



# TRACKING YOUR PROGRESS

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

**SIMON HILL**

Creator of The Proof Podcast and  
author of *The Proof is in the Plants*

**THE PROOF<sup>•</sup>**

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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.

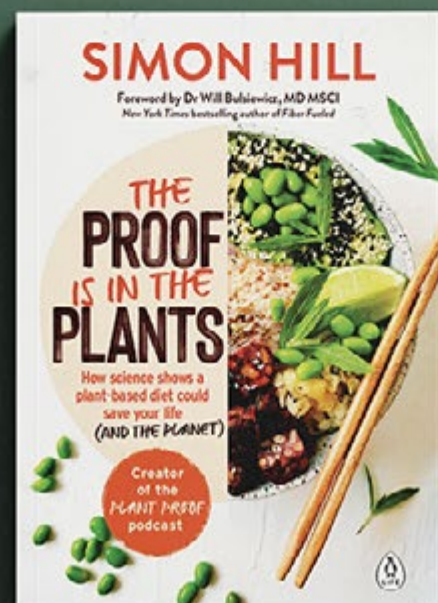
Before transitioning to a plant-based diet I held many of the common misconceptions. But instead I experienced incredible improvements in my energy levels, digestion, mental clarity and post-workout recovery after making the shift. I'd finally understood the power of food and was determined to find out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

**SAVE 10% ON YOUR  
FIRST ORDER**




























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# TRACKING YOUR PROGRESS



# THE PROOF DAILY CHECKLIST

 <b>BERRIES</b> <input type="radio"/> <input type="radio"/>	 <b>OTHER FRUIT (ALL TYPES)</b> <input type="radio"/> <input type="radio"/> <input type="radio"/>	 <b>GREENS + CRUCIFEROUS VEGETABLES</b> <input type="radio"/> <input type="radio"/> <input type="radio"/>	 <b>OTHER VEGETABLES (ALL TYPES)</b> <input type="radio"/> <input type="radio"/> <input type="radio"/>	
 <b>HIGH-FAT PLANT FOODS</b> <input type="radio"/> <input type="radio"/> <input type="radio"/>	 <b>WHOLE GRAINS</b> <input type="radio"/> <input type="radio"/> <input type="radio"/>	 <b>LEGUMES (INCL. TOFU + TEMPEH)</b> <input type="radio"/> <input type="radio"/> <input type="radio"/>	 <b>HERBS &amp; SPICES (DRY OR FRESH) OR OTHER</b> <input type="radio"/> <input type="radio"/>	
 <b>OYSTERS + MUSSELS (OPTIONAL)</b> <input type="radio"/>	 <b>CALCIUM-FORTIFIED PLANT MILK</b>	 <b>WATER</b>  <b>Plain water for thirst:</b> Best indicator of hydration is clear to light straw coloured urine		
<b>TRY NOT TO MISS</b> <ul style="list-style-type: none"> <li><input type="radio"/>  <b>Ground flaxseed or chia seeds:</b> 1 tbsp/day for women, 2 tbsp/day for men</li> <li><input type="radio"/>  <b>Brazil nuts:</b> 1 per day</li> <li><input type="radio"/>  <b>Seaweed:</b> 2 tsp of dulse or wakame flakes</li> <li><input type="radio"/>  <b>Enhance iron absorption:</b> Lemon juice, onion and/or garlic</li> <li><input type="radio"/>  <b>Enhance zinc absorption:</b> Onion and/or garlic</li> <li><input type="radio"/>  <b>Soaking and sprouting</b> grains, legumes, nuts and seeds significantly increases nutrient levels and makes them easier to absorb</li> </ul>		<b>SUPPLEMENTS</b> <ul style="list-style-type: none"> <li><input type="radio"/>  Vitamin D</li> <li><input type="radio"/>  B12</li> <li><input type="radio"/>  Omega-3*  <small>*DHA/EPA algae oil supplement (not essential but recommended)</small> </li> </ul>		<b>SLEEP</b> <input type="radio"/>  7-8 hours
		<b>SUN</b> <input type="radio"/>  20 minutes		
		 <b>EXERCISE</b> <input type="radio"/>  60 minutes	<b>REMEMBER, THIS IS JUST A GUIDE</b> You don't have to follow it religiously! Just do your best every day.	

## 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, 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

# #THEPROOF40 WEEKLY CHECKLIST

PLANTS	PLANTS	PLANTS	HERBS & SPICES (Dry or fresh)
1. _____	11. _____	21. _____	31. _____
2. _____	12. _____	22. _____	32. _____
3. _____	13. _____	23. _____	33. _____
4. _____	14. _____	24. _____	34. _____
5. _____	15. _____	25. _____	35. _____
6. _____	16. _____	26. _____	36. _____
7. _____	17. _____	27. _____	37. _____
8. _____	18. _____	28. _____	38. _____
9. _____	19. _____	29. _____	39. _____
10. _____	20. _____	30. _____	40. _____



# THE 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

OMEGA 3'S

B12

D3

CALCIUM

IRON

IODINE

SELENIUM

ZINC

TOTAL:          /32

## CIRCADIAN RHYTHM EATING

(Eating within a 10-12 hour window.  
E.g. 8am-8pm)

1 Tick = 4 Points

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

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 The 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

There's The Proof. You should probably consider sharing some of that wisdom.

# ADDITIONAL RESOURCES

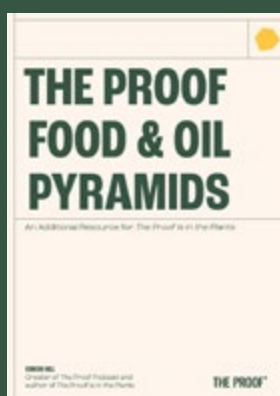


# ADDITIONAL RESOURCES TO SUPPORT THE PROOF IS IN THE PLANTS



## SUPPLEMENT GUIDE

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



## 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

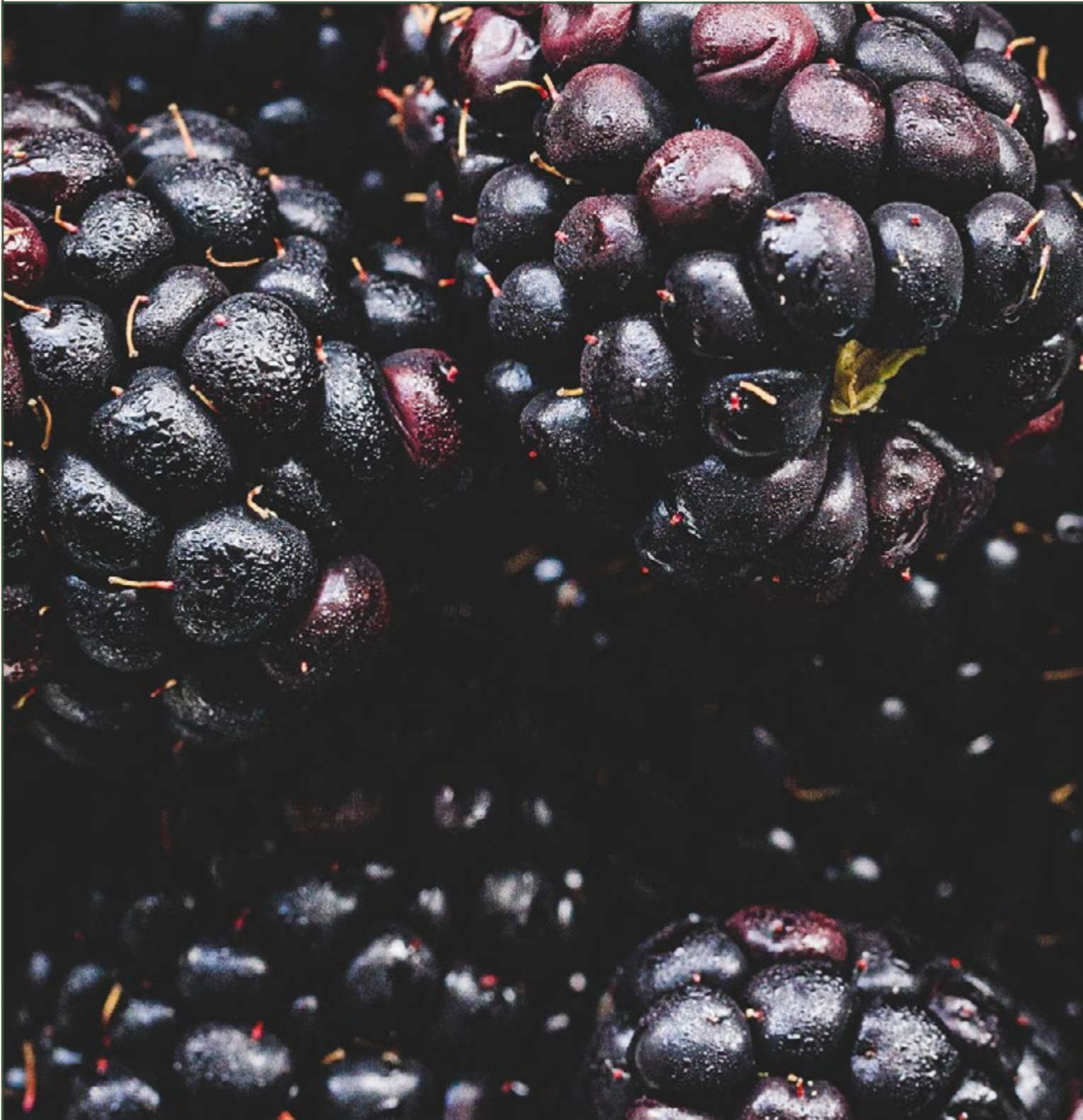
**A ZERO-COST  
RESOURCE**

**GET YOUR COPY**





# KEEP UP TO DATE





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Keep up to date on all the latest episodes and get exclusive access to added visuals, studies and more on The Proof YouTube Channel.

**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



eden\_bondi

E EDEN

100% PLANT-BASED  
Restaurant & Bar

## LET'S CHAT



simonhill



nutritionscientist



theproof



theproofwithsimonhill



theproof



theproofwithsimonhill



theproofclips



## SPECIAL THANKS TO...

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### PERSONAL PHOTOGRAPHY:

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Zac Heath @zacheath



# THE PROOF<sup>®</sup>

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

**GET YOUR COPY**

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