

Indian Vegetarian Diet Plan for Menopause PDF

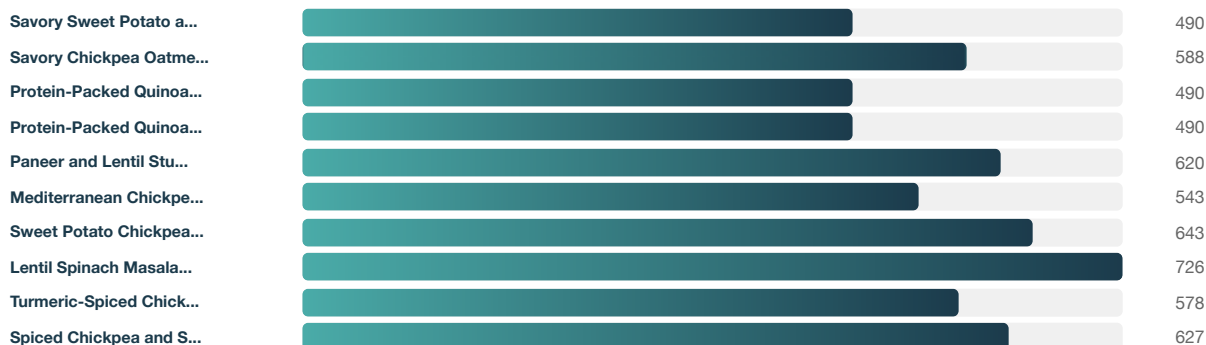
Cultural nutrition for menopausal women.

Targeted for menopausal women, this diet plan includes 10 traditional Indian vegetarian recipes that support hormonal balance and wellness. Experience the comfort of familiar flavors while prioritizing your health during this life stage.

RECIPE NUTRITION OVERVIEW

RECIPE	CAL	PROTEIN	CARBS	FATS
Savory Sweet Potato and Chickpea Hash	490	21g	70g	14g
Savory Chickpea Oatmeal with Spinach ...	588	34g	77g	17g
Protein-Packed Quinoa and Spinach Bre...	490	39g	42g	17g
Protein-Packed Quinoa and Greek Yogur...	490	39g	42g	17g
Paneer and Lentil Stuffed Bell Peppers	620	39g	54g	23g
Mediterranean Chickpea and Spinach Wr...	543	23g	78g	16g
Sweet Potato Chickpea Buddha Bowl	643	28g	98g	16g
Lentil Spinach Masala with Brown Rice	726	41g	99g	20g
Turmeric-Spiced Chickpea and Spinach ...	578	33g	66g	20g
Spiced Chickpea and Sweet Potato Bowl	627	31g	99g	17g
Average	580	33g	73g	18g

CALORIE PER RECIPE



Nourish Your Body, Transform Your Health

WHAT'S INSIDE

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Protein-Packed Quinoa and Spinach Breakfast Bowl

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Sweet Potato Chickpea Buddha Bowl

Turmeric-Spiced Chickpea and Spinach Curry

Savory Chickpea Oatmeal with Spinach and Poached Egg

Protein-Packed Quinoa and Greek Yogurt Bowl

Mediterranean Chickpea and Spinach Wrap

Lentil Spinach Masala with Brown Rice

Spiced Chickpea and Sweet Potato Bowl

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10 Recipes

Curated collection



580 cal avg

Per recipe



33g Protein

Average per recipe



Macro Balanced

73g C / 18g F avg

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9. Turmeric-Spiced Chickpea and Spinach Curry

10. Spiced Chickpea and Sweet Potato Bowl

1. Savory Sweet Potato and Chickpea Hash

Breakfast · This colorful hash is packed with magnesium from sweet potatoes and chickpeas, making it an excellent choice for bone health. It's a delightful way to enjoy a nutritious meal.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	10 min
Calories	490 kcal
Protein	21g
Carbs	70g
Fats	14g



Ingredients

Sweet potato, diced	1.4 cup / 336 ml
Canned chickpeas, drained	0.7 cup / 168 ml
Olive oil	1.4 tbsp / 21 ml
Spinach, chopped	1.4 cup / 336 ml
Cumin powder	1.4 tsp / 7 g
Salt and pepper	to taste / to taste

Instructions

1. In a skillet, heat 1.4 tbsp (21 ml) olive oil over medium heat. Add 1.4 cup (336 ml) diced sweet potato and cook for about 10 minutes until tender.
2. Stir in 0.7 cup (168 ml) drained chickpeas, 1.4 cup (336 ml) chopped spinach, and 1.4 tsp (7 g) cumin powder; cook until spinach is wilted and everything is heated through.
3. Season with salt and pepper to taste.

2. Savory Chickpea Oatmeal with Spinach and Poached Egg

Breakfast · This savory oatmeal provides a unique high-protein breakfast option packed with fiber from the oats and chickpeas, promoting steady energy levels. Spinach adds essential vitamins and minerals vital for women over 40.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	10 min
Calories	588 kcal
Protein	34g
Carbs	77g
Fats	17g



Ingredients

Rolled oats	0.7 cup / 56 g
Chickpeas, canned, rinsed	0.7 cup / 168 ml
Spinach, fresh	1.4 cup / 336 ml
Egg	1.4 large / 1.4g
Vegetable broth	1.4 cup / 336 ml
Salt and pepper	to taste / to taste

Instructions

1. In a saucepan, bring 1.4 cup (336 ml) vegetable broth to a boil. Add 0.7 cup (56 g) rolled oats and cook for 5 minutes, stirring occasionally.
2. Stir in 0.7 cup (168 ml) rinsed chickpeas and 1.4 cup (336 ml) chopped spinach; season with salt and pepper. Cook for another 3 minutes.
3. In the meantime, poach 1.4 egg in boiling water. Top the oatmeal mixture with the poached egg and serve.

3. Protein-Packed Quinoa and Spinach Breakfast Bowl

Breakfast · This nutrient-dense breakfast bowl is designed for women over 40, promoting hormone balance and heart health. Packed with protein, fiber, and omega-3s, it supports metabolism and bone health while keeping you satisfied throughout the morning.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	490 kcal
Protein	39g
Carbs	42g
Fats	17g



Ingredients

Cooked quinoa	1.4 cup / 336 ml
Fresh spinach	1.4 cup / 42 g
Chickpeas (cooked)	0.7 cup / 168 g
Feta cheese, crumbled	0.4 cup / 56 g
Olive oil	1.4 tablespoon / 21 ml
Chia seeds	1.4 tablespoon / 21 g
Lemon juice	1.4 tablespoon / 21 ml
Black pepper	to taste / to taste

Instructions

1. In a medium bowl, combine the cooked quinoa, fresh spinach, and chickpeas.
2. Drizzle with olive oil and lemon juice, then sprinkle with feta cheese and chia seeds.
3. Season with black pepper to taste and mix well.
4. Serve immediately, enjoying the nutritious blend of flavors.

4. Protein-Packed Quinoa and Greek Yogurt Bowl

Breakfast · This nutritious bowl combines protein-rich quinoa with creamy Greek yogurt, providing a perfect balance of macronutrients essential for hormone balance and bone health in women over 40. The inclusion of lentils and chickpeas ensures a fiber boost for digestive health, while healthy fats from nuts support heart health.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	490 kcal
Protein	39g
Carbs	42g
Fats	17g



Ingredients

quinoa, cooked	0.7 cup / 168 ml
Greek yogurt, plain	1.4 cup / 336 ml
cooked lentils	0.4 cup / 84 ml
cooked chickpeas	0.4 cup / 84 ml
chia seeds	1.4 tablespoon / 21 g
walnuts, chopped	2.8 tablespoons / 42 g
fresh berries (e.g., blueberries or strawberries)	0.7 cup / 168 ml
honey or maple syrup (optional)	1.4 teaspoon / 7 ml

Instructions

1. Step 1: Cook the quinoa according to package instructions and set aside to cool slightly.
2. Step 2: In a bowl, combine the cooked quinoa, Greek yogurt, cooked lentils, and cooked chickpeas.
3. Step 3: Sprinkle chia seeds and chopped walnuts on top for added texture and healthy fats.
4. Step 4: Add fresh berries to the bowl and drizzle with honey or maple syrup if desired.
5. Step 5: Mix gently and enjoy!

5. Paneer and Lentil Stuffed Bell Peppers

Lunch · These stuffed bell peppers are filled with a protein-rich mixture of paneer and lentils, providing vital nutrients for maintaining muscle mass. They are also high in fiber, which aids in digestion and helps manage weight during menopause.

Nutrition Information

Servings	1
Prep Time	15 min
Cook Time	25 min
Calories	620 kcal
Protein	39g
Carbs	54g
Fats	23g



Ingredients

Bell peppers, halved	3.1 medium / 3.1g
Cooked lentils	1.6 cup / 372 ml
Paneer, crumbled	0.8 cup / 186 g
Cumin powder	1.6 tsp / 7.8 g
Turmeric powder	0.8 tsp / 3.9 g
Chopped cilantro	3.1 tbsp / 46.5 ml
Olive oil	1.6 tbsp / 23.3 ml

Instructions

1. Preheat oven to 375°F (190°C).
2. In a bowl, mix 1.6 cup (372 ml) cooked lentils, 0.8 cup (186 g) crumbled paneer, 1.6 tsp (7.8 g) cumin powder, and 0.8 tsp (3.9 g) turmeric powder.
3. Stuff the mixture into the halved bell peppers.
4. Place stuffed peppers on a baking dish, drizzle with 1.6 tbsp (23.3 ml) olive oil, and bake for 25 minutes.
5. Garnish with 3.1 tbsp (46.5 ml) chopped cilantro before serving.

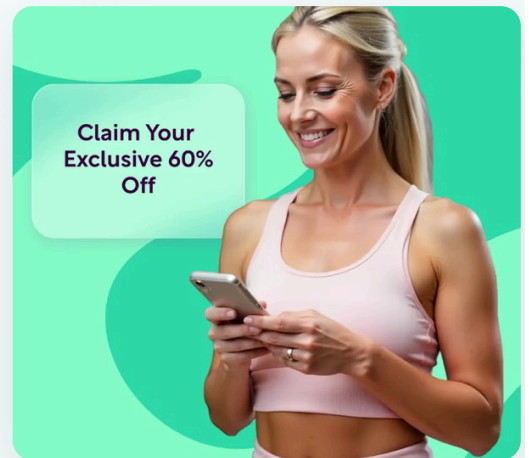
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6. Mediterranean Chickpea and Spinach Wrap

Lunch · This wrap combines fiber-rich chickpeas with nutrient-dense spinach, making it a perfect meal for energy and health. The Mediterranean flavors enhance enjoyment while supporting heart health for women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	5 min
Calories	543 kcal
Protein	23g
Carbs	78g
Fats	16g



Ingredients

Whole wheat wrap	1.5 large / 77.5 g
Canned chickpeas, drained and rinsed	0.8 cup / 186 ml
Fresh spinach	1.6 cup / 372 ml
Olive oil	1.6 tbsp / 23.3 ml
Lemon juice	1.6 tbsp / 23.3 ml
Cumin	0.8 tsp / 3.1 g
Salt and pepper	to taste / to taste

Instructions

1. In a bowl, combine chickpeas, spinach, olive oil, lemon juice, cumin, salt, and pepper.
2. Mix well until combined.
3. Lay the mixture onto the center of the wrap and roll tightly.
4. Slice in half and serve immediately.

7. Sweet Potato Chickpea Buddha Bowl

Lunch · This nourishing Buddha bowl combines roasted sweet potatoes and chickpeas, providing a satisfying blend of protein and complex carbohydrates to support sustained energy. The fiber and nutrients from the veggies promote digestive health and hormone balance.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	25 min
Calories	643 kcal
Protein	28g
Carbs	98g
Fats	16g



Ingredients

Sweet potato, diced	1.6 cup / 372 g
Canned chickpeas, rinsed	0.8 cup / 186 g
Spinach, fresh	1.6 cup / 46.5 g
Olive oil	1.6 tbsp / 23.3 ml
Cumin	1.6 tsp / 7.8 g
Salt and pepper to taste	/

Instructions

1. Preheat oven to 400°F (200°C).
2. Toss 1.6 cup (372 g) diced sweet potato and 0.8 cup (186 g) chickpeas in 1.6 tbsp (23.3 ml) olive oil, cumin, salt, and pepper, then spread on a baking sheet.
3. Roast for 20-25 minutes until sweet potatoes are tender.
4. Serve over 1.6 cup (46.5 g) fresh spinach.

8. Lentil Spinach Masala with Brown Rice

Dinner · This hearty lentil and spinach masala is packed with protein and iron, supporting energy levels and muscle health during menopause. The spices used help in balancing hormones and promoting overall well-being.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	30 min
Calories	726 kcal
Protein	41g
Carbs	99g
Fats	20g



Ingredients

Cooked lentils	1.7 cup / 396 ml
Fresh spinach, chopped	3.3 cups / 792 ml
Brown rice, cooked	1.7 cup / 396 ml
Onion, diced	0.8 medium / 0.8g
Garlic cloves, minced	3.3 clove(s) / 3.3g
Turmeric powder	1.7 tsp / 8.3 g
Cumin powder	1.7 tsp / 8.3 g
Olive oil	1.7 tbsp / 24.8 ml
Salt	to taste / to taste

Instructions

1. Heat 1.7 tbsp (24.8 ml) olive oil in a pan over medium heat.
2. Add 0.8 diced onion and 3.3 minced garlic cloves; sauté until translucent.
3. Stir in 1.7 tsp (8.3 g) turmeric powder and 1.7 tsp (8.3 g) cumin powder.
4. Add 1.7 cup (396 ml) cooked lentils and 3.3 cups (792 ml) chopped spinach; cook for 10 minutes.
5. Serve over 1.7 cup (396 ml) cooked brown rice.

9. Turmeric-Spiced Chickpea and Spinach Curry

Dinner · This vibrant curry features chickpeas and spinach, rich in protein and iron to support energy levels during menopause. The turmeric provides anti-inflammatory benefits, while spinach offers essential magnesium for bone health.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	20 min
Calories	578 kcal
Protein	33g
Carbs	66g
Fats	20g



Ingredients

Canned chickpeas, drained	1.7 cup / 396 ml
Fresh spinach, chopped	3.3 cups / 792 ml
Coconut milk	0.8 cup / 198 ml
Turmeric powder	1.7 tsp / 8.3 g
Cumin seeds	1.7 tsp / 8.3 g
Olive oil	1.7 tbsp / 24.8 ml
Salt	to taste / to taste

Instructions

1. Heat 1.7 tbsp (24.8 ml) olive oil over medium heat in a pan.
2. Add 1.7 tsp (8.3 g) cumin seeds and sauté for 30 seconds until fragrant.
3. Stir in 1.7 cup (396 ml) of drained chickpeas, 3.3 cups (792 ml) of chopped spinach, and 1.7 tsp (8.3 g) turmeric powder.
4. Pour in 0.8 cup (198 ml) coconut milk and simmer for 10 minutes.
5. Season with salt to taste before serving.

10. Spiced Chickpea and Sweet Potato Bowl

Dinner · Chickpeas and sweet potatoes create a robust base, while spices like turmeric and cumin offer anti-inflammatory benefits. This filling dish supports energy and vitality through balanced nutrition.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	20 min
Calories	627 kcal
Protein	31g
Carbs	99g
Fats	17g



Ingredients

Chickpeas (canned, drained)	1.7 cup / 396 ml
Sweet potato (diced)	1.7 cup / 396 ml
Turmeric powder	1.7 tsp / 8.3 g
Cumin powder	1.7 tsp / 8.3 g
Olive oil	1.7 tbsp / 24.8 ml
Spinach (fresh)	1.7 cup / 396 ml
Salt and pepper	to taste / to taste

Instructions

1. Preheat the oven to 425°F (220°C).
2. Toss diced sweet potato with olive oil, turmeric, cumin, salt, and pepper. Roast for 20 minutes.
3. In a saucepan, heat chickpeas with a splash of water until warmed through.
4. Serve roasted sweet potatoes over chickpeas, topped with fresh spinach.

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