

Flat Stomach Diet Plan for Women PDF

Achieve a flatter stomach with focused nutrition.

This diet plan offers 10 delicious recipes specifically designed to help women achieve a flatter stomach. Incorporate these meals into your routine and discover the benefits of mindful eating for a more toned physique.

RECIPE NUTRITION OVERVIEW

RECIPE	CAL	PROTEIN	CARBS	FATS
Chickpea Flour Protein Omelette	392	28g	56g	8g
Garlic Lemon Spinach Smoothie	280	6g	48g	7g
Savory Oatmeal with Olive Oil and Sar...	602	39g	70g	25g
Oats with Sardines and Vegetables	630	42g	70g	21g
Pineapple Ginger Green Juice	202	5g	50g	16g
Ginger-Spiced Chicken Noodle Soup wit...	543	47g	54g	11g
Lentil & Sweet Potato Comfort Soup	558	34g	70g	8g
Lentil & Kale Stew with Ginger	743	41g	107g	17g
Chickpea & Spinach Stew with Ginger	528	30g	74g	15g
Ginger Garlic Chicken with Kale and Q...	743	54g	66g	33g
Average	522	33g	67g	16g

CALORIE PER RECIPE



Nourish Your Body, Transform Your Health

WHAT'S INSIDE

Chickpea Flour Protein Omelette

Savory Oatmeal with Olive Oil and Sardines

Pineapple Ginger Green Juice

Lentil & Sweet Potato Comfort Soup

Chickpea & Spinach Stew with Ginger

Garlic Lemon Spinach Smoothie

Oats with Sardines and Vegetables

Ginger-Spiced Chicken Noodle Soup with Spinach & Edamame

Lentil & Kale Stew with Ginger

Ginger Garlic Chicken with Kale and Quinoa

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10 Recipes

Curated collection



33g Protein

Average per recipe



522 cal avg

Per recipe



Macro Balanced

67g C / 16g F avg

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1. Chickpea Flour Protein Omelette

Breakfast · A protein-rich omelette made with chickpea flour and vegetables, ideal for a filling breakfast.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	10 min
Calories	392 kcal
Protein	28g
Carbs	56g
Fats	8g



Ingredients

Chickpea flour	0.7 cup / 84 g
Water	0.7 cup / 168 ml
Spinach	0.7 cup / 21 g
Bell pepper	0.4 cup / 56 g
Olive oil	1.4 tsp / 7 ml
Salt	to taste / to taste

Instructions

1. Mix chickpea flour and water to make a batter.
2. Stir in spinach and bell pepper.
3. Heat oil in a skillet, pour in the batter, and cook until set on both sides.

2. Garlic Lemon Spinach Smoothie

Breakfast · A nourishing smoothie packed with spinach, garlic, and a touch of lemon.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	None
Calories	280 kcal
Protein	6g
Carbs	48g
Fats	7g



Ingredients

Fresh spinach	1.4 / 42g
Banana	1.4 medium / 168g
Lemon juice	1.4 medium / 21g
Garlic	0.7 clove(s) / 1.4g
Almond milk	1.4 / 336g

Instructions

1. In a blender, combine spinach, banana, lemon juice, minced garlic, and almond milk.
2. Blend until smooth and creamy.
3. Pour into a glass and enjoy immediately.

3. Savory Oatmeal with Olive Oil and Sardines

Breakfast · A hearty oatmeal dish that combines oats with sardines and a drizzle of olive oil, perfect for starting your day.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	10 min
Calories	602 kcal
Protein	39g
Carbs	70g
Fats	25g



Ingredients

rolled oats	1.4 / 140g
water	2.8 / 672g
canned sardines	1.4 / 168g
olive oil	1.4 / 21g
garlic	1.4 clove(s) / 4.2g
spinach	1.4 / 42g
salt	to taste / to taste
pepper	to taste / to taste

Instructions

1. Bring water to a boil and add rolled oats.
2. Cook for 5-7 minutes until soft.
3. In a pan, sauté minced garlic in olive oil until fragrant.
4. Add spinach to the pan and cook until wilted.
5. Mix cooked oats with garlic, spinach, and sardines. Season with salt and pepper.
6. Serve warm and enjoy!

4. Oats with Sardines and Vegetables

Breakfast · A savory twist on traditional oatmeal, combining oats with sardines and fresh vegetables for a protein-packed breakfast.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	10 min
Calories	630 kcal
Protein	42g
Carbs	70g
Fats	21g



Ingredients

rolled oats	1.4 / 140g
water	2.8 / 672g
canned sardines	1.4 / 168g
spinach	1.4 / 42g
cherry tomatoes	7 medium / 105g
olive oil	1.4 / 21g
salt	to taste / to taste

Instructions

1. In a pot, bring water to a boil and add rolled oats.
2. Cook oats for about 7-7 minutes until soft, stirring occasionally.
3. In the last minute of cooking, add spinach and cherry tomatoes.
4. Remove from heat and stir in sardines and olive oil.
5. Season with salt and serve hot.

5. Pineapple Ginger Green Juice

Lunch · Combining pineapple and ginger, this juice is rich in digestive enzymes and vitamins, promoting gut health and reducing inflammation. It's a refreshing boost to keep your energy levels stable throughout the day.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	5 min
Calories	202 kcal
Protein	5g
Carbs	50g
Fats	16g



Ingredients

Fresh pineapple, chopped	1.6 cup / 255.8 g
Fresh ginger, peeled	1.5 inch piece / 3.9 cm
Kale leaves, stems removed	1.6 cup / 46.5 g
Water	0.8 cup / 186 ml

Instructions

1. In a blender, combine pineapple, ginger, kale, and water.
2. Blend until smooth, then strain through a fine mesh sieve to extract juice.
3. Serve chilled and enjoy.

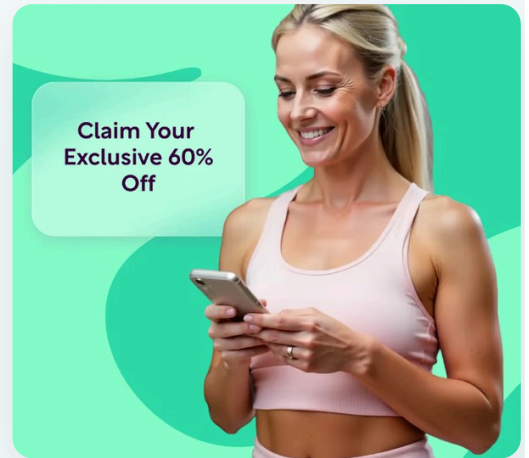
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6. Ginger-Spiced Chicken Noodle Soup with Spinach & Edamame

Lunch · This comforting chicken noodle soup contains ginger, which helps reduce inflammation and aids digestion, making it beneficial for women over 40. The addition of edamame boosts protein content and provides phytoestrogens for hormone balance.

Nutrition Information

Servings	1
Prep Time	18 min
Cook Time	10 min
Calories	543 kcal
Protein	47g
Carbs	54g
Fats	11g



Ingredients

Boneless, skinless chicken breast, diced	1.6 cup / 372 g
Egg noodles	0.8 cup / 116.3 g
Fresh spinach	1.6 cup / 46.5 g
Edamame, shelled	0.8 cup / 116.3 g
Low-sodium chicken broth	6.2 cups / 1488 ml
Fresh ginger, minced	1.6 tbsp / 23.3 g
Garlic, minced	3 cloves / 3 cloves
Carrots, sliced	0.8 cup / 116.3 g
Celery, sliced	0.8 cup / 116.3 g
Black pepper, to taste	0.8 tsp / 3.1 g

Instructions

1. In a large pot, combine 6.2 cups (1488 ml) low-sodium chicken broth, 1.6 tbsp (23.3 g) minced ginger, and 3 cloves (3 cloves) minced garlic. Bring to a simmer over medium heat.
2. Add 0.8 cup (116.3 g) sliced carrots, 0.8 cup (116.3 g) sliced celery, and 1.6 cup (372 g) diced chicken breast. Cook for 10 minutes until veggies are tender.
3. Stir in 0.8 cup (116.3 g) egg noodles and 0.8 cup (116.3 g) shelled edamame. Cook for an additional 5 minutes, then mix in 1.6 cup (46.5 g) fresh spinach before serving.

7. Lentil & Sweet Potato Comfort Soup

Lunch · This nourishing soup is high in fiber and protein from lentils, supporting digestive health and stable energy levels. Sweet potatoes add vitamins A and C, while turmeric and ginger help combat inflammation.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	20 min
Calories	558 kcal
Protein	34g
Carbs	70g
Fats	8g



Ingredients

Red lentils, rinsed	1.6 cup / 310 g
Sweet potato, diced	1.6 cup / 232.5 g
Carrot, diced	1.6 cup / 186 g
Bone broth	6.2 cups / 1488 ml
Garlic, minced	3 cloves / 3 cloves
Turmeric powder	1.6 tsp / 7.8 g
Fresh ginger, grated	1.6 tbsp / 23.3 g
Spinach, chopped	1.6 cup / 46.5 g

Instructions

1. In a pot, combine the lentils, sweet potato, carrot, and bone broth; bring to a boil.
2. Add garlic, turmeric, ginger, and reduce to a simmer for 20 minutes until lentils and vegetables are tender.
3. Stir in spinach for the last 2 minutes to wilt.

8. Lentil & Kale Stew with Ginger

Dinner · This hearty stew is high in protein and fiber, aiding digestion and providing sustained energy, perfect for women over 40. The ginger adds a warming element that can help relieve bloating and discomfort.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	30 min
Calories	743 kcal
Protein	41g
Carbs	107g
Fats	17g



Ingredients

Lentils, rinsed	0.8 cup / 148.5 g
Kale, chopped	1.7 cup / 148.5 g
Carrot, diced	1.5 medium / 99 g
Fresh ginger, grated	1.7 tsp / 8.3 g
Olive oil	1.7 tbsp / 24.8 ml
Vegetable broth	3.3 cups / 792 ml
Salt and pepper	to taste / to taste

Instructions

1. In a pot, heat 1.7 tbsp (24.8 ml) olive oil over medium heat, add 1.5 medium (99 g) diced carrot and cook for about 5 minutes until softened.
2. Add 0.8 cup (148.5 g) lentils, 3.3 cups (792 ml) vegetable broth, 1.7 cup (148.5 g) chopped kale, and 1.7 tsp (8.3 g) grated ginger, bringing to a boil.
3. Reduce heat and simmer for 20 minutes until lentils are tender, season with salt and pepper, and serve hot.

9. Chickpea & Spinach Stew with Ginger

Dinner · This hearty stew combines chickpeas, a great source of prebiotic fiber, with anti-inflammatory ginger to ease digestion. Spinach provides iron and magnesium, supporting women's health over 40.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	12 min
Calories	528 kcal
Protein	30g
Carbs	74g
Fats	15g



Ingredients

Canned chickpeas, drained and rinsed	1.7 cup / 396 ml
Fresh spinach, chopped	1.7 cup / 396 ml
Fresh ginger, grated	1.7 tsp / 8.3 ml
Vegetable broth	1.7 cup / 396 ml
Olive oil	1.7 tbsp / 24.8 ml
Garlic, minced	1.5 clove / 1.5 clove

Instructions

1. In a pot, heat 1.7 tbsp (24.8 ml) of olive oil over medium heat. Add minced garlic and grated ginger and sauté for 2 minutes until fragrant.
2. Add 1.7 cup (396 ml) of chickpeas and 1.7 cup (396 ml) of vegetable broth. Simmer for 10 minutes.
3. Stir in 1.7 cup (396 ml) of chopped spinach and cook until wilted. Season with salt and pepper to taste.

10. Ginger Garlic Chicken with Kale and Quinoa

Dinner · This dish combines ginger and garlic, both known for their anti-inflammatory properties, with protein-rich chicken and nutrient-dense kale. Quinoa offers complex carbs and fiber, essential for sustained energy.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	20 min
Calories	743 kcal
Protein	54g
Carbs	66g
Fats	33g



Ingredients

Chicken breast (diced)	9.9 oz / 280.5 g
Kale (chopped)	1.7 cup / 396 ml
Cooked quinoa	0.8 cup / 198 ml
Ginger (fresh, grated)	1.7 tsp / 8.3 g
Garlic (minced)	3 cloves / 3 cloves
Olive oil	1.7 tbsp / 24.8 ml
Salt and pepper	to taste / to taste

Instructions

1. Heat olive oil in a skillet over medium heat.
2. Add garlic and ginger, sautéing until fragrant, about 1 minute.
3. Add the diced chicken, season with salt and pepper, and cook until golden brown, about 7-10 minutes.
4. Stir in kale and cook until wilted, about 2-3 minutes.
5. Serve over cooked quinoa.



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