

RESOURCES FOR EPISODE

#638 & #664

WITH RICH ROLL ON THE RICH ROLL PODCAST



SIMON HILL, MSC, BSC

Nutritionist, Physiotherapist, Author
and Host of The Proof Podcast

THE PROOF[®]

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A NOTE FROM ME

HEY THERE, FRIENDS!

It's great to have you here with me.

My name is Simon Hill—host of The Proof podcast, nutritionist, sports physiotherapist, creator of **theproof.com** blog and author of *The Proof is in the Plants*.

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 improve your health and tread more lightly on the planet, I am here to help you do that.

Yours truly,

Simon



REFERENCES FOR EPISODE #638

REFERENCES AND RESOURCES TO SUPPORT THE EPISODE

FERMENTED FOOD VERSUS FIBER:

[Gut-microbiota-targeted diets modulate human immune status](#)

Podcast Simon did with Professor Christopher Gardner and Professor Justin Sonnenburg discussing this study. Listen here on [Spotify](#) and [Apple Podcasts](#).

30 PLANTS PER WEEK LEADS TO BETTER MICROBIOME DIVERSITY:

[American Gut: An Open Platform for Citizen Science Microbiome Research](#)

LOW VERSUS HIGH CARB DIETS:

[A to Z study](#)

[DIETFITS](#)

Podcast Simon did with Professor Christopher Gardner on these two studies. Listen here on [Spotify](#) and [Apple Podcasts](#).

AHA JOURNAL:

[Dietary Fats and Cardiovascular Disease](#)

LOW VERSUS HIGH CARB DIETS:

[LDL-C is causal overview](#)

[LDL-C is causal mechanisms](#)

[PESA Study On Optimal LDL](#)

[Loren Cordain \(author of the Paleo Diet\) on optimal LDL-C level being 50-70 mg/dl](#)

GUIDELINE PAPERS:

1. [European Society of Cardiology](#)
2. [American College of Endocrinology](#)
3. [American Cancer Society](#)
4. [American College of Cardiology](#)

SCIENCE DIRECT:

[Soybean oil lowers circulating cholesterol levels and coronary heart disease risk, and has no effect on markers of inflammation and oxidation](#)

SCIENCE DIRECT:

[Mendelian Randomisation and LDL Papers](#)

OLIVE OIL AND HEALTH OUTCOMES :

[Trending Cardiovascular Nutrition Controversies](#) paper published in the American Journal of Cardiology in 2017 featuring many prominent cardiologists and doctors including Dr Dean Ornish and Dr Kim Williams.

Two new studies (both published in 2022) that have come out since this podcast also looking at olive oil consumption and health outcomes:

- [Olive oil consumption and mortality](#)
- [Olive oil consumption and cancer](#)

REFERENCES FOR EPISODE #638

REFERENCES AND RESOURCES TO SUPPORT THE EPISODE

LINOLEIC ACID (OMEGA 6) AND INFLAMMATION:

[Effect of Dietary Linoleic Acid on Markers of Inflammation in Healthy Persons](#)

[Increasing dietary linoleic acid does not increase tissue arachidonic acid content in adults consuming Western-type diets](#)

OMEGA 6 INTAKE AND HEALTH OUTCOMES:

[Dietary intake and biomarkers of linoleic acid and mortality](#)

[Biomarkers of Dietary Omega-6 Fatty Acids and Incident Cardiovascular Disease and Mortality](#)

OTHER:

[Linoleic Acid \(Omega 6\) does not increase inflammation](#)

[Removing livestock typically improves biodiversity than livestock integration](#)

[FCRN Grazed and Confused Report of Holistic Grazing](#)

[Holistic Management Review](#)

[New Zealand Incentive For Afforestation](#)

REFERENCES FOR EPISODE #664

REFERENCES AND RESOURCES TO SUPPORT THE EPISODE

ERGOGENIC COMPOUNDS:

Creatine and performance

- [IOC consensus statement](#)

Additional reading (creatine and brain health)

- Study published in [British Journal of Nutrition 2014](#) - no difference in brain creatine levels between omnivores and vegetarians.
- Study comparing cognition between omnivores and vegetarians given a creatine supplement published in the British Journal of Nutrition 2010 - significant difference in cognition due to omnivores' performance declining (not vegetarians' performance increasing).
- Hamilton Roschel's Review "Creatine Supplementation and Brain Health" published in [Nutrients 2021](#)

Nitrates and performance

- [IOC consensus statement](#)
- 2018 paper published in [Annual Reviews](#) by Andrew Jones et al reviewing the evidence looking at nitrates and performance

Additional reading on Nitrates:

- [Mouthwash blunts NO production and raises BP in hypertensive subjects](#)
- [Mouthwash blunts NO production and raised BP in healthy subjects](#)

Beta-Alanine and performance

- [IOC consensus statement](#)

Caffeine and performance

- [IOC consensus statement](#)

Additional reading

- Caffeine lowers LDL-cholesterol - study published in [Nature 2022](#)
- A Meta-analysis looking at coffee consumption and cardiovascular disease that included over 1.2 million subjects from 36 studies. Published in [Circulation 2014](#), 3-5 cups of coffee per day associated with lower risk of cardiovascular disease.
- Coffee and health podcast Simon recorded with Danny Lennon, Msc. Listen here on [Spotify](#) and [Apple Podcasts](#).

PLANT-BASED MEAT VERSUS ANIMAL-BASED MEAT

[SWAP-MEAT trial \(2021 Stanford trial\)](#)

Podcast episode with Professor Christopher Gardener (senior author of the SWAP-MEAT trial). Listen here on [Spotify](#) and [Apple Podcasts](#).

DIETARY STRATEGIES TO LOWER CHOLESTEROL:

[The Portfolio Diet \(2003 study\)](#)

[The Portfolio Diet \(2011 study\)](#)

[The Portfolio Diet \(2018 Systematic Review & Meta-analysis of Portfolio Diet interventions\)](#)

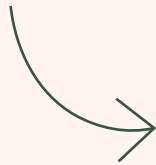
THE PORTFOLIO DIET

AN EVIDENCE BASED EATING PLAN FOR LOWER CHOLESTEROL

What is the Portfolio Diet?

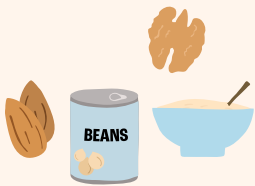
The portfolio diet is a way of eating that evidence has shown can help lower cholesterol and your risk of heart disease. Instead of focussing on what you can't eat, the portfolio diet is about what you can add to your menu!

The diet includes a "portfolio" of plant foods that you can choose from.



Research shows that medications and diet both work to lower your cholesterol. Medications can be more effective and easier, but some people don't want to take medications, cannot tolerate the side effects or want to combine a nutritious diet with medications.

NUTS, LEGUMES, CEREALS



FRUITS AND VEGETABLES



MEAT ALTERNATIVES



How does it work?

The portfolio diet is exactly as it sounds. It takes a few dietary patterns that have been shown to lower cholesterol and puts them together. To lower your cholesterol, you can 'invest' in any one pattern, some of them, or all of them.

* Sourced From:
Canadian Cardiovascular Society,
[The Portfolio Diet](#)

THE PORTFOLIO DIET

AN EVIDENCE BASED EATING PLAN FOR LOWER CHOLESTEROL

NUTS: 45g DAILY

All nuts are good for your heart and cholesterol and contrary to concerns do not contribute to weight gain. Add nuts as a snack between meals, adding to salads, cereals, or yoghurt. Trying nut butter on your toast is an option. 45g is about a handful of nuts. If allergic to peanuts or tree nuts, try seeds.

EXPECTED LDL-CHOLESTEROL LOWERING:

5–10%

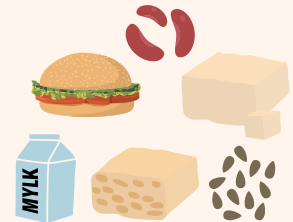


PLANT PROTEIN: 50g DAILY

This is the most challenging component of the portfolio diet. Start by trying to get 25g daily. Consider replacing milk with soy milk, try tofu, soy nuts and beans.

EXPECTED LDL-CHOLESTEROL LOWERING:

5–10%



VISCOUS (STICKY FIBRE)

Aim to eat 2 servings of oatmeal, beans, lentils, and chickpeas a day. Replace bread with rye or pumpernickel or oatcakes. Eat at least 5 servings of fruit and vegetables every day. Aim to eat 2 servings per day of oatmeal, barley, or cereals enriched with psyllium into smoothies. Eat at least 5 servings per day of vegetables (eggplant, onka) and fruit (apples, oranges, berries) high in viscous fibre

EXPECTED LDL-CHOLESTEROL LOWERING:

5–10%



PLANT STEROLS: 2g DAILY

These occur naturally (soybean, corn, squash, etc.) but to get this amount of sterol you will require fortified foods such as spreads, juices, yoghurt, milk and even supplements as part of a meal.

EXPECTED LDL-CHOLESTEROL LOWERING:

5–10%



TOTAL: ~30%

Statins, the most effective class of cholesterol-lowering medications, reduce cholesterol by 20–60%.

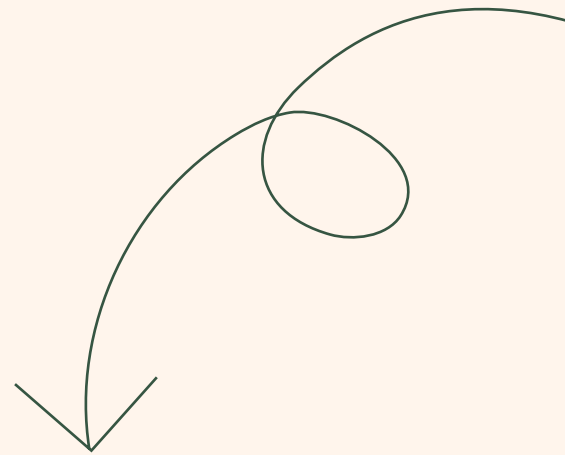


Sourced From:
Canadian Cardiovascular
Society, [The Portfolio Diet](#)

THE PORTFOLIO DIET

AN EVIDENCE BASED EATING PLAN FOR LOWER CHOLESTEROL

It's not about one
big change.



It's not all or nothing.
Just start by introducing
one component to your
diet and build from there.

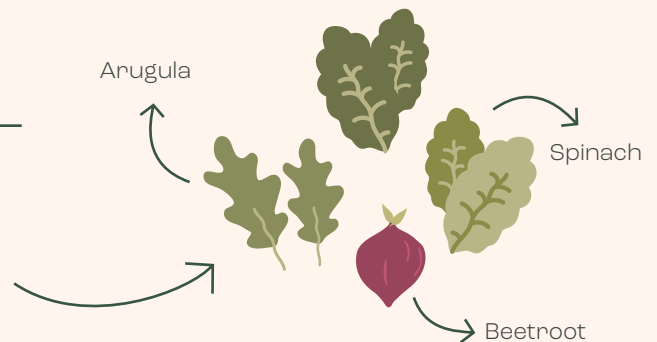


Sourced From:
Canadian Cardiovascular
Society, [The Portfolio Diet](#)

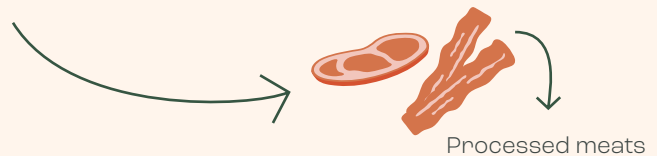
ENHANCING PERFORMANCE WITH DIETARY NITRATES

TWO MAIN SOURCES OF DIETARY NITRATES

1. Naturally found in plant foods. Two of the best sources are dark leafy greens (kale, spinach, arugula etc) and root vegetables such as beetroot.

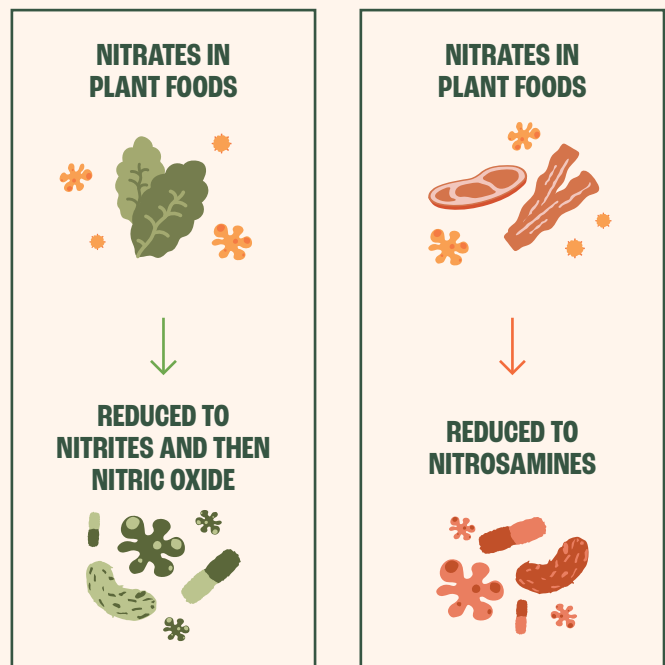


2. Added to various foods, such as processed meats (e.g salami), as a preservative.



THE FATE OF NITRATE DEPENDS ON ITS SOURCE

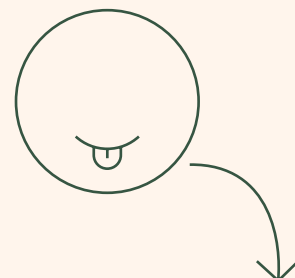
Whereas increased nitric oxide production has been shown to improve cardiovascular health, and performance, N-Nitrosamines have been shown in mechanistic studies to be carcinogenic (cancer causing). This is one of the mechanisms that may explain why processed meats are associated with an increased risk of developing colorectal cancer.



ENHANCING PERFORMANCE WITH DIETARY NITRATES

THE ORAL MICROBIOME MATTERS

Bacteria located on the dorsal surface of the tongue are responsible for about 20% of plant nitrates being reduced to nitrites. In subjects with normal and high blood pressure, studies have shown that the use of mouthwash, with antibacterial ingredients such as Chlorhexidine, blunts nitrate to nitrite reduction and results in a slight increases blood pressure.



Responsible for 20%
of plant nitrates being
reduced to nitrites.

PLANT NITRATES AND PERFORMANCE



Several studies have shown that plant nitrates allow subjects to perform more work for the same energy cost. Either through maintaining the same work rate for longer, or by producing greater work rate over the same period of time. This improved exercise efficiency is explained by subjects being able to produce the same output with less oxygen uptake. This has been observed during both endurance and strength exercise.

NON-TRAINED VERSUS TRAINED INDIVIDUALS

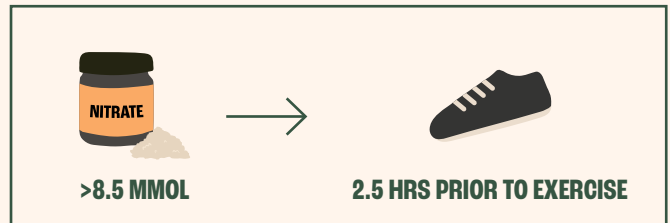
It's important to note that benefits seem to be greater in non-trained people (recreational athletes) than trained people (elite athletes). It seems that as someone becomes more aerobically fit the ability to further improve exercise efficiency decreases.



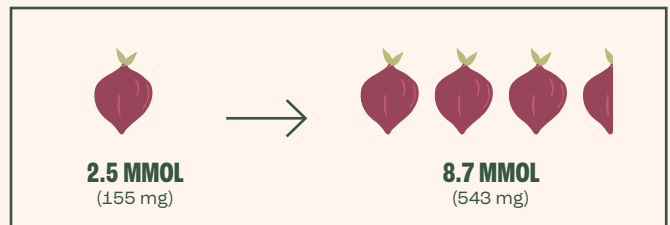
ENHANCING PERFORMANCE WITH DIETARY NITRATES

NITRATE SUPPLEMENTATION PROTOCOL





The ergogenic benefit of dietary nitrates depends on a few things. Firstly, the dose matters. Current data suggests targeting >8.5 mmol (527 mg) around 2.5 hours before exercise is optimal for improving exercise efficiency and performance.



1 medium beetroot is about 110g and contains 2.5 mmol (155 mg) of nitrates. So 3.5 medium beetroots would provide sufficient nitrates (8.7 mmol or 543 mg) to reach this level.



Another option other than straight beets, is a green smoothie with beets, or a green salad with beets. The amount of nitrates in lettuce, spinach and arugula are shown below.

FOOD	SERVE	NITRATES
 BEETROOT	1 medium	2.5 mmol
 LETTUCE	1 cup (fresh)	1.5 mmol (93 mg)
 SPINACH	1 cup (fresh)	1.04 mmol (64 mg)
 ARUGULA (ROCKET)	1 cup (fresh)	0.84 mmol (52 mg)



References:

1. [Dietary Nitrate and Physical Performance.](#) PMID: 30130468
2. [IOC consensus statement: dietary supplements and the high-performance athlete.](#) PMID: 29540367
3. [Antibacterial mouthwash blunts oral nitrate reduction and increases blood pressure in treated hypertensive men and women.](#) PMID: 25359409
4. [Effects of Chlorhexidine mouthwash on the oral microbiome.](#)

FRIENDS OF THE PROOF

Recommendations, resources, discounts, and more — here you'll find brands and products that are Proof friendly to help you live better for longer.

Essential 8 is your must-have daily vitamin, scientifically formulated to complement your plant-focused diet. Crafted to deliver the optimal dosage of nutrients in highly bioavailable forms, Essential 8 helps you maintain a healthy immune system and supports your cardiovascular, bone, and brain health.

Each bottle contains one month's supply when taken daily. Ethically produced, backed by science, powered by nature.

Save 10% on your first order (on top of the normal subscription saving) by heading to theproof.com/friends.

**SAVE 10% ON YOUR
FIRST ORDER**



eimele™

ERGOGENIC SUPPLEMENTS

SUMMARY TABLE:

TYPE	MECHANISMS THOUGHT TO EXPLAIN BENEFIT	RECOMMENDED DOSAGE
CREATINE	Increases muscle creatine stores and thus enhances short-term, high intensity exercise. Improves ability to perform repeated high-intensity activity efforts.	5g per day. Single dose works well for most people. If you get gastrointestinal upset, try spacing doses out (e.g. 2 x 2.5g serves). Simon adds his to a smoothie that contains protein and carbohydrates as there is some evidence that this helps get more creatine into muscle cells.
BETA-ALANINE	Increases production of the antioxidant carnitine which mops up free radicals during exercise. It's thought that this reduces time to fatigue and thus allows athletes to perform at a higher level for longer.	Approx 4-6 g per day. Specifically, 65 mg per Kg of body mass. For example, if you weigh 70 kg that's 4,550 mg or 4.55 g of Beta-alanine per day. If you experience paraesthesia (tingling) try splitting the dose into 2 servings spread out over the day or find a sustained release formula. Just like creatine beta-alanine does not have to be taken at a specific time. What matters most is that you saturate your cells with it by consuming the recommended dose on a consistent basis.
NITRATES	Reduces the oxygen and energy (ATP) cost of muscle contraction. Allowing you to perform more muscular work for the same duration or the same work for a longer duration.	> 8.5 mmol (527 mg) 2–3 hours prior to exercise. This is equal to 3.5 medium sized beetroots. If looking for a more convenient option look for a beetroot powder.
CAFFEINE	Improves neuromuscular function, reduces perceived exertion during exercise, increases endorphin release and increases alertness.	3–6 mg/kg body mass, 30-90 minutes before exercise. For a person who weighs 70 Kg this works out to be 210-420 mg (a standard coffee provides 60-100 mg of caffeine). Exceeding the recommended dose does not seem to improve performance. Note: Some people are more sensitive to the effects of caffeine. It's important to consider the potential performance benefits within the context of your body's own response to caffeine. If it makes you feel overly anxious, restless or negatively affects your sleep then it might not be for you. Also good to keep in mind if you are pregnant it is recommended not to consume over 200 mg of caffeine per day. Caffeine is not only found in coffee but also in chocolate, certain teas, yerba mate, energy drinks and pre-workout supplements.

SUMMARY OF THE EIGHT NUTRIENTS OF FOCUS:



If you want to take a multivitamin that covers all of these look for something like [Eimele's Essential 8](#).

NUTRIENT OF FOCUS	BEST PLANT-BASED FOOD SOURCES	TIPS FOR ACHIEVING HEALTHY INTAKE
OMEGA-3S	Chia seeds, ground flaxseeds, hemp seeds, walnuts, microalgae	1 tbsp of ground flaxseeds or chia seeds per day (2 tbsp for men) Consider supplementing with a DHA/EPA omega-3 algae oil (840–1000 mg daily)
VITAMIN B₁₂	Fortified foods (e.g. fortified nutritional yeast) or a supplement	Consume B ₁₂ fortified foods 3 times per day (> 1.5 mcg per serve) Or supplement with cyanocobalamin once per day (50–250 mcg) or once per week (2000–2500 mcg)
VITAMIN D	Sun, fortified plant-based milk or a supplement	Aim for 1000 IU through fortified foods and/or a supplement per day, particularly if not getting regular sun exposure If overweight, supplement with 3000 IU per day If over 70 years of age, supplement with 4000 IU per day
CALCIUM	Calcium-set firm tofu, fortified foods (orange juice, plant-based milk, etc.), tahini (unhulled), almonds, cruciferous vegetables, kale, bok choy	Aim for at least 700 mg per day. Use fortified foods and supplements as required Use fortified foods or supplements to help you reach your RDI (1000–1300 mg)
IODINE	Dulse, nori, wakame, iodised salt, supplement	2 tsp of dulse or wakame flakes per day, or 2 sheets of nori Alternatively, ½ tsp of iodised salt per day or a supplement (150 mcg daily for adults)
IRON	Chlorella, legumes (incl. tofu and tempeh), whole grains, spinach, nutritional yeast, cashews, pumpkin seeds, dried apricots, blackstrap molasses	Meet RDI by consuming whole plant foods Consider enhancers and inhibitors to increase absorption if you have low iron levels Supplement if you are diagnosed with iron deficiency anaemia
SELENIUM	Brazil nuts, chickpea flour, wheat bran (raw), whole wheat flour, whole grain bread, chia seeds, cashews, pasta (cooked), Weet-Bix, tahini, tofu (firm), barley (cooked), mushrooms, peanut butter, couscous (cooked), pumpkin seeds, rolled oats, sunflower seeds	Meet RDI by consuming whole plant foods Have one brazil nut per day (if you are not allergic to tree nuts)
ZINC	Hemp seeds, pumpkin seeds, tofu (firm), cashews, sesame seeds, tahini, pine nuts, lupin flakes, pecans, chickpeas (cooked), peanuts, flaxseeds, quinoa (cooked)	Meet RDI by consuming whole plant foods Cook with garlic and onion to increase absorption

SUPPLEMENT BRAND SUGGESTIONS

EVERYDAY MULTIVITAMIN FOR ADULTS FOLLOWING A PLANTPREDOMINANT OR EXCLUSIVE DIET:



Eimele Essential 8

Simon takes this and an algae oil (840mg of combined DHA/EPA) supplement daily.

(Note: Simon is paid by this company for his work as the Head of Science Communications and Formulations)

SAVE 10% ON YOUR FIRST ORDER

PRENATAL SUPPLEMENTS FOR ADULTS FOLLOWING A PLANT-PREDOMINANT OF EXCLUSIVE DIET:



Mega Food Baby & Me (available on iHerb which ships to most countries)

Metagenic Pregnancy Care Advanced

Tresos Natal



Note: currently there really isn't a perfect prenatal supplement on the market for mother's consuming a plant-exclusive diet. The reason I recommend the above 3 is because unlike many other brands they include choline - an important vitamin during pregnancy.

In addition to a comprehensive prenatal that contains choline, I also recommend supplementing with at least 500 mg of DHA per day during pregnancy.

New research suggests this can help reduce the risk of premature birth. If your prenatal contains under 50 mcg of Vitamin B₁₂ per day I would also add a B₁₂ supplement to your daily supplement protocol (50-250mcg per day) to ensure you maintain healthy B12 status during pregnancy.



While most prenats do contain B₁₂, it's usually in a very small quantity because they are made for omnivores who are getting B₁₂ through their diet (and thus need less via a supplement).

SUPPLEMENT BRAND SUGGESTIONS

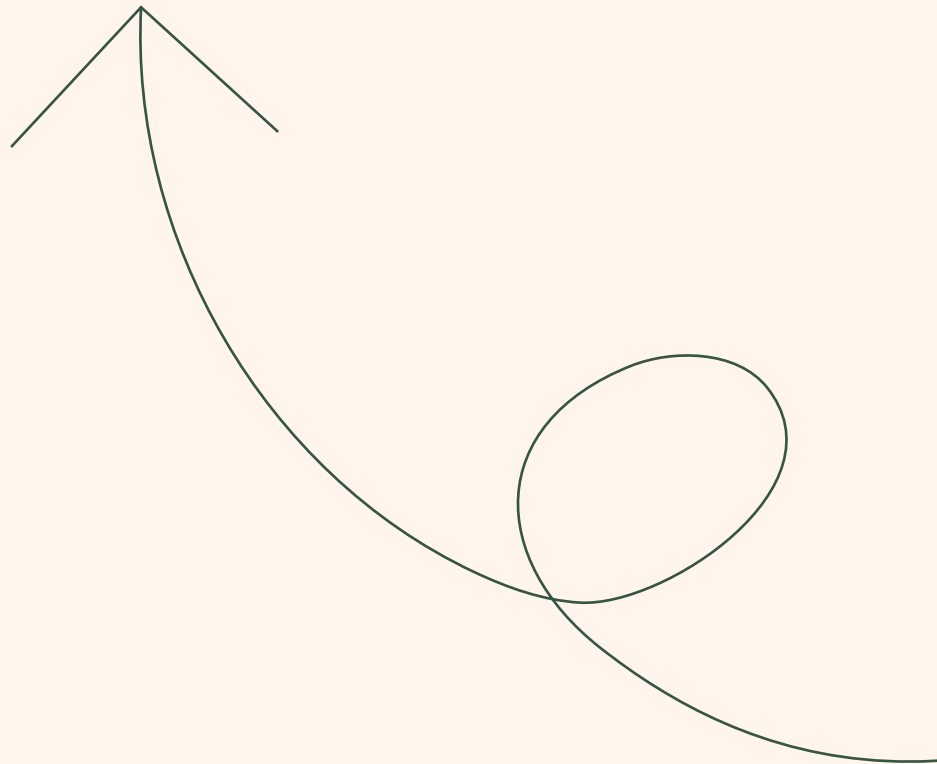


MAKING CALCIUM FORTIFIED PLANT-BASED MILK:

Buy a red algae calcium powder like [Green Nutritionals](#) or red algae calcium liquid like [Nature's Answer](#).

Add 1,000 g of calcium per 1.5L of plant-based milk

If making a nut-based milk (e.g. almond) be sure to add the calcium powder/liquid after squeezing milk through a nut bag. That way all of the calcium ends up in your milk. Always shake well before serving (the calcium will sink to the bottom when stored).

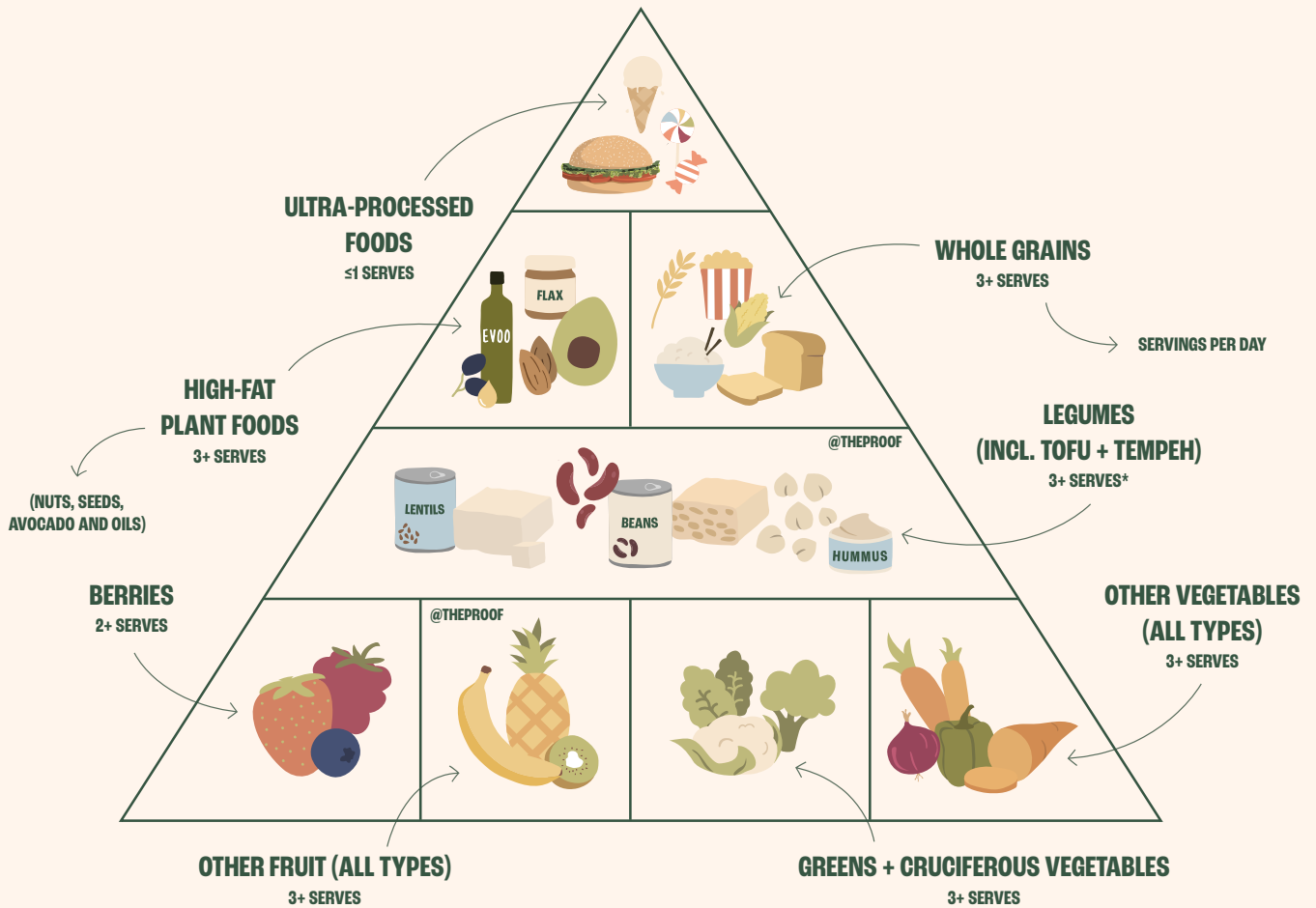


ADDITIONAL RESOURCES

THAT SUPPORT BOTH EPISODES



THE PROOF FOOD PYRAMID



SERVING SIZES

Cooking oils: 1 tbsp (~100–120 calories)

High-fat plant foods: 1/3 medium avocado, 30 g nuts/seeds or 1 tbsp oil

Legumes: 1/2 cup cooked or 150 g tofu/tempeh

Whole grains: 1/2 cup cooked or 2 slices of whole grain bread

Berries: 1/2 cup

Other fruits: 1 medium fruit or 1/2 cup chopped

Greens and cruciferous vegetables: 1/2 cup chopped

Other vegetables: 1 medium vegetable or 1/2 cup chopped

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IT'S NOT ALL OR NOTHING:

If you choose to eat animal foods within your plant-based, where possible try to stick to fatty fish (e.g. salmon) and low fat dairy. While science clearly shows there is huge benefits in eating more plant protein, from a purely human health perspective,

it's ok to have modest amounts of animal protein in your diet. Especially from these sources. This plant-forward diet is often a good place for people to start to get the hang of things before moving towards a more plant-exclusive diet.



I recommend increasing this to 4 or more serves of legumes per day for people who are relatively active, pregnant, lactating, or are 60 or older, as higher protein intake is more important for these groups (see Principle 2 in *The Proof is in the Plants*). If that's you, you can make room for these foods by reducing your intake of whole grains.

THE PROOF FOOD PYRAMID

THIRST

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



Alcohol: Avoid alcohol or minimise to 1 drink per day for women or 2 drinks per day for men

Calcium-fortified plant milk: Fortified plant milk with at least 100–150 mg of calcium per 100 ml. Aim for 1.5 cups per day

SUN

20 mins of sun daily



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

MEAL TIMING

Eat within a 10–12 hour window (e.g. 7am–7pm). Enjoy a hearty breakfast and lighter dinner. Try to avoid food a few hours before bed



SPICES, FRESH HERBS OR OTHER

Sprouts, nutritional yeast, turmeric, oregano, garlic, parsley, coriander, chives, black pepper, etc.



OIL

If choosing to cook with oils, be mindful of the high caloric density, especially if your goal is weight loss. For oil recommendations see the Plant Proof Oil Pyramid



SUPPLEMENTS

1. Vitamin B₁₂ (everyone following a WFPBD)
2. Vitamin D (if not getting 20 mins of sun daily)
3. Omega-3 DHA/EPA algae oil supplement (not essential but recommended)



For dosage amounts along with more details, see **Principle 4: Consider nutrients of focus in The Proof is in the Plants**

THE PROOF IS IN THE PLANTS

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 – I've done the hard work translating the science into actionable advice for everyday life.

In my first book *The Proof is in the Plants*, I bring together all the facts and advice for anyone curious about feeling and doing better through a plant-focussed diet.

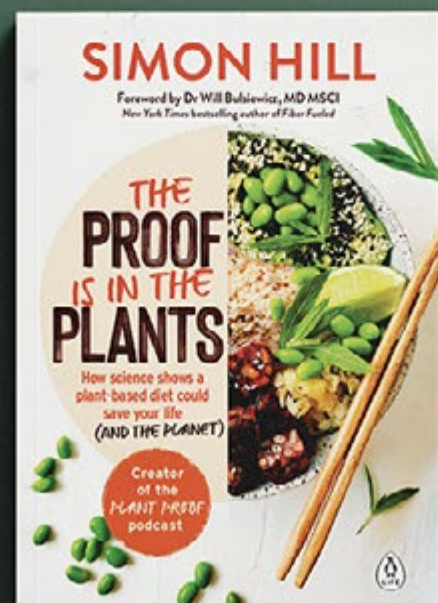
Before transitioning to a plant-based diet I held many of the common misconceptions. But instead I experienced incredible improvements in my energy levels, digestion, mental clarity and post-workout recovery after making the shift. I'd finally understood the power of food and was determined to find out – 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 my internationally successful The Proof podcast, I have pursued the answers to all the questions I had about fuelling our bodies with more plants. Now, in my first book, I bring 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.



**LEARN MORE
ABOUT THE BOOK**

ADDITIONAL RESOURCES TO SUPPORT THE PROOF IS IN THE PLANTS



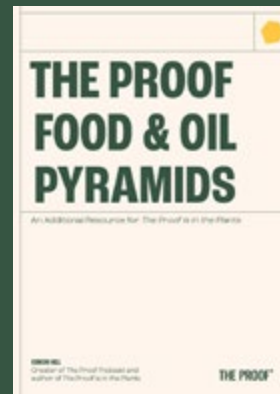
SUPPLEMENT GUIDE

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



TRACKING YOUR PROGRESS

Tools to help you track your progress as you adopt a plant-based approach.



THE PROOF FOOD AND OIL PYRAMIDS

A colour copy of The Proof food and oil pyramids.

BLOOD TEST GUIDE

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



TWO WEEK MEAL PLAN

Experience the benefits of eating more plants.



WHAT'S INSIDE?

- Simple, delicious and nutritionally-balanced recipes created by a nutritionist
- Daily breakfast, lunch, snack and dessert recipes for 2 weeks
- Shopping list for easy preparation
- Complete nutritional breakdown for each recipe

**A ZERO-COST
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PLANT PERFORMANCE

High protein plant-based recipes for lean muscle, strong bones and longevity.



WHAT'S INSIDE?

- Simple, delicious and nutritionally balanced recipes created by a nutritionist
- Breakfast, lunch, snack and dessert ideas
- Complete nutritional breakdown for each recipe

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PLANT-BASED FERMENTS

Simple, affordable and super delicious recipes to help you take your fermented food game to the next level.



WHAT'S INSIDE?

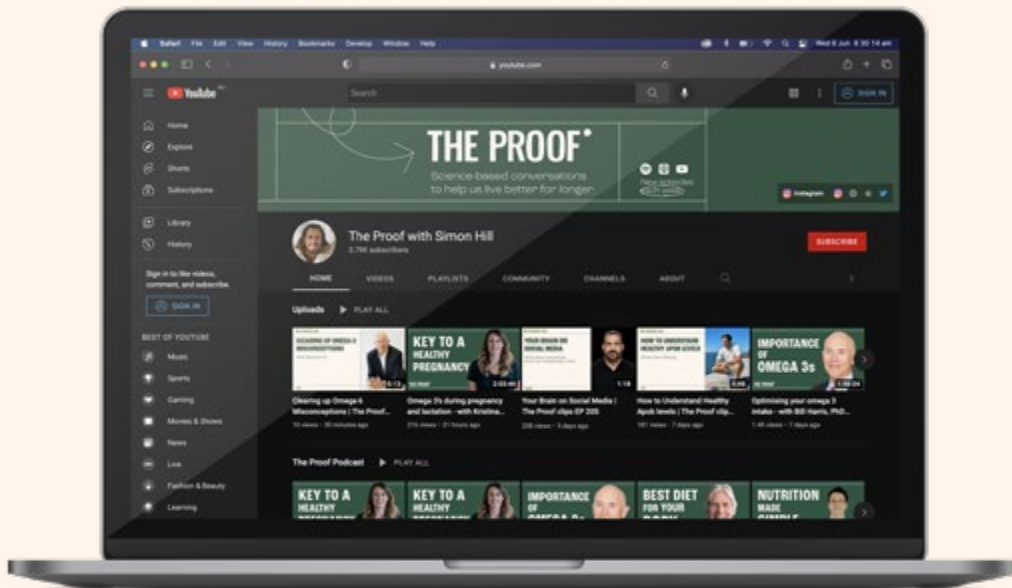
- 15 exclusive, flavourful fermented recipes to add delicious variety to your meals
- Get science-backed guidance on fermented foods and studies to support the information
- Complete nutrition information for your homemade ferments
- Science-based answers to your questions about fermented foods

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THE PROOF[®]

This is one of many
delicious recipes in my
Two Week Meal Plan

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