

7-Day Metabolism-Boosting Meal Plan for Women Over 40

This 7-day meal plan is designed to help women over 40 boost their metabolism, balance hormones, and maintain steady energy levels. Each meal is rich in lean proteins, healthy fats, and low-glycemic carbohydrates to support your weight loss journey.

Day 1

Breakfast: Scrambled eggs with spinach and avocado; 1 slice of whole-grain toast.

Lunch: Grilled chicken salad with mixed greens, cherry tomatoes, and olive oil dressing.

Dinner: Baked salmon with quinoa and steamed broccoli.

Snack: Handful of almonds or a small apple.

Day 2

Breakfast: Greek yogurt with chia seeds, berries, and a drizzle of honey.

Lunch: Turkey and avocado wrap in a whole-grain tortilla with a side of carrot sticks.

Dinner: Grilled shrimp stir-fry with mixed vegetables and brown rice.

Snack: A boiled egg or cucumber slices with hummus.

Day 3

Breakfast: Smoothie with spinach, banana, almond milk, and protein powder.

Lunch: Tuna salad with olive oil, cucumber, and cherry tomatoes; a side of whole-grain crackers.

Dinner: Roasted chicken breast with sweet potato wedges and sautéed green beans.

Snack: A handful of walnuts or a piece of dark chocolate (70% cocoa).

Day 4

Breakfast: Oatmeal with almond butter, flaxseeds, and sliced banana.

Lunch: Grilled salmon salad with arugula, avocado, and lemon vinaigrette.

Dinner: Turkey meatballs with zucchini noodles and marinara sauce.

Snack: Plain Greek yogurt with a sprinkle of cinnamon.

Day 5

Breakfast: Veggie omelette with mushrooms, peppers, and onions; 1 slice of whole-grain toast.

Lunch: Grilled chicken breast with a quinoa and kale salad.

Dinner: Baked cod with roasted asparagus and mashed cauliflower.

Snack: A small handful of mixed nuts or an orange.

Day 6

Breakfast: Avocado toast with a poached egg on whole-grain bread.

Lunch: Lentil soup with a side of mixed greens and olive oil dressing.

Dinner: Grilled turkey burger wrapped in lettuce with a side of roasted zucchini.

Snack: Celery sticks with almond butter.

Day 7

Breakfast: Chia pudding made with almond milk, topped with berries and coconut flakes.

Lunch: Grilled chicken and vegetable kebabs with a side of couscous.

Dinner: Baked trout with wild rice and sautéed spinach.

Snack: A pear or a handful of sunflower seeds.

Disclaimer: Consult with a healthcare professional before starting any new diet or exercise program.