

Healthy Diet Plan for Women PDF

Sustainable eating habits for optimal health.

This versatile diet plan features 10 wholesome recipes aimed at promoting overall health and wellness for women. Enjoy meals that are not only nutritious but also easy to prepare, supporting a healthier lifestyle.

RECIPE NUTRITION OVERVIEW

RECIPE	CAL	PROTEIN	CARBS	FATS
Borscht with Beef and Beets	682	50g	57g	28g
Caldo Verde with White Beans and Saus...	651	47g	53g	31g
Colorful Mediterranean Vegetable & Fa...	698	34g	93g	19g
Grilled Peach and Chicken Salad with ...	636	48g	45g	37g
Baked Salmon with Asparagus & Quinoa	825	59g	58g	36g
Spicy Shrimp & Brown Rice Stir-Fry	743	50g	83g	25g
Ginger & Lemon Infused Grilled Salmon...	792	50g	20g	53g
Salmon and Spinach Stuffed Sweet Pota...	693	50g	83g	20g
Grilled Fig and Goat Cheese Chicken S...	651	50g	47g	37g
Lentil and Sweet Potato Curry	743	30g	99g	30g
Average	711	47g	64g	32g

CALORIE PER RECIPE



Nourish Your Body, Transform Your Health

WHAT'S INSIDE

Borscht with Beef and Beets

Colorful Mediterranean Vegetable & Farro Salad

Baked Salmon with Asparagus & Quinoa

Ginger & Lemon Infused Grilled Salmon Salad

Grilled Fig and Goat Cheese Chicken Salad

Caldo Verde with White Beans and Sausage

Grilled Peach and Chicken Salad with Almonds

Spicy Shrimp & Brown Rice Stir-Fry

Salmon and Spinach Stuffed Sweet Potatoes

Lentil and Sweet Potato Curry

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10 Recipes

Curated collection



711 cal avg

Per recipe



47g Protein

Average per recipe



Macro Balanced

64g C / 32g F avg

Contents

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8. Salmon and Spinach Stuffed Sweet Potatoes

9. Grilled Fig and Goat Cheese Chicken Salad

10. Lentil and Sweet Potato Curry

1. Borscht with Beef and Beets

Lunch · A vibrant beet soup fortified with tender beef and packed with antioxidants. This hearty dish provides essential iron for energy and helps combat fatigue often associated with menopause, beneficial for women over 40.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	40 min
Calories	682 kcal
Protein	50g
Carbs	57g
Fats	28g



Ingredients

beef stew meat, cubed	1.6 cup / 232.5 g
beets, peeled and diced	3.1 medium / 3.1g
onion, chopped	1.5 small / 1.5 small
carrot, diced	1.6 medium / 1.6g
vegetable broth	6.2 cups / 1488 ml
salt	to taste /
black pepper	to taste /
fresh dill, chopped	0.4 cup / 23.3 g

Instructions

1. In a pot, brown 1.6 cup (232.5 g) cubed beef stew meat over medium heat until all sides are sealed, about 5-7 minutes.
2. Add 1.5 small chopped onion, 1.6 diced carrot, and 3.1 diced beets to the pot. Pour in 6.2 cups (1488 ml) vegetable broth.
3. Bring to a boil, reduce heat, and let simmer for 40 minutes until beef is tender. Season with salt and black pepper to taste.
4. Serve hot, garnished with 0.4 cup (23.3 g) chopped fresh dill.

2. Caldo Verde with White Beans and Sausage

Lunch · A rich, hearty soup filled with kale, fiber-rich white beans, and lean sausage. This soup is high in phytoestrogens to support hormone balance and fiber to aid digestion, making it perfect for women over 40.

Nutrition Information

Servings	1
Prep Time	17 min
Cook Time	13 min
Calories	651 kcal
Protein	47g
Carbs	53g
Fats	31g



Ingredients

olive oil	3.1 tbsp / 46.5 ml
onion, diced	1.5 medium / 1.5 medium
garlic cloves, minced	3.1 clove(s) / 3.1g
kale, chopped	4.7 cups / 1116 ml
vegetable broth	6.2 cups / 1488 ml
white beans, drained and rinsed	1.5 can (15oz) / 651 g
chorizo sausage, sliced	1.6 cup / 232.5 g
salt	to taste /
black pepper	to taste /

Instructions

1. In a large pot, heat 3.1 tbsp (46.5 ml) olive oil over medium heat and sauté 1.5 medium diced onion until translucent, about 3-4 minutes.
2. Add 3.1 minced garlic cloves and cook for an additional minute, stirring frequently.
3. Pour in 6.2 cups (1488 ml) vegetable broth and bring to a simmer. Add 4.7 cups of chopped kale and 1.5 can (15oz) of white beans.
4. After simmering for 10 minutes, add the sliced chorizo and cook for another 5 minutes. Season with salt and black pepper to taste.

3. Colorful Mediterranean Vegetable & Farro Salad

Lunch · This hearty salad combines farro and an array of veggies, providing a delightful mix of flavors and textures. The high fiber and protein content support digestive health and help maintain energy levels throughout the day.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	12 min
Calories	698 kcal
Protein	34g
Carbs	93g
Fats	19g



Ingredients

Farro, cooked	0.8 cup / 186 ml
Red bell pepper, diced	0.8 cup / 116.3 g
Cucumber, diced	0.8 cup / 116.3 g
Kalamata olives, sliced	0.4 cup / 46.5 g
Feta cheese, crumbled	0.4 cup / 46.5 g

Instructions

1. In a bowl, combine 0.8 cup (186 ml) cooked farro, 0.8 cup (116.3 g) diced red bell pepper, 0.8 cup (116.3 g) diced cucumber, and 0.4 cup (46.5 g) sliced Kalamata olives.
2. Sprinkle with 0.4 cup (46.5 g) crumbled feta cheese.
3. Drizzle with olive oil and lemon juice before mixing well.

4. Grilled Peach and Chicken Salad with Almonds

Lunch · This nutritious salad features grilled peaches which provide antioxidants, paired with protein-rich chicken to support muscle retention. Topped with almonds for healthy fats, it promotes hormone balance and sustains energy.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	12 min
Calories	636 kcal
Protein	48g
Carbs	45g
Fats	37g



Ingredients

Grilled chicken breast, sliced	7.8 oz / 217 g
Fresh peaches, pitted and sliced	0.8 / 116.3 g
Mixed salad greens	3.1 cups / 744 ml
Almonds, slivered	3.1 tbsp / 46.5 g
Balsamic dressing	3.1 tbsp / 46.5 ml

Instructions

1. Grill chicken breast for about 5-6 minutes per side until cooked through.
2. Meanwhile, grill peach slices for about 1-2 minutes on each side until soft.
3. In a bowl, combine salad greens, sliced chicken, grilled peaches, and slivered almonds. Drizzle with balsamic dressing.

5. Baked Salmon with Asparagus & Quinoa

Dinner · This dish features baked salmon, a great source of omega-3 fatty acids for heart health, paired with asparagus and quinoa for additional fiber and protein. Together, they create a balanced meal that supports hormone balance and bone strength.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	20 min
Calories	825 kcal
Protein	59g
Carbs	58g
Fats	36g



Ingredients

Salmon fillet	9.9 oz / 280.5 g
Asparagus, trimmed	1.7 cup / 396 ml
Quinoa, cooked	0.8 cup / 198 ml
Olive oil	1.7 tbsp / 24.8 ml
Lemon juice	1.7 tbsp / 24.8 ml

Instructions

1. Preheat the oven to 400°F (200°C). Place 9.9 oz (280.5 g) of salmon fillet and 1.7 cup (396 ml) of trimmed asparagus on a baking sheet.
2. Drizzle with 1.7 tbsp (24.8 ml) of olive oil and 1.7 tbsp (24.8 ml) of lemon juice, seasoning with salt and pepper.
3. Bake for 15-20 minutes until salmon is cooked through and flakes easily.
4. Serve the salmon and asparagus over 0.8 cup (198 ml) of cooked quinoa.

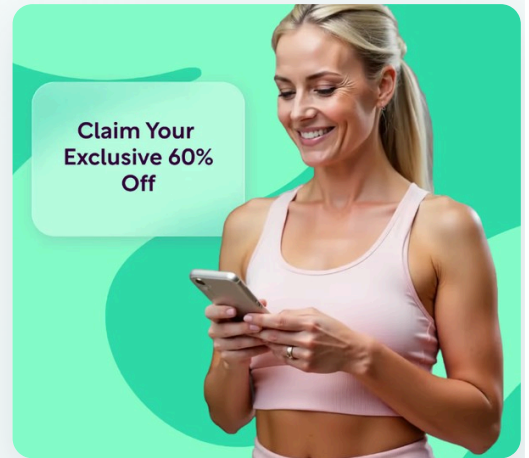
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6. Spicy Shrimp & Brown Rice Stir-Fry

Dinner · This quick stir-fry features shrimp for lean protein, while brown rice provides complex carbohydrates that keep you energized. The addition of colorful vegetables offers fiber and antioxidants, supporting overall wellness.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	10 min
Calories	743 kcal
Protein	50g
Carbs	83g
Fats	25g



Ingredients

Shrimp, peeled and deveined	9.9 oz / 280.5 g
Brown rice, cooked	1.7 cup / 396 ml
Bell pepper, sliced	0.8 medium / about 75g
Broccoli florets	1.7 cup / 396 ml
Soy sauce	1.7 tbsp / 24.8 ml
Olive oil	1.7 tbsp / 24.8 ml

Instructions

1. Heat 1.7 tbsp (24.8 ml) of olive oil in a skillet over medium heat.
2. Add 9.9 oz (280.5 g) of shrimp and cook until pink, about 3-4 minutes.
3. Add 0.8 sliced bell pepper and 1.7 cup (396 ml) of broccoli florets, stir-frying for 2-3 minutes until vegetables are tender.
4. Stir in 1.7 cup (396 ml) of cooked brown rice and 1.7 tbsp (24.8 ml) of soy sauce, mixing until heated through, and serve.

7. Ginger & Lemon Infused Grilled Salmon Salad

Dinner · This refreshing salad features omega-3 rich salmon, vital for hormone production and heart health, paired with nutrient-dense greens. The ginger and lemon enhance flavor while aiding digestion and reducing inflammation.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	792 kcal
Protein	50g
Carbs	20g
Fats	53g



Ingredients

Salmon fillet	6.6 oz / 189.8 g
Mixed leafy greens	3.3 cups / 99 g
Olive oil	1.7 tbsp / 24.8 ml
Lemon juice	1.7 tbsp / 24.8 ml
Fresh ginger, grated	1.7 tsp / 8.3 g
Salt and pepper	to taste / to taste

Instructions

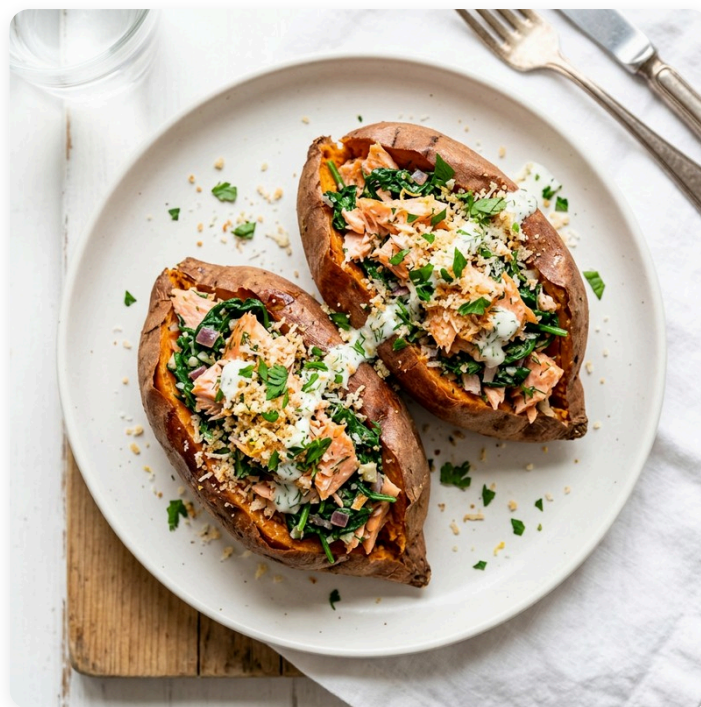
1. Preheat grill or pan over medium heat, season 6.6 oz (189.8 g) salmon fillet with salt and pepper, grill for about 6-7 minutes on each side until cooked through.
2. In a bowl, combine 3.3 cups (99 g) mixed leafy greens, drizzle with 1.7 tbsp (24.8 ml) olive oil, and 1.7 tbsp (24.8 ml) lemon juice, add 1.7 tsp (8.3 g) grated ginger, and season with salt and pepper.
3. Top the salad with the grilled salmon, flake with a fork, and serve.

8. Salmon and Spinach Stuffed Sweet Potatoes

Dinner · These stuffed sweet potatoes are rich in beta-carotene and vitamin A, essential for skin health, making them perfect for women over 40. The salmon adds protein and omega-3s to support hormone balance and heart health.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	30 min
Calories	693 kcal
Protein	50g
Carbs	83g
Fats	20g



Ingredients

Sweet potato	1.5 medium / 247.5 g
Cooked salmon, flaked	4.9 oz / 140.3 g
Fresh spinach, chopped	1.7 cup / 49.5 g
Greek yogurt	3.3 tbsp / 49.5 g
Olive oil	1.7 tsp / 8.3 ml
Salt and pepper	to taste / to taste

Instructions

1. Preheat the oven to 400°F (200°C).
2. Poke holes in the sweet potato, then bake for about 30 minutes until tender.
3. In a bowl, mix flaked salmon, chopped spinach, Greek yogurt, olive oil, salt, and pepper.
4. Once the sweet potato is cooked, slice it open and stuff with the salmon mixture.

9. Grilled Fig and Goat Cheese Chicken Salad

Lunch · This delightful salad features grilled chicken and figs offering a sweet yet savory flavor. Packed with protein and calcium from goat cheese, it supports hormone health and bone strength.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	12 min
Calories	651 kcal
Protein	50g
Carbs	47g
Fats	37g



Ingredients

Grilled chicken breast, sliced	7.8 oz / 217 g
Fresh figs, quartered	0.4 cup / 93 ml
Mixed salad greens	3.1 cups / 744 ml
Goat cheese, crumbled	3.1 tbsp / 46.5 g
Balsamic vinaigrette	3.1 tbsp / 46.5 ml

Instructions

1. Grill chicken breast for about 5-6 minutes per side until cooked through.
2. In a bowl, combine mixed salad greens, grilled chicken, quartered figs, and crumbled goat cheese.
3. Drizzle with balsamic vinaigrette and toss gently.

10. Lentil and Sweet Potato Curry

Dinner · This warming lentil and sweet potato curry is not only delicious but also filled with fiber and plant-based protein, essential for maintaining muscle health and energy in women over 40. The spices used provide anti-inflammatory benefits and promote hormone balance.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	30 min
Calories	743 kcal
Protein	30g
Carbs	99g
Fats	30g



Ingredients

Red lentils	0.8 cup / 165 g
Diced sweet potato	1.7 cup / 247.5 g
Coconut milk	0.8 cup / 198 ml
Olive oil	1.7 tbsp / 24.8 ml
Curry powder	1.7 tbsp / 24.8 g
Salt and pepper to taste	to taste / to taste

Instructions

1. In a pot, heat 1.7 tbsp (24.8 ml) olive oil over medium heat.
2. Add diced sweet potato and cook for 5 minutes before stirring in red lentils and curry powder.
3. Pour in coconut milk, bring to a simmer, cover, and cook for 20-25 minutes until sweet potatoes are tender, seasoning with salt and pepper.

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