



THE PROOF FOOD & OIL PYRAMIDS

An Additional Resource for *The Proof is in the Plants*

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author of *The Proof is in the Plants*

THE PROOF[•]

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DISCLAIMER

The information found on **theproof.com** or any of its media platforms, and in this guide, is intended for informational and educational purposes only. Any statements made on these platforms are not intended to diagnose, cure, treat or prevent any disease or illness. Please consult with your medical practitioner before making any changes to your current diet and lifestyle.



HI 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



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.

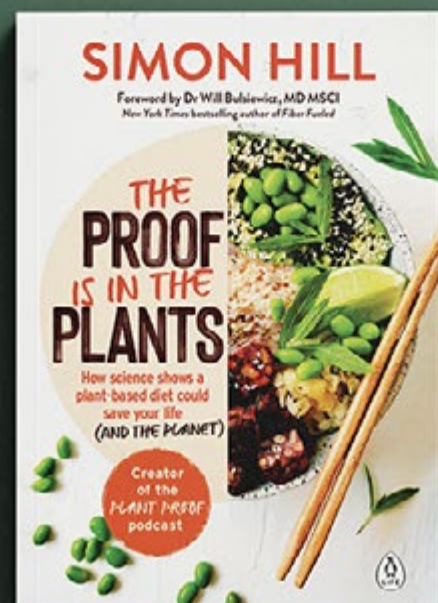
Before transitioning to a plant-based diet I held many of the common misconceptions. But instead I experienced incredible improvements in my energy levels, digestion, mental clarity and post-workout recovery after making the shift. I'd finally understood the power of food and was determined to find out – 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**

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
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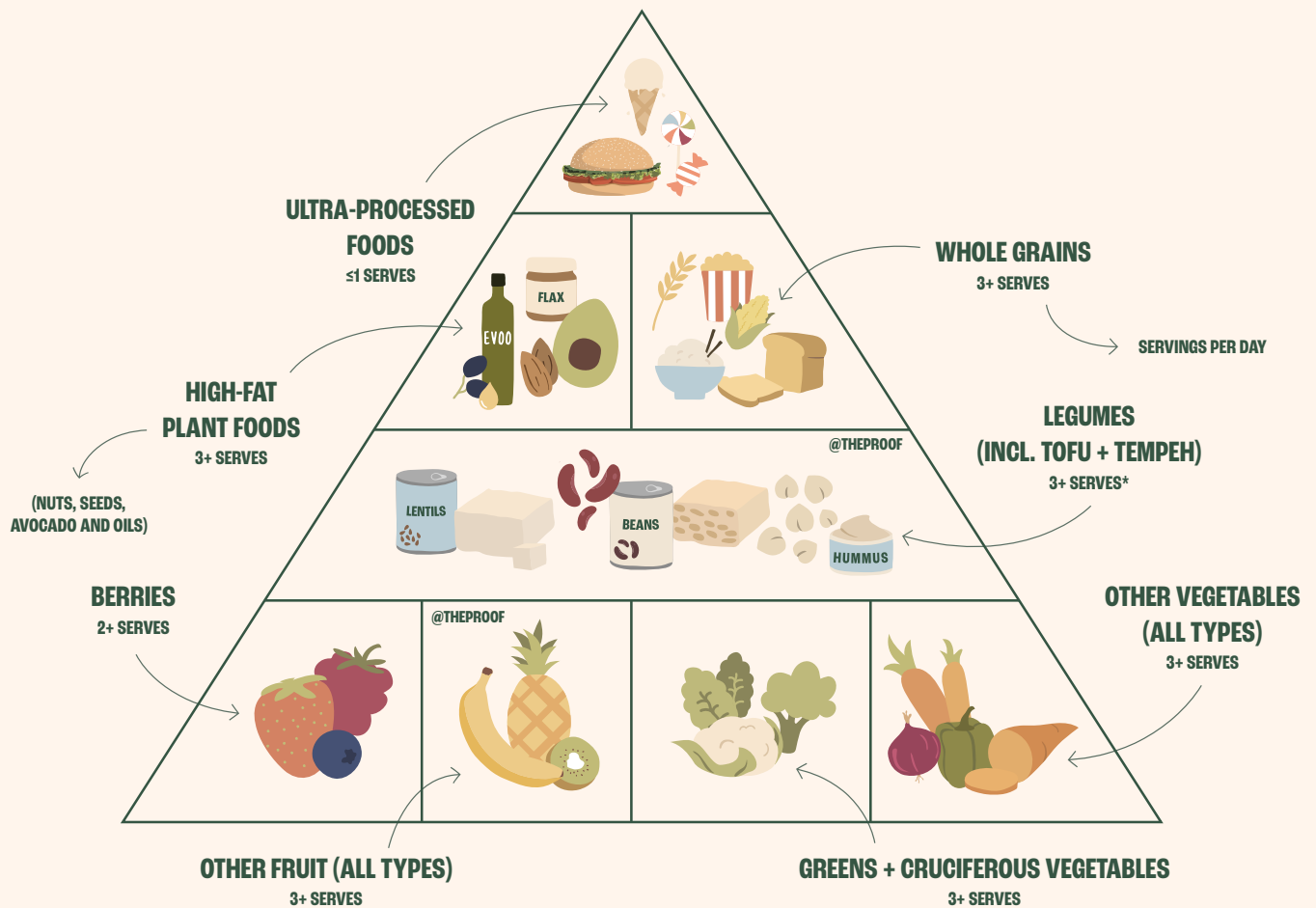


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FOOD AND OIL PYRAMIDS



THE PROOF FOOD PYRAMID



SERVING SIZES

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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



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 OIL PYRAMID

REFINED VEGETABLE AND SEED OILS

Corn oil, cottonseed oil, grapeseed oil, peanut oil, rice bran oil, safflower oil, sesame oil, soybean oil, sunflower oil

A better option than tropical oils or animal fats

Often found in ultra-processed foods along with added sugars and other additives - it's best to minimise such foods

CANOLA OIL

Good for moderate-temperature cooking. When replacing saturated fat rich foods (e.g. butter) promotes healthier blood lipids

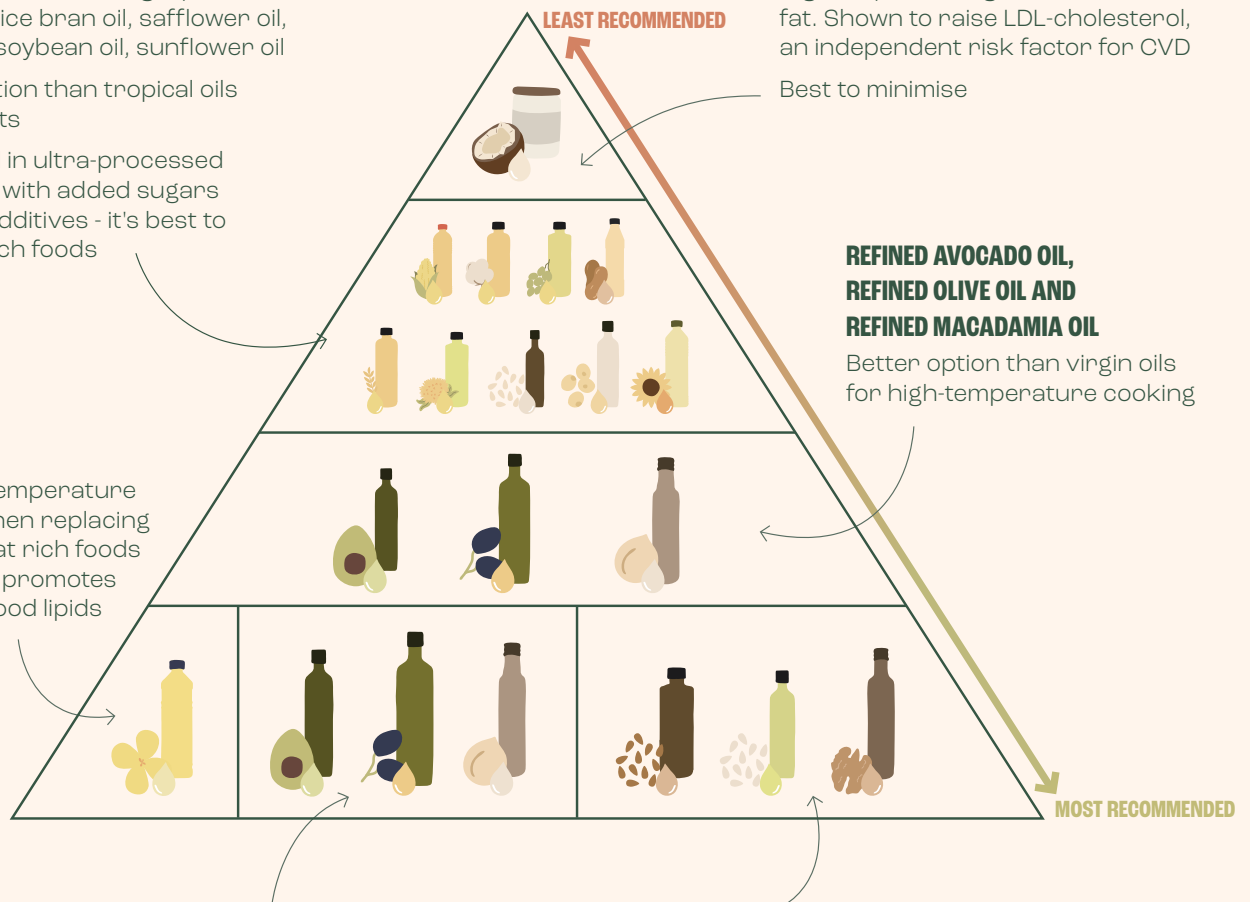
TROPICAL OILS – COCONUT AND PALM

Highest percentage of saturated fat. Shown to raise LDL-cholesterol, an independent risk factor for CVD

Best to minimise

REFINED AVOCADO OIL, REFINED OLIVE OIL AND REFINED MACADAMIA OIL

Better option than virgin oils for high-temperature cooking



EXTRA VIRGIN COLD PRESSED OILS – AVOCADO, OLIVE AND MACADAMIA

For moderate-temperature cooking or to be consumed cold

COLD-PRESSED AND UNREFINED FLAXSEED, HEMP SEED AND WALNUT OIL

Omega-3-rich oils. Do not heat. Store in the refrigerator and consume cold

For a full explanation of this pyramid refer to Part 3 of *The Proof is in the Plants*.

ADDITIONAL RESOURCES



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.

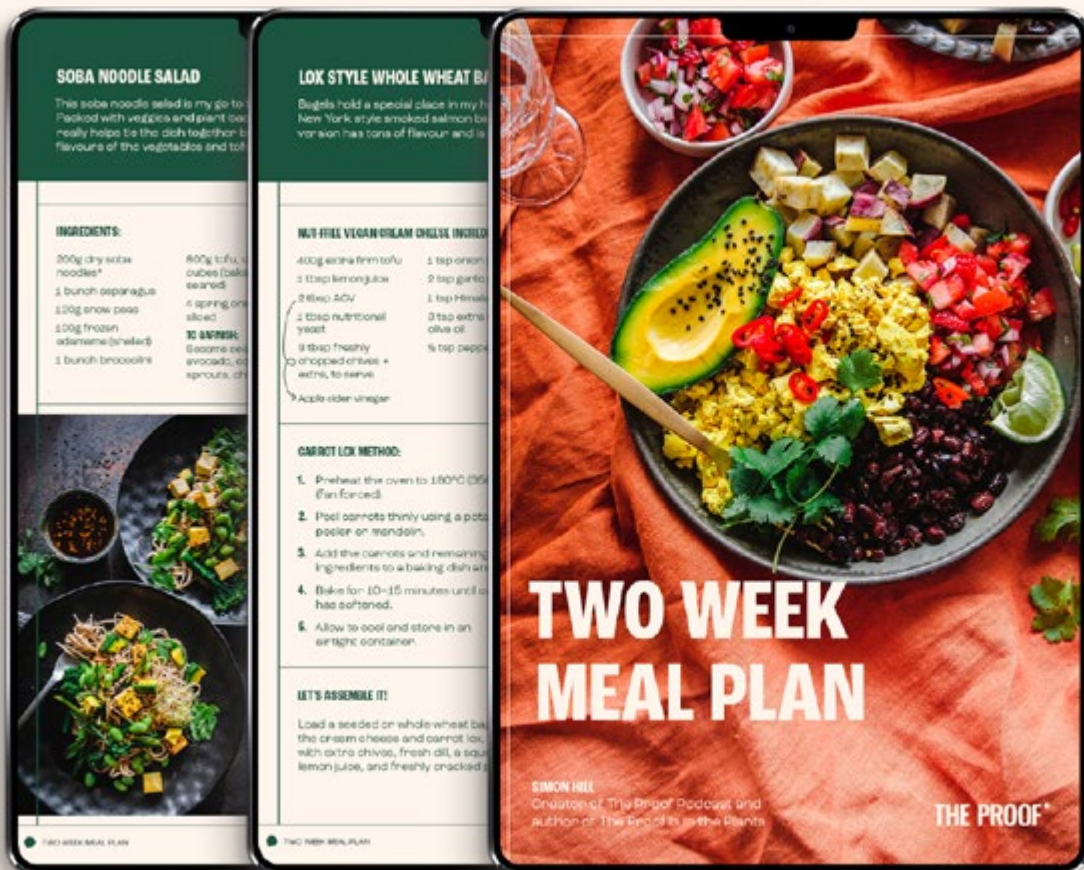
BLOOD TEST GUIDE

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

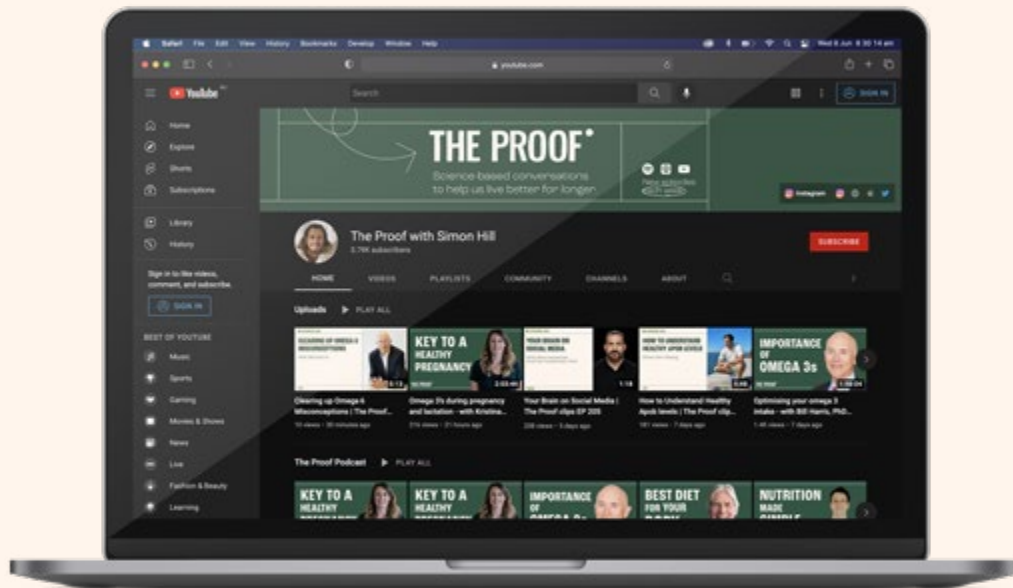
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RESOURCE**

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SUBSCRIBE

LET'S CONTINUE THE CONVERSATION

I'd love this to be just the start of our friendship. Please connect with me on the socials to keep the good times rolling.

HAVE A LISTEN

Search 'The Proof Podcast' on your favourite streaming platform



VISIT SIMON'S RESTAURANT, EDEN BONDI



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EDEN

100% PLANT-BASED
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LET'S CHAT



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

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