

# Gym Fitness Diet Plan for Women PDF

Fuel your workouts with nutritious meal options.

Designed for active women, this diet plan includes 10 recipes that enhance workout performance and recovery. Nourish your body with balanced meals that support your fitness goals and keep you energized throughout the day.

## RECIPE NUTRITION OVERVIEW

RECIPE	CAL	PROTEIN	CARBS	FATS
Nourishing Steel-Cut Oat Bowl with Pr...	560	42g	63g	21g
Salmon and Avocado Toast	553	28g	42g	28g
Sardine and Avocado Toast	490	28g	42g	28g
Turmeric Poached Eggs with Avocado	420	25g	17g	34g
Citrus and Almond Chicken Salad	589	47g	31g	31g
Tempeh and Avocado Sushi Rolls	698	34g	85g	28g
Tuna & White Bean Salad with Lemon Vi...	543	47g	47g	23g
Creamy Avocado and Lentil Tacos	743	41g	83g	26g
Tempeh Tacos with Avocado Salsa	743	46g	83g	26g
Savory Almond-Crusted Cod with Aspara...	743	58g	25g	50g
<b>Average</b>	<b>608</b>	<b>40g</b>	<b>52g</b>	<b>30g</b>

## CALORIE PER RECIPE



*Nourish Your Body, Transform Your Health*

## WHAT'S INSIDE

Nourishing Steel-Cut Oat Bowl with Protein and Healthy Fats

Sardine and Avocado Toast

Citrus and Almond Chicken Salad

Tuna & White Bean Salad with Lemon Vinaigrette

Tempeh Tacos with Avocado Salsa

Salmon and Avocado Toast

Turmeric Poached Eggs with Avocado

Tempeh and Avocado Sushi Rolls

Creamy Avocado and Lentil Tacos

Savory Almond-Crusted Cod with Asparagus

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**10 Recipes**

Curated collection



**40g Protein**

Average per recipe



**608 cal avg**

Per recipe



**Macro Balanced**

52g C / 30g F avg

## Contents

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9. Tempeh Tacos with Avocado Salsa

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10. Savory Almond-Crusted Cod with Asparagus

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# 1. Nourishing Steel-Cut Oat Bowl with Protein and Healthy Fats

**Breakfast** · This hearty breakfast bowl is designed to support hormone balance and bone health for women over 40. Packed with protein, healthy fats, and fiber, it provides sustained energy and essential nutrients to kick-start your day.

## Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	15 min
<b>Calories</b>	560 kcal
<b>Protein</b>	42g
<b>Carbs</b>	63g
<b>Fats</b>	21g



## Ingredients

steel-cut oats	1.4 cup / 336 ml
vanilla protein powder	1.5 scoop / 42 g
medium banana	1.4 medium / 1.4g
almond butter	2.8 tablespoons / 42 g
water or unsweetened almond milk	2.8 cups / 672 ml

## Instructions

1. Step 1.4: In a medium pot, bring 2.8 cups of water or unsweetened almond milk to a boil.
2. Step 2: Stir in 1.4 cup of steel-cut oats, reduce heat to low, and simmer for about 15-20 minutes, stirring occasionally until creamy.
3. Step 3: Once cooked, remove from heat and stir in 1.5 scoop of vanilla protein powder until well combined.
4. Step 4: Slice the medium banana and top the oatmeal with the banana slices and 2.8 tablespoons of almond butter.
5. Step 5: Serve warm and enjoy your nutrient-rich breakfast!

## 2. Salmon and Avocado Toast

**Breakfast** · This delicious avocado toast topped with smoked salmon is a powerhouse breakfast option. It's full of healthy fats and flavor, perfect for a busy morning.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	5 min
<b>Cook Time</b>	2 min
<b>Calories</b>	553 kcal
<b>Protein</b>	28g
<b>Carbs</b>	42g
<b>Fats</b>	28g



### Ingredients

Whole grain bread	1.5 slice / 42 g
Avocado	0.5 medium / 98 g
Smoked salmon	2.8 oz / 84 g
Ground flaxseed	1.4 tsp / 7 g
Lemon juice	1.4 tsp / 7 ml

### Instructions

1. Toast the whole grain bread slice until golden.
2. Mash the avocado with lemon juice and spread it on the toasted bread.
3. Top with smoked salmon and sprinkle with ground flaxseed.

### 3. Sardine and Avocado Toast

**Breakfast** · This savory toast topped with sardines and creamy avocado is a perfect way to kickstart your day with healthy fats and protein. Pair it with whole grain bread for added fiber and nutrients.

#### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	5 min
<b>Cook Time</b>	5 min
<b>Calories</b>	490 kcal
<b>Protein</b>	28g
<b>Carbs</b>	42g
<b>Fats</b>	28g



#### Ingredients

Whole grain bread	3 slices / 3 slices
Canned sardines in olive oil	1.5 can / 1.5 can
Avocado	0.7 medium / 0.7g
Lemon juice	1.4 tsp / 7 ml
Salt and pepper	to taste / to taste

#### Instructions

1. Toast the whole grain bread until golden brown.
2. In a bowl, mash the avocado with lemon juice, salt, and pepper.
3. Spread the avocado mixture on the toasted bread.
4. Top with sardines and serve immediately.

## 4. Turmeric Poached Eggs with Avocado

**Breakfast** · Elevate your breakfast with poached eggs seasoned with turmeric, served on a bed of creamy avocado. This dish is rich in healthy fats and provides a satisfying start to your day.

### Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	5 min
Calories	420 kcal
Protein	25g
Carbs	17g
Fats	34g



### Ingredients

eggs	3 large / 140 g
turmeric powder	0.4 tsp / 1.4 g
avocado	0.5 medium / 105 g
olive oil	1.4 tsp / 7 ml
salt	to taste /

### Instructions

1. Bring a pot of water to a gentle simmer and add turmeric.
2. Crack eggs into the simmering water and poach for 3-4 minutes.
3. Mash avocado with olive oil and salt, then spread on a plate.
4. Top with poached eggs and serve with toast if desired.

## 5. Citrus and Almond Chicken Salad

**Lunch** · This refreshing chicken salad combines lean protein from chicken with almonds, which provide healthy fats and vitamin E, beneficial for skin health in women over 40. Citrus fruits add a vitamin C boost, supporting collagen production and immune health.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	15 min
<b>Calories</b>	589 kcal
<b>Protein</b>	47g
<b>Carbs</b>	31g
<b>Fats</b>	31g



### Ingredients

Cooked chicken breast, shredded	1.6 cup / 372 ml
Mixed greens	3.1 cups / 744 ml
Almonds, sliced	0.4 cup / 46.5 g
Orange, segmented	1.5 medium / 232.5 g
Olive oil	1.6 tbsp / 23.3 ml
Apple cider vinegar	1.6 tbsp / 23.3 ml
Salt	0.4 tsp / 1.6 g
Pepper	0.4 tsp / 1.6 g

## Instructions

1. In a large bowl, combine shredded chicken, mixed greens, orange segments, and sliced almonds.
2. In a small bowl, whisk together olive oil, apple cider vinegar, salt, and pepper. Pour over the salad and toss to combine.
3. Serve immediately.

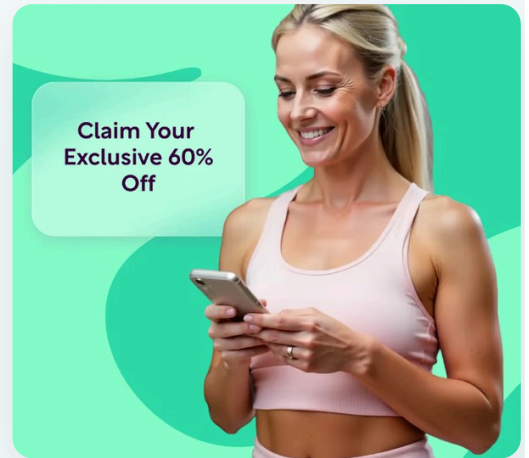
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## 6. Tempeh and Avocado Sushi Rolls

**Lunch** · These sushi rolls provide a unique combination of plant-based protein from tempeh and healthy fats from avocado, promoting hormone balance and heart health for women over 40. The inclusion of nori adds iodine and essential nutrients, enhancing overall vitality.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	15 min
<b>Cook Time</b>	10 min
<b>Calories</b>	698 kcal
<b>Protein</b>	34g
<b>Carbs</b>	85g
<b>Fats</b>	28g



### Ingredients

Tempeh, sliced	6.2 oz / 175.2 g
Avocado, sliced	1.5 medium / 1.5 medium
Nori sheets	6 sheets / 6 sheets
Cooked brown rice	1.6 cup / 372 ml
Soy sauce (low sodium)	3.1 tbsp / 46.5 ml

### Instructions

1. Cook 1.6 cup (372 ml) brown rice according to package instructions.
2. Lay out 4 nori sheets on a clean surface, and spread 1/4 cup (60ml) cooked brown rice on each sheet.
3. Place 6.2 oz (175.2 g) sliced tempeh and 1.5 medium sliced avocado on top, then roll tightly and slice into pieces.
4. Serve with 3.1 tbsp (46.5 ml) low-sodium soy sauce for dipping.

## 7. Tuna & White Bean Salad with Lemon Vinaigrette

**Lunch** · Tuna is an excellent source of lean protein and omega-3 fatty acids, crucial for heart health and hormone regulation. Coupled with fiber-rich white beans, this salad promotes digestive health and sustained energy levels.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	5 min
<b>Cook Time</b>	5 min
<b>Calories</b>	543 kcal
<b>Protein</b>	47g
<b>Carbs</b>	47g
<b>Fats</b>	23g



### Ingredients

Canned tuna, drained	1.5 can (5 oz) / 217 g
Canned white beans, drained	0.8 cup / 186 ml
Cherry tomatoes, halved	0.8 cup / 186 ml
Red onion, diced	3.1 tbsp / 46.5 ml
Olive oil	1.6 tbsp / 23.3 ml
Lemon juice	1.6 tbsp / 23.3 ml
Salt	to taste /
Black pepper	to taste /

### Instructions

1. In a bowl, mix together drained tuna, white beans, cherry tomatoes, and red onion.
2. In a small bowl, whisk together olive oil, lemon juice, salt, and pepper.
3. Drizzle the vinaigrette over the tuna mixture and toss well.

## 8. Creamy Avocado and Lentil Tacos

**Dinner** · These tacos are rich in plant-based protein and healthy fats, promoting hormone balance and bone health for women in their 40s and beyond. Lentils provide iron and fiber, aiding in energy levels and digestive health.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	20 min
<b>Calories</b>	743 kcal
<b>Protein</b>	41g
<b>Carbs</b>	83g
<b>Fats</b>	26g



### Ingredients

Lentils, cooked	1.7 cup / 396 ml
Corn tortillas	6.5 small / 6.5 small
Avocado, mashed	1.5 medium / 1.5 medium
Red onion, diced	0.4 cup / 99 ml
Cilantro, chopped	0.4 cup / 99 ml
Lime juice	3.3 tbsp / 49.5 ml
Salt	0.8 tsp / 3.3 g
Black pepper	0.4 tsp / 1.7 g

### Instructions

1. In a bowl, combine 1.7 cup (396 ml) cooked lentils, 0.4 cup (99 ml) diced red onion, 0.4 cup (99 ml) chopped cilantro, and 3.3 tbsp (49.5 ml) lime juice.
2. Add 0.8 tsp (3.3 g) salt and 0.4 tsp (1.7 g) black pepper, mixing well.
3. Spread 1.5 medium mashed avocado across 4 corn tortillas, then top with the lentil mixture and serve.

## 9. Tempeh Tacos with Avocado Salsa

**Dinner** · These delicious tacos are packed with protein from tempeh and healthy fats from avocado, making them perfect for hormone balance. The fiber from the taco filling aids digestion and helps manage weight during menopause.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	15 min
<b>Cook Time</b>	15 min
<b>Calories</b>	743 kcal
<b>Protein</b>	46g
<b>Carbs</b>	83g
<b>Fats</b>	26g



### Ingredients

Tempeh	13.2 oz / 379.5 g
Corn tortillas	6.6 slice(s) / 6.6g
Avocado	1.7 medium / 1.7g
Tomato	1.7 medium / 1.7g
Lime juice	1.7 tbsp / 24.8 ml
Cilantro	0.4 cup / 24.8 g
Cumin	1.7 tsp / 8.3 g
Olive oil	1.7 tbsp / 24.8 ml

### Instructions

1. Heat olive oil in a skillet and add crumbled tempeh; cook for about 5 minutes until browned.
2. Add cumin and stir well for another 2 minutes.
3. In a bowl, mix diced avocado, tomato, lime juice, and cilantro.
4. Assemble tacos by filling tortillas with tempeh and topping with avocado salsa.

## 10. Savory Almond-Crusted Cod with Asparagus

**Dinner** · This dish provides lean protein from cod, which helps maintain muscle mass and metabolism during menopause. The almond crust adds healthy fats and vitamin E, beneficial for skin health and reducing inflammation.

### Nutrition Information

<b>Servings</b>	1
<b>Prep Time</b>	10 min
<b>Cook Time</b>	15 min
<b>Calories</b>	743 kcal
<b>Protein</b>	58g
<b>Carbs</b>	25g
<b>Fats</b>	50g



### Ingredients

Cod fillet	9.9 oz / 280.5 g
Almonds, finely chopped	0.4 cup / 49.5 g
Asparagus, trimmed	1.7 cup / 247.5 g
Olive oil	1.7 tbsp / 24.8 ml
Salt	to taste /
Pepper	to taste /

### Instructions

1. Preheat the oven to 375°F (190°C). Place 9.9 oz (280.5 g) of cod fillet on a baking sheet and brush with 1.7 tbsp (24.8 ml) of olive oil. Season with salt and pepper.
2. Top the cod with 0.4 cup (49.5 g) of finely chopped almonds and bake for 12-15 minutes or until the fish is cooked through.
3. Meanwhile, steam 1.7 cup (247.5 g) of trimmed asparagus until tender, about 5 minutes. Serve alongside the cod.

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