

7-Day Midlife Breakfast Plan

A simple, protein-rich, anti-inflammatory meal plan designed to fuel energy, balance hormones, and support overall wellness for women over 40. Includes a shopping list too!!

Day 1

Protein Smoothie Bowl – Greek yogurt or protein powder, spinach, frozen blueberries, chia seeds, and almond butter.

Day 2

Savory Oatmeal – Oats topped with sautéed spinach, avocado, poached egg, and a sprinkle of turmeric.

Day 3

Egg & Veggie Scramble – Eggs cooked with mushrooms, kale, and feta in olive oil.

Day 4

Chia Pudding – Chia seeds soaked overnight in almond milk with cinnamon, topped with walnuts and raspberries.

Day 5

Mediterranean Toast – Whole grain or Ezekiel bread topped with hummus, smoked salmon, and arugula.

Day 6

Greek Yogurt Parfait – Greek yogurt layered with flaxseeds, sliced strawberries, and pumpkin seeds.

Day 7

Veggie Omelet – Eggs with bell peppers, onions, tomatoes, and spinach, cooked in avocado oil.

Shopping List

Produce

Spinach

Kale

Mushrooms

- Bell peppers
- Onions
- Tomatoes
- Avocado
- Arugula
- Berries (blueberries, strawberries, raspberries)

Proteins

- Eggs
- Greek yogurt
- Protein powder
- Smoked salmon
- Feta cheese

Pantry Staples

- Oats
- Chia seeds
- Flaxseeds
- Pumpkin seeds
- Almond butter
- Hummus

Spices & Oils

- Turmeric
- Cinnamon
- Olive oil
- Avocado oil

Beverages

- Almond milk (unsweetened)