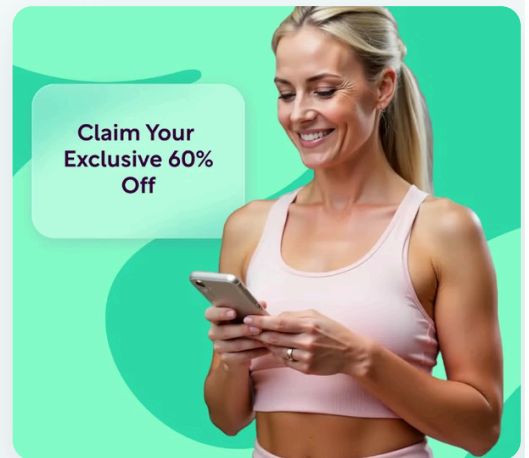
EXCLUSIVE OFFER

# 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. Ginger-Infused Quinoa & Kale Bowl

**Lunch** · Packed with protein and fiber, this bowl promotes satiety and supports digestive health, vital for women over 40. The ginger adds an anti-inflammatory boost, helping to ease bloating and promote a flat stomach.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	15 min
<b>Calories</b>	698 kcal
<b>Protein</b>	31g
<b>Carbs</b>	93g
<b>Fats</b>	23g



### Ingredients

Quinoa, rinsed	0.8 cup / 139.5 g
Kale, chopped	1.6 cup / 139.5 g
Fresh ginger, grated	1.6 tsp / 7.8 g
Olive oil	1.6 tbsp / 23.3 ml
Lemon juice	1.6 tbsp / 23.3 ml
Chickpeas, drained and rinsed	0.8 cup / 186 g
Salt and pepper	to taste / to taste

## Instructions

1. In a saucepan, combine 0.8 cup (139.5 g) quinoa with 1.6 cup (240ml) water, bring to a boil, then reduce to a simmer for 15 minutes until water is absorbed.
2. In a skillet, heat 1.6 tbsp (23.3 ml) olive oil over medium heat, add 1.6 cup (139.5 g) chopped kale and 1.6 tsp (7.8 g) grated ginger, sauté for 3-4 minutes until kale is wilted.
3. In a bowl, combine quinoa, sautéed kale, 0.8 cup (186 g) chickpeas, and 1.6 tbsp (23.3 ml) lemon juice, season with salt and pepper, and serve.

## 7. Chili-Lime Turkey Lettuce Wraps

**Lunch** · These turkey lettuce wraps are bursting with flavor and provide a lean protein source essential for maintaining muscle mass. The chili and lime dressing gives a fresh, zesty taste while aiding in metabolism.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	10 min
<b>Calories</b>	620 kcal
<b>Protein</b>	50g
<b>Carbs</b>	23g
<b>Fats</b>	39g



### Ingredients

Ground turkey	9.3 oz / 263.5 g
Romaine lettuce leaves	6 large / 6 large
Lime juice	1.6 tbsp / 23.3 ml
Chili powder	1.6 tsp / 7.8 g
Olive oil	1.6 tbsp / 23.3 ml
Diced bell pepper	0.8 cup / 116.3 g
Salt and pepper to taste	to taste / to taste

### Instructions

1. In a skillet, heat 1.6 tbsp (23.3 ml) of olive oil over medium heat. Add 9.3 oz (263.5 g) of ground turkey, 1.6 tsp (7.8 g) of chili powder, salt, and pepper; cook until browned, about 6-8 minutes.
2. Add 0.8 cup (116.3 g) of diced bell pepper and cook for another 2 minutes.
3. To serve, spoon the turkey mixture into 6 large romaine lettuce leaves and drizzle with 1.6 tbsp (23.3 ml) of lime juice.

## 8. Spicy Tofu and Chickpea Stir-Fry

**Dinner** · This dish is rich in protein and fiber, supporting muscle maintenance and digestive health for women over 40. The combination of cooling vegetables and spices helps relieve menopause symptoms while promoting overall hormone balance.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	15 min
<b>Calories</b>	660 kcal
<b>Protein</b>	50g
<b>Carbs</b>	74g
<b>Fats</b>	20g



### Ingredients

Firm tofu	13.2 oz / 379.5 g
Canned chickpeas	1.7 cup / 396 ml
Bell pepper	1.7 medium / 1.7g
Broccoli florets	1.7 cup / 396 ml
Soy sauce	3.3 tbsp / 49.5 ml
Olive oil	1.7 tbsp / 24.8 ml
Chili powder	1.7 tsp / 8.3 g
Ginger	1.7 tsp / 8.3 g
Garlic	3 cloves / 3 cloves

## Instructions

1. Heat 1.7 tbsp (24.8 ml) olive oil in a large skillet over medium heat.
2. Add ginger and garlic; sauté for 1.7 minute until fragrant.
3. Add 13.2 oz (379.5 g) tofu cubes and cook for 5 minutes until golden brown.
4. Stir in 1.7 bell pepper, 1.7 cup broccoli, 1.7 cup chickpeas, 3.3 tbsp (49.5 ml) soy sauce, and 1.7 tsp chili powder; cook for another 5-7 minutes until vegetables are tender.

## 9. Spicy Ginger Chicken Stir-Fry

**Dinner** · This quick stir-fry is packed with lean chicken and vibrant vegetables, providing a protein boost essential for maintaining muscle mass. The addition of ginger and chili helps to rev up metabolism and offers anti-inflammatory benefits.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	15 min
<b>Calories</b>	578 kcal
<b>Protein</b>	46g
<b>Carbs</b>	25g
<b>Fats</b>	33g



### Ingredients

Boneless, skinless chicken breast, sliced	9.9 oz / 280.5 g
Broccoli florets	1.7 cup / 247.5 g
Red bell pepper, sliced	0.8 cup / 123.8 g
Soy sauce, low sodium	3.3 tbsp / 49.5 ml
Fresh ginger, minced	1.7 tsp / 8.3 g
Fresh chili, sliced	1.7 / 1.7g
Olive oil	1.7 tbsp / 24.8 ml

### Instructions

1. Heat 1.7 tbsp (24.8 ml) of olive oil in a pan over medium-high heat.
2. Add 9.9 oz (280.5 g) of sliced chicken breast and cook until no longer pink, about 5-7 minutes.
3. Stir in 1.7 cup (247.5 g) of broccoli, 0.8 cup (123.8 g) of red bell pepper, 1.7 tsp (8.3 g) of minced ginger, and 1.7 sliced chili; cook for another 5 minutes.
4. Pour in 3.3 tbsp (49.5 ml) of low sodium soy sauce and stir until well mixed.

## 10. Spicy Ginger Shrimp with Bok Choy

**Dinner** · This quick and flavorful shrimp dish is seasoned with ginger and spices, offering anti-inflammatory properties. Bok choy adds crunch and vital nutrients, supporting joint health and metabolism.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	12 min
<b>Cook Time</b>	1 min
<b>Calories</b>	495 kcal
<b>Protein</b>	46g
<b>Carbs</b>	17g
<b>Fats</b>	26g



### Ingredients

Shrimp, peeled and deveined	9.9 oz / 280.5 g
Fresh ginger, grated	1.7 tsp / 8.3 g
Bok choy, chopped	3.3 cups / 99 g
Olive oil	1.7 tbsp / 24.8 ml
Chili flakes	0.4 tsp / 1.7 g
Low-sodium soy sauce	1.7 tbsp / 24.8 ml

### Instructions

1. Heat olive oil in a skillet over medium-high heat. Add ginger and sauté for 1 minute.
2. Add shrimp and cook until pink (about 3-4 minutes).
3. Add bok choy, soy sauce, and chili flakes, cooking until bok choy is tender (2-3 minutes).
4. Serve immediately over whole grains if desired.

## 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](https://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.