

Keto Diet Plan for Weight Loss in Women PDF

Effective low-carb eating for weight loss.

This keto diet plan features 10 delicious low-carb recipes tailored for women seeking effective weight loss solutions. Indulge in satisfying meals that align with your goals while enjoying the benefits of a ketogenic lifestyle.

RECIPE NUTRITION OVERVIEW

RECIPE	CAL	PROTEIN	CARBS	FATS
Savory Spinach & Feta Omelette with W...	490	39g	14g	34g
Avocado and Scrambled Egg Breakfast B...	518	38g	14g	39g
Egg & Kale Breakfast Bowl	420	28g	14g	28g
Baked Egg & Cheese Mushroom Caps	588	42g	8g	42g
Grilled Shrimp & Avocado Salad	620	50g	12g	34g
Herbed Turkey & Spinach Lettuce Wraps	589	47g	12g	37g
Creamy Avocado & Tuna Salad	543	51g	11g	34g
Savory Egg and Cauliflower Casserole	644	46g	13g	50g
Salmon and Asparagus Foil Pack	743	53g	13g	50g
Spicy Salmon and Broccoli Stir-Fry	660	56g	13g	50g
Average	582	45g	12g	40g

CALORIE PER RECIPE



Nourish Your Body, Transform Your Health

WHAT'S INSIDE

Savory Spinach & Feta Omelette with Walnuts

Egg & Kale Breakfast Bowl

Grilled Shrimp & Avocado Salad

Creamy Avocado & Tuna Salad

Salmon and Asparagus Foil Pack

Avocado and Scrambled Egg Breakfast Bowl

Baked Egg & Cheese Mushroom Caps

Herbed Turkey & Spinach Lettuce Wraps

Savory Egg and Cauliflower Casserole

Spicy Salmon and Broccoli Stir-Fry

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10 Recipes

Curated collection



582 cal avg

Per recipe



45g Protein

Average per recipe



Macro Balanced

12g C / 40g F avg

Contents

A quick overview of what's inside

1. Savory Spinach & Feta Omelette with Walnuts

2. Avocado and Scrambled Egg Breakfast Bowl

3. Egg & Kale Breakfast Bowl

4. Baked Egg & Cheese Mushroom Caps

5. Grilled Shrimp & Avocado Salad

6. Herbed Turkey & Spinach Lettuce Wraps

7. Creamy Avocado & Tuna Salad

8. Savory Egg and Cauliflower Casserole

9. Salmon and Asparagus Foil Pack

10. Spicy Salmon and Broccoli Stir-Fry

1. Savory Spinach & Feta Omelette with Walnuts

Breakfast · This nutrient-dense omelette is rich in complete proteins from eggs, providing essential amino acids for muscle health, while spinach and walnuts contribute omega-3s and phytoestrogens beneficial for hormone balance. The addition of feta cheese enhances calcium and vitamin D for bone support, making it a perfect meal for women over 40.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	15 min
Calories	490 kcal
Protein	39g
Carbs	14g
Fats	34g



Ingredients

large eggs	4.2 large / 4 large
fresh spinach, chopped	1.4 cup / 336 ml
feta cheese, crumbled	0.4 cup / 84 g
walnuts, chopped	2.8 tablespoons / 42 g
olive oil	1.4 tablespoon / 21 ml
black pepper, to taste	1.4 pinch / 1.4 pinch
sea salt, to taste	1.4 pinch / 1.4 pinch

Instructions

1. In a bowl, whisk the eggs with a pinch of sea salt and black pepper until well combined.
2. Heat olive oil in a non-stick skillet over medium heat, then add chopped spinach and sauté until wilted, about 2-4.2 minutes.
3. Pour the whisked eggs over the spinach in the skillet. Allow to cook for 2-4.2 minutes until edges start to set.
4. Sprinkle crumbled feta and chopped walnuts over one half of the omelette. Fold the other half over to cover and cook for another 2-4.2 minutes until eggs are fully cooked.
5. Serve warm, garnished with additional walnuts if desired.

2. Avocado and Scrambled Egg Breakfast Bowl

Breakfast · Rich in healthy fats from avocado, this breakfast bowl supports hormone balance and provides sustained energy. The protein from eggs helps maintain muscle mass, crucial for women over 40.

Nutrition Information

Servings	1
Prep Time	5 min
Cook Time	5 min
Calories	518 kcal
Protein	38g
Carbs	14g
Fats	39g



Ingredients

Large eggs	4.2 large / 4.2g
Avocado	0.7 medium / 98 g
Olive oil	1.4 tbsp / 21 ml
Salt and pepper	to taste / to taste
Chopped cilantro	1.4 tbsp / 21 g

Instructions

1. Heat 1.4 tbsp (21 ml) olive oil in a non-stick skillet over medium heat.
2. Whisk 4.2 large eggs in a bowl and season with salt and pepper, then pour into the skillet.
3. Scramble the eggs gently until cooked through, about 4.2-5 minutes, then serve in a bowl topped with 0.7 sliced avocado and garnish with cilantro.

3. Egg & Kale Breakfast Bowl

Breakfast · This nutrient-rich breakfast bowl features eggs for heme iron and kale for non-heme iron. Topped with avocado and a squeeze of lemon for vitamin C, it's a perfect way to start the day energized and ready to tackle challenges.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	8 min
Calories	420 kcal
Protein	28g
Carbs	14g
Fats	28g



Ingredients

Eggs	3 large / 3 large
Kale, chopped	1.4 cup / 336 ml
Avocado, sliced	0.7 fruit / 0.7 fruit
Olive oil	1.4 tsp / 7 ml
Lemon juice	1.4 tbsp / 21 ml
Salt and pepper	to taste / to taste

Instructions

1. In a skillet, heat 1.4 tsp (7 ml) of olive oil over medium heat. Add 1.4 cup of chopped kale and sauté for 3-4 minutes until wilted.
2. Crack 3 large eggs into the skillet and cook to your preference (scrambled or sunny-side-up).
3. Serve the eggs on a plate, topped with 1/2 sliced avocado and a squeeze of 1.4 tbsp (21 ml) lemon juice. Season with salt and pepper.

4. Baked Egg & Cheese Mushroom Caps

Breakfast · These hearty baked mushrooms are filled with eggs and cheese for a delightful breakfast or snack, providing a significant boost of vitamin D and calcium to support bone health.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	20 min
Calories	588 kcal
Protein	42g
Carbs	8g
Fats	42g



Ingredients

Large portobello mushrooms	5.6 / 5.6g
Eggs	5.6 large / 5.6g
Cheddar cheese, shredded	0.7 cup / 168 ml
Olive oil	1.4 tbsp / 21 ml
Salt and pepper	to taste / to taste
Fresh parsley, chopped	2.8 tbsp / 42 ml

Instructions

1. Preheat the oven to 375°F (190°C).
2. Grease a baking dish with olive oil and place the mushrooms, gill side up.
3. Crack one egg into each mushroom cap and sprinkle cheese on top.
4. Season with salt and pepper, then bake for 20 minutes until the egg whites are set.
5. Garnish with parsley before serving.

5. Grilled Shrimp & Avocado Salad

Lunch · A refreshing salad of grilled shrimp and creamy avocado, this dish is rich in healthy fats and protein. It's excellent for heart health and offers key nutrients for hormonal balance in women over 40.

Nutrition Information

Servings	1
Prep Time	14 min
Cook Time	12 min
Calories	620 kcal
Protein	50g
Carbs	12g
Fats	34g



Ingredients

Shrimp, peeled and deveined	9.3 oz / 263.5 g
Avocado, diced	1.5 medium /
Mixed greens	3.1 cups / 93 g
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. Grill shrimp for 3-4 minutes on each side until pink and cooked through.
2. In a bowl, combine mixed greens, grilled shrimp, and diced avocado. Drizzle with olive oil and lemon juice, then season with salt and pepper.

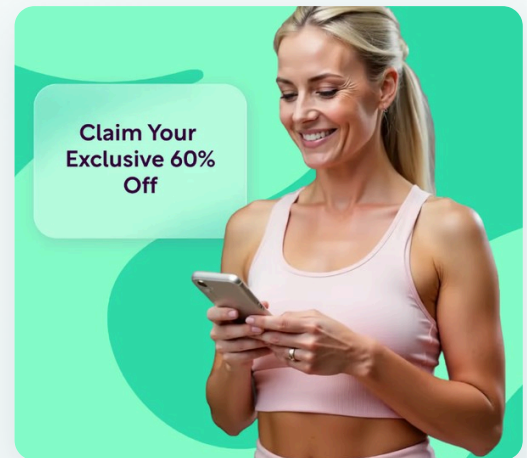
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6. Herbed Turkey & Spinach Lettuce Wraps

Lunch · These refreshing lettuce wraps feature lean ground turkey, providing an excellent source of protein, while spinach adds iron and vitamins for overall health. The combination of herbs enhances flavor without added calories, making it a light yet filling meal option.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	10 min
Calories	589 kcal
Protein	47g
Carbs	12g
Fats	37g



Ingredients

Ground turkey	9.3 oz / 263.5 g
Spinach, chopped	1.6 cup / 372 ml
Lettuce leaves (e.g., romaine)	6 large / 6 large
Olive oil	1.6 tbsp / 23.3 ml
Mixed herbs (e.g., thyme, oregano)	1.6 tsp / 7.8 g

Instructions

1. Heat 1.6 tbsp (23.3 ml) of olive oil in a skillet over medium heat.
2. Add 9.3 oz (263.5 g) of ground turkey, cooking until browned, about 5-7 minutes.
3. Stir in 1.6 cup (372 ml) of chopped spinach and 1.6 tsp (7.8 g) of mixed herbs, cooking until spinach is wilted, about 2 minutes.
4. Serve the turkey mixture in 6 large lettuce leaves as wraps.

7. Creamy Avocado & Tuna Salad

Lunch · Combining avocado and tuna packs omega-3 fatty acids and healthy fats, aiding in heart health and hormone regulation, while keeping carbs low.

Nutrition Information

Servings	1
Prep Time	11 min
Cook Time	12 min
Calories	543 kcal
Protein	51g
Carbs	11g
Fats	34g



Ingredients

Canned tuna	7.8 oz / 217 g
Avocado	0.8 medium / 1 medium
Celery	0.4 cup / 93 ml
Lemon juice	1.6 tbsp / 23.3 ml
Salt and pepper	to taste / to taste

Instructions

1. In a bowl, combine 7.8 oz (217 g) drained tuna, 0.8 mashed avocado, and 0.4 cup (93 ml) chopped celery.
2. Add 1.6 tbsp (23.3 ml) lemon juice and season with salt and pepper as desired. Mix until creamy.

8. Savory Egg and Cauliflower Casserole

Dinner · This hearty casserole combines protein-rich eggs with low-carb cauliflower, making it a nutritious option for weight management and muscle preservation. The dish is simple to prepare and provides a satisfying meal that is gentle on hormonal balance, perfect for women over 40.

Nutrition Information

Servings	1
Prep Time	12 min
Cook Time	20 min
Calories	644 kcal
Protein	46g
Carbs	13g
Fats	50g



Ingredients

Eggs	6.5 large / 6.5 large
Cauliflower, riced	1.7 cup / 165 g
Heavy cream	0.4 cup / 99 ml
Cheddar cheese, shredded	0.8 cup / 99 g
Olive oil	1.7 tbsp / 24.8 ml
Salt and pepper	to taste / to taste

Instructions

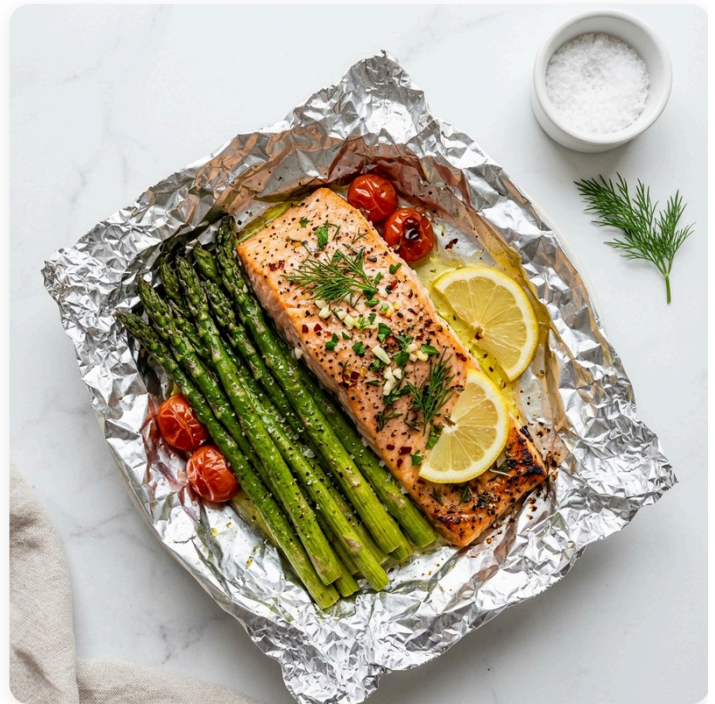
1. Preheat oven to 375°F (190°C).
2. In a skillet, heat 1.7 tbsp (24.8 ml) of olive oil over medium heat and sauté 1.7 cup (165 g) of riced cauliflower for 5 minutes until tender.
3. In a bowl, whisk together the 4 eggs and 0.4 cup (99 ml) of heavy cream, then add to the skillet. Stir in salt and pepper.
4. Cook for 3-4 minutes until just set, then transfer to a baking dish and top with 0.8 cup (99 g) of shredded cheddar cheese.
5. Bake for 20 minutes or until cheese is golden and bubbly.

9. Salmon and Asparagus Foil Pack

Dinner · This one-pan meal is packed with protein and omega-3 fatty acids, which are essential for heart health and hormone regulation. The addition of asparagus provides fiber and vitamins that assist in digestion and promote overall well-being.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	20 min
Calories	743 kcal
Protein	53g
Carbs	13g
Fats	50g



Ingredients

Salmon fillet	6.6 oz / 189.8 g
Asparagus spears	1.7 cup / 214.5 g
Olive oil	1.7 tbsp / 24.8 ml
Garlic powder	0.8 tsp / 3.3 g
Lemon slices	3.3 medium / 3.3g
Salt and pepper	to taste / to taste

Instructions

1. Preheat your oven to 400°F (200°C).
2. Place 6.6 oz (189.8 g) salmon fillet and 1.7 cup (214.5 g) asparagus on a piece of aluminum foil, drizzle with 1.7 tbsp (24.8 ml) olive oil, and season with garlic powder, salt, and pepper.
3. Fold the foil to create a packet and bake for 20 minutes; serve with lemon slices on top.

10. Spicy Salmon and Broccoli Stir-Fry

Dinner · A quick stir-fry featuring salmon and broccoli that's rich in protein and fiber, promoting satiety and muscle maintenance for women over 40. The anti-inflammatory properties of broccoli and omega-3s from salmon make this dish supportive of overall health and triglyceride levels.

Nutrition Information

Servings	1
Prep Time	10 min
Cook Time	10 min
Calories	660 kcal
Protein	56g
Carbs	13g
Fats	50g



Ingredients

Salmon fillet, cubed	13.2 oz / 372.9 g
Fresh broccoli florets	3.3 cups / 396 ml
Olive oil	1.7 tbsp / 24.8 ml
Soy sauce (low sodium)	3.3 tbsp / 49.5 ml
Sriracha sauce	1.7 tsp / 8.3 ml
Garlic, minced	3 cloves / 3 cloves

Instructions

1. Heat olive oil in a large skillet over medium-high heat.
2. Add minced garlic and cook for 30 seconds until fragrant.
3. Add cubed salmon and broccoli florets, stir-frying for 5-7 minutes until salmon is cooked through.
4. Drizzle with soy sauce and Sriracha, stirring to combine, then serve hot.

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