TRACKING YOUR PROGRESS

AN ADDITIONAL RESOURCE FOR THE PROOF IS IN THE PLANTS

SIMON HILL
Nutritionist, Creator of the Plant Proof Podcast and Author of The Proof is in the Plants
## CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>INTRODUCTION</td>
<td>3</td>
</tr>
<tr>
<td>A Note From Simon</td>
<td>3</td>
</tr>
<tr>
<td>About The Book</td>
<td>4</td>
</tr>
<tr>
<td>TRACKING YOUR PROGRESS</td>
<td>5</td>
</tr>
<tr>
<td>Plant Proof Daily Checklist</td>
<td>6</td>
</tr>
<tr>
<td>The #Plantproof40 Checklist</td>
<td>7</td>
</tr>
<tr>
<td>The Plant Proof Audit Template</td>
<td>8</td>
</tr>
<tr>
<td>OTHER ADDITIONAL RESOURCES FOR</td>
<td>9</td>
</tr>
<tr>
<td>THE PROOF IS IN THE PLANTS</td>
<td></td>
</tr>
<tr>
<td>2 WEEK MEAL PLAN</td>
<td>10</td>
</tr>
<tr>
<td>JOIN THE CONVERSATION</td>
<td>11</td>
</tr>
</tbody>
</table>

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Hi Friends,

It’s great to have you here with me.

My name is Simon Hill—host of the Plant Proof podcast, nutritionist, sports physiotherapist, creator of the plantproof.com blog and author of The Proof is in the Plants. The Proof is in the Plants is my first book, and it walks through the science of eating for a healthier you, and a healthier planet. It contains the agenda-free information that we all need to become more conscious of how our daily food choices affect our body and the world around us.

As you read through this guide and the science in my book, and work your way through my podcast episodes, pondering over the wisdom my guests share, I am certain that the principles of evidence-based nutrition will become clearer and clearer. And over time, as you implement these principles and become increasingly confident in the changes you are making, they will shift from requiring daily attention to being effortless parts of your lifestyle. You’ll find a healthy lifestyle that has you feeling at your best!

My philosophy is simple. We live in an environment that makes it incredibly hard to follow an evidence-based dietary pattern, an environment that in many ways sets us up for failure. Rather than waiting for this environment to change, or waiting to experience pain, I want to arm you with evidence-based solutions. This will help you better navigate the world in which we live and improve your chances of living a long, healthy life, allowing you to do more of whatever it is you love to do.

It took me a master’s in Nutrition and years of research to understand the science and how our food choices are shaped. However, I believe that this information should be easily accessible to everyone.

This isn’t about dietary labels or agendas. It’s a space to honour science, to honour learning as a community and to encourage progress over perfection. If you want to upgrade your health and tread more lightly on the planet, I am here to help you do that.

Yours truly,
Simon
What if there was a way of eating that may help us live healthier for longer and protect the future of our planet, too?

The good news is that evidence now shows a plant-based diet may offer us exactly that – and straight-talking nutritionist Simon Hill has done the hard work translating the science into actionable advice for everyday life.

In his first book *The Proof is in the Plants*, Simon brings together all the facts and advice for anyone curious about feeling and doing better through a plant-focused diet.

Before transitioning to a plant-based diet Simon held many of the common misconceptions. But instead he experienced incredible improvements in his energy levels, digestion, mental clarity and post-workout recovery after making the shift. He’d finally understood the power of food and was determined to find out – and share – the agenda-free truth about the optimum diet for human health.

By undertaking a master’s degree in nutrition, poring over the latest scientific papers and books, and producing hundreds of hours of his internationally successful Plant Proof podcast, Simon has pursued the answers to all the questions he had about fuelling our bodies with more plants. Now, in his first book, he brings it all together into one inspiring and practical guide.

It covers:

- The reasons why we’re all so confused about what to eat
- The evidence showing how a plant-based diet can reduce the risks of heart attacks and strokes, type 2 diabetes, cancer and dementia
- The positive impact of plant-based living for the climate and animal welfare
- Common myths about a plant-based diet – and what the real facts are
- How to build a healthy, satisfying plant-based plate, from macronutrients to micronutrients
- Practical tips for making the shift, and much more

If you want to understand and unlock the many benefits of putting more plants on your plate, this book is for you.
**PLANT PROOF DAILY CHECKLIST**

**SUN**
- 20 minutes

**TRY NOT TO MISS**
- Ground flaxseed or chia seeds: 1 tbsp/day for women, 2 tbsp/day for men
- Brazil nuts: 1 per day
- Seaweed: 2 tsp of dulse or wakame flakes
- Enhance iron absorption: Lemon juice, onion and/or garlic
- Enhance zinc absorption: Onion and/or garlic
- Soaking and sprouting grains, legumes, nuts and seeds significantly increases nutrient levels and makes them easier to absorb

**WATER**
- Plain water for thirst: Best indicator of hydration is clear to light straw coloured urine

**SUPPLEMENTS**
- Vitamin D
- B12
- Omega-3*
  *DHA/EPA algae oil supplement (not essential but recommended)

**SLEEP**
- 7-8 hours

**EXERCISE**
- 60 minutes

**REMEMBER, THIS IS JUST A GUIDE**
You don’t have to follow it religiously! Just do your best every day to be a little more Plant Proof.

**SERVING SIZES**

**Cooking oils:** 1 tbsp (~100–120 calories)
**High-fat plant foods:** ½ medium avocado, 30 g nuts/seeds or 1 tbsp oil
**Legumes:** ½ cup cooked, 150 g tofu/tempeh
**Whole grains:** ½ cup cooked or 2 slices of whole grain bread

**Berries:** ½ cup
**Other fruits:** 1 medium fruit or ½ cup chopped
**Greens and cruciferous vegetables:** ½ cup chopped
**Other vegetables:** 1 medium vegetable or ½ cup chopped

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**BERRIES**

**OTHER FRUIT (ALL TYPES)**

**GREENS + CRUCIFEROUS VEGETABLES**

**OTHER VEGETABLES (ALL TYPES)**

**HIGH-FAT PLANT FOODS**

**WHOLE GRAINS**

**LEGUMES (INCL. TOFU + TEMPEH)**

**SPICES, FRESH HERBS OR OTHER**

**CALCIFIED-FORTIFIED PLANT MILK**

**OYSTERS + MUSSELS (OPTIONAL)**
#PLANTPROOF40 WEEKLY CHECKLIST

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</thead>
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<td>21.</td>
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<tr>
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<td>12.</td>
<td>22.</td>
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</tr>
<tr>
<td>3.</td>
<td>13.</td>
<td>23.</td>
<td>33.</td>
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<tr>
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#PLANTPROOF40

TRACKING YOUR PROGRESS
PLANT PROOF AUDIT TEMPLATE

To be used periodically over 7 days to assess the quality of your diet

**NUMBER OF UNIQUE PLANTS**
Max score 40

**TOTAL:** _____/40

**NUTRIENTS OF FOCUS COVERED**
1 tick = 4 points

**TOTAL:** _____/32

**STUCK TO CIRCADIAN RHYTHM EATING (Eating within a 10-12 hour window. E.g. 8am-8pm)**
1 tick = 4 points

**TOTAL:** _____/28

**TOTAL SCORE:** _____/100

**HOW DID YOU SCORE?**

<50
Take some time to read through the 8 principles at the start of Chapter 10 in *The Proof is in the Plants* and identify areas of your life that may be impeding you from creating a Plant Proof lifestyle. Come back to your why and develop a plan to tackle the obstacles in your way. Remember let’s not let perfection become the enemy of good. I’m in your corner no matter how many points you jump up at your next audit - let’s just focus on getting things moving in the right direction!

50–70
Looks like you have a lot of the basics down pat but could do with some extra planning to take things up a notch. You’ll feel better for it.

70–90
While this is certainly above average you can probably tweak a few things to optimise your health even further.

90–100
That’s as Plant Proof as it gets. You should probably consider sharing some of that wisdom.
OTHER ADDITIONAL RESOURCES FOR THE PROOF IS IN THE PLANTS

SUPPLEMENT GUIDE

Everyday and performance supplements supported by science that you may want to consider to compliment your plant-based diet.

BLOOD TEST GUIDE

The laboratory tests you should consider speaking to your doctor about to objectively monitor your health status.

THE PLANT PROOF FOOD AND OIL PYRAMIDS

A colour copy of the Plant Proof food and oil pyramids.

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Plant curious? Dip your toes in the water with Simon’s 2 week plant-based meal plan

Experience the benefits of eating more plants. Not only will eating this way reduce your risk of chronic disease in the long-term, but it will leave you feeling better today too.

What’s inside?
• Simple, delicious and nutritionally balanced recipes created by a nutritionist
• Breakfast, lunch, snack and dessert ideas
• Shopping list template
• Complete nutritional breakdown for each recipe

Get your copy

Soba Noodle Salad
LET’S CONTINUE THE CONVERSATION

Simon would love this to be just the start of our friendship. Please do connect with him on the socials.

Have a listen

Search ‘The Plant Proof Podcast’ on your favourite streaming platform

Featured episode
Episode 121: Don’t wait for pain to change your lifestyle

Visit Simon’s restaurant, Eden Bondi

Let’s chat

@plant_proof
@plantproofnutrition
@plant_proof

Special Thanks To...

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