



PLANT PERFORMANCE.

With 21 high protein plant-based recipes to help optimise your physical performance and recovery

SIMON HILL

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

THE PROOF[®]

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A NOTE FROM ME

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.

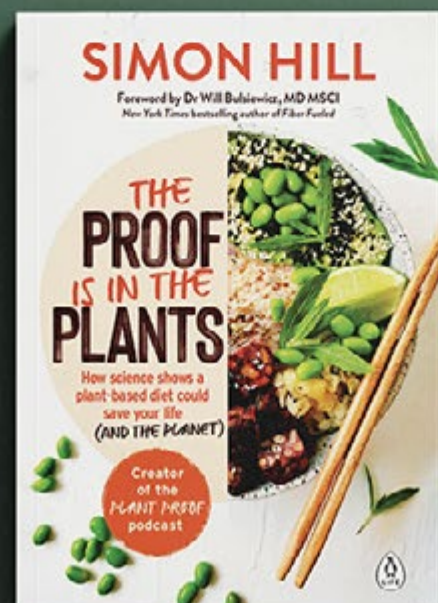
Before transitioning to a plant-based diet I held many of the common misconceptions. But instead I experienced incredible improvements in my energy levels, digestion, mental clarity and post-workout recovery after making the shift. I'd finally understood the power of food and was determined to find out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

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PLANT PERFORMANCE



PLANT PERFORMANCE

Since releasing *The Proof is in the Plants*, and my original 2 Week Meal Plan, I have had many people ask for examples of higher protein recipes. Ask and you shall receive, my friends.

A higher protein intake (above the RDI) is important for those with athletic endeavours and plays a central role in healthy aging to avoid osteoporosis and sarcopenia – two age related conditions that can severely affect quality of life and life expectancy.

Thus, learning how to cook higher-protein plant-based meals is not just for athletes but is valuable for all of us. While there are specific protein recommendations for optimal health (1.6g/kg for athletes and 1.2g/kg for all other adults)^{1, 2}, it doesn't have to be overly complicated. By simply being 'protein aware', and making protein rich plant foods the centre piece of your meals, you will consistently consume a healthy amount of protein.



REFERENCES:

1. A systematic review, meta-analysis and meta-regression of the effect of protein supplementation on resistance training-induced gains in muscle mass and strength in healthy adults. [Available here.](#)
2. Perspective: Protein Requirements and Optimal Intakes in Aging: Are We Ready to Recommend More Than the Recommended Daily Allowance? [Available here.](#)

CHEF'S NOTES

Cooking Notes



Prep time
(in minutes unless
otherwise specified)



Can be batch-made



Cooking time
(in minutes unless
otherwise specified)



Add refrigeration/
freezer time to the
cooking time



Number of serves



Add oven time to the
cooking time

Dietary Notes



Nut Free



Can be made
nut free



Gluten free



Can be made
gluten free



Soy Free



Can be made
soy free

A NOTE FOR ALL RECIPES



Use a low-sodium salt if you have high blood pressure

MAINS



VEGAN CURRIED SEITAN SALAD

Bursting with flavour and textures, this is not your usual, forgettable salad. With a variety of vegetables and surprisingly easy seitan, this herby salad provides protein and sustenance presented as a mouth-watering plate.



* Seitan recipe a gift to us from my friend Jezza

INGREDIENTS:

FOR THE SEITAN:

1¼ cups vital wheat gluten
½ cup chickpea flour
⅓ cup nutritional yeast
1 tbsp paprika
½ tsp Himalayan salt
½ tsp garlic powder

½ tbsp black pepper
1 tbsp coconut sugar
325ml low sodium vegetable stock

FOR THE SALAD:

1 cup grapes, halved
2 small or 1 medium carrot, diced

2 stalks celery, diced
1 small capsicum, diced
¼ cup almonds, chopped
¼ cup coriander, finely chopped
½ cup unsweetened soy yogurt

2 tsp curry powder
2 tbsp crushed walnuts
Grated lemon peel
Fresh herbs
Salt and pepper, to taste

METHOD:

1. In a bowl, stir together the vital wheat gluten, chickpea flour, nutritional yeast, spices and ½ cup of stock.
2. Knead the dough ball and divide into 2 equal pieces.
3. Bring the remaining stock to a boil in a large pot.
4. Place the dough into the broth and return to the boil. Simmer until firm, for about 40–50 minutes.
5. Rest the seitan for 10 minutes before slicing.
6. In a bowl, add the grapes, carrot, capsicum, almonds, and coriander.
7. In a separate bowl mix the yogurt and curry powder until smooth.
8. Dress the salad with the curried yoghurt, then serve between two plates topped with crushed walnuts, herbs, and seitan. Season to taste and enjoy!



KALE PORRIDGE WITH TOFU & ROCKET PESTO



If you haven't tried savoury porridge yet, you're missing out. This main comes together quickly and easily for a nourishing and plant-diverse meal. Served with a fresh and zesty pesto, you'll never look at oats the same way again.

INGREDIENTS:

0.8 cup oats	1 spring onion	½ tbsp hemp seeds	½ cup cashew nuts
1½ cups salt-reduced vegetable stock (or water)	1 tsp tahini	Salt and pepper, to taste	½ cup olive oil
1½ tsp dried oregano	½ tbsp pesto of your choice (recipe suggestion below)	100g firm tofu, cubed	3 cloves garlic, peeled
1 tsp dried basil	1 tbsp nutritional yeast	ROCKET PESTO:	1 tbsp lemon juice
1 cup chopped kale	½ tbsp pumpkin seeds	2 cups rocket leaves	1 tbsp lemon zest/peel
½ cup sliced cherry tomatoes		¼ cup nutritional yeast	

METHOD:

1. Add oats, vegetable stock, oregano, basil, salt and pepper to a small pot and cook on medium heat for about 5 minutes stirring from time to time.
2. When porridge is soft and creamy add spring, tomatoes and chopped kale (save a little for decoration). Cook for one more minute, then stir in tahini, pesto and nutritional yeast.
3. To make the pesto, add all the ingredients into a blender and process for 2–3 minutes until well combined, scraping the sides as needed.
4. Serve porridge warm topped with remaining kale and cherry tomatoes, then add the tofu.
5. Garnish with pumpkin, hemp seeds and 1 tbsp pesto. Enjoy!



BLACK BEAN POWER BOWL



A fresh, creamy dressing paired with a rainbow of plants? Yes, please. This Power Bowl is perfect to enjoy on the go and keeps well for a few days, making it ideal for meal prep. Simply keep the dressing separate and combine when ready to eat.

INGREDIENTS:

FOR THE DRESSING (SERVES 4):

150g silken tofu
1 tbsp apple cider vinegar
1 tbsp nutritional yeast
1 garlic clove
½ tsp onion powder
¼ tsp salt

¼ tsp crushed peppercorns
½ tsp yellow mustard
1 tbsp fresh herbs or 1 tsp dried

FOR THE BOWL (SERVES 1):

½ can black beans, rinsed
½ cup cooked brown rice

¼ bunch kale, stems removed
¼ ripe avocado, sliced
1 tbsp dulce or nori, chopped
1 small spring onion, thinly sliced
1 tsp sesame seeds
75g blueberries
1 radish, thinly sliced

2 tbsp chopped almonds
1 tsp chilli flakes (optional)

METHOD:

1. First make the dressing by placing everything in a blender and blending until very smooth, scraping down the sides as necessary.
2. Wash the kale and pat dry, then steam for 1–2 minutes, or until wilted but vibrant green.
3. Place in a bowl with black beans and rice, seasoning with chilli flakes.
4. Top with avocado, blueberries, dulce or nori, spring onions, sesame seeds, radish and almonds.
5. Coat in ¼ of the dressing and mix well. Enjoy!

* Reserve any remaining in the fridge for up to 4 days.



CAJUN-STYLE RED BEANS & RICE

Stacked with spices and packed with plants, this is not your average beans-and-rice recipe. Both cosy and aromatic, this dish checks all the boxes: hearty, wholesome, and flavourful.



INGREDIENTS:

400g dry red kidney beans, soaked overnight

1 tbsp olive oil

1 white onion, diced

1 green capsicum, cored and diced

2 medium stalks celery, diced

6 cloves garlic, minced

2 tbsp fresh parsley, chopped + extra, to serve

1 tsp hot sauce

1 tsp dried thyme

1 tsp paprika

½ tsp salt + extra, to taste

¼ tsp pepper + extra, to taste

⅓ tsp cayenne

2 bay leaves

1L salt-reduced vegetable stock

1 cup dry brown rice

1 tsp liquid smoke (optional)

200g spinach leaves

1 tbsp chopped parsley leaves + extra, to serve

METHOD:

1. Drain the soaking beans and set aside.
2. In a large pot over medium heat, add the olive oil.
3. Add onion, bell pepper and celery to the pot. Cook until tender for around 8–10 minutes, stirring occasionally. Add garlic; cook for 1 minute, until fragrant.
4. Stir in parsley, hot sauce, spices and seasoning, and stir to coat the vegetables. Cook for one minute.
5. Add in the kidney beans, bay leaves and stock.
6. Bring to a boil; cover and simmer for 1 hour and 15 minutes.
7. Remove lid and allow to simmer uncovered for 15 minutes.
8. Prepare rice according to package directions.
9. When the beans are ready, scoop about ¼ of the beans in a blender or food processor with the liquid smoke; blending until smooth.
10. Return the puree to the pot; and stir in spinach, allowing to wilt for a few minutes.
11. Serve with a serve of rice and a sprinkle of chopped parsley.



ZESTY SUMMER VEGGIE BURGERS

These homemade veggie burgers are bright and fresh—the perfect pick for summer barbeques with friends and family. With a diversity of spices and grilled pineapple for a touch of Australian flair, these brimming burgers are sure to impress.



INGREDIENTS:

2 tbsp flax meal + 5 tbsp water	1 jalapeño, seeds removed, finely chopped	1 tbsp lemon juice	12 thick slices of fresh pineapple
½ tbsp olive oil	2 tsp garlic, minced	1 tsp salt	12 wholegrain buns
1 white onion, roughly chopped	2 x 400g can chickpeas, drained and rinsed	1 tsp paprika	1½ avocados, mashed
1 red capsicum, roughly chopped	¼ cup fresh coriander leaves	½ tsp cumin	200g rocket
1 medium carrot, roughly chopped		½ tsp black pepper	1 red onion, finely sliced
		⅓ tsp cayenne pepper	
		¾ cup oat flour (ground rolled oats)	

METHOD:

1. Preheat oven to 170°C (338°F) (fan).
2. In a small bowl, mix the flax and water. Set aside to thicken.
3. In a non-stick skillet over medium heat, add the olive oil. Add onion, bell pepper, carrot and jalapeño. Cook for 5–7 minutes, until softened. Add the garlic; cook for another minute.
4. Add the vegetables, chickpeas, coriander, lemon juice, salt, paprika, cumin, pepper, and cayenne to a food processor and pulse until chopped.
5. Add the oat flour; pulse until combined.
6. Stir in the flax mix.
7. With damp hands, form 12 burger patties and place onto a lined baking sheet.
8. Bake for 20 minutes, turn the burgers, then bake for another 20 minutes.
9. While the burgers are baking, grill the pineapple slices in the same skillet over medium heat until lightly charred on each side.
10. Assemble the burgers with a bun, patty, pineapple slice and additional desired toppings (I love the leftover rocket-cashew pesto [page 11](#))

* Can be frozen for
up to 3 weeks



MEXICAN BURRITOS

There are few occasions where a good burrito doesn't fit the bill, and this burrito recipe is on a level of its own. Cooked in one pan for easy clean up, it is perfect for meal prep and entertaining alike.



INGREDIENTS:

FOR THE TOFU:

Spray olive oil
1 medium onion, diced
½ red capsicum, diced
2 cloves garlic, minced
3 x 400g block extra-firm tofu, drained

2 tsp chipotle spice
Salt and pepper

FOR THE BURRITOS:

Spray olive oil
1 medium red onion, thinly sliced
1 red capsicum, thinly sliced
2 small tomatoes, chopped

½ cup sweetcorn

Juice of ½ lime + extra slices, to serve

1 tsp ground cumin

½ tsp ground paprika

6 whole grain tortillas (gluten-free if necessary)

3 cups cooked brown rice

3 cups spinach

Fresh herbs, to taste - I love coriander

Soy yogurt, to serve

Salt and pepper

MEAL PREP

Wrap each individually in foil and label the burrito with the date you're putting it in the freezer.

To reheat these chipotle tofu burritos, defrosting and reheating in the microwave OR cook in the oven at 160°C (320°F) until heated through.

METHOD:

1. In a skillet over medium heat, lightly spray the olive oil.
2. When hot, add onion and capsicum; cook for 5–7 minutes, until tender and lightly browned.
3. Add garlic; cooking for 1–2 minutes, until fragrant.
4. Crumble the tofu into the pan, adding the chipotle spice, salt, pepper and ¼ cup water.
5. Stir; let simmer for 10–12 minutes, until the water is absorbed. Set aside in a bowl.
6. In the same pan over medium heat, spray a little more oil.
7. When hot, add onion and capsicum; cooking for 5 minutes or until tender.
8. Add tomatoes and corn; cook for another 5 minutes.
9. Add lime juice, cumin, and paprika. Season with salt and pepper.
10. Lay out a wrap and add tofu, veggies, ½ cup brown rice, and ½ cup spinach.
11. Top with fresh herbs, and roll into a burrito.
12. Serve with soy yoghurt.
13. Repeat to make 6 burritos!



CRISPY TOFU CAESAR SALAD



This plant-based twist on a classic staple is the ultimate fresh yet satiating salad combo. Silken tofu is a secret weapon for creating creamy and protein-dense dressings, and this version will not disappoint.

INGREDIENTS:

200g soft silken tofu, drained	½ tbsp vegan fysh sauce*	2 baby cos, torn into bite-size pieces
1½ tbsp extra virgin olive oil	½ tsp Dijon mustard	1 cup cherry tomatoes, halved
1½ tbsp fresh lemon juice	Salt and freshly ground pepper	½ ripe avocado, cubed
1 tbsp nutritional yeast + extra, to serve	400g firm tofu, drained and cut into cubes	Parsley leaves and chives, to serve
2 tsp capers	⅓ cup corn flour	
1 small garlic clove		

METHOD:

1. In a blender, puree the silken tofu with 1 tbsp of the olive oil, lemon juice, capers, the nutritional yeast, vegan fysh sauce*, garlic, and mustard until smooth. Season with salt and pepper and set aside.
2. Wrap the firm tofu in paper towels and press out some of the water.
3. In a large skillet, heat the remaining olive oil.
4. In a bowl, toss the tofu with the cornstarch until coated.
5. Fry over moderately high heat, turning once, until crisp, about 8 minutes.
6. Using a slotted spoon, transfer the tofu to a paper towel-lined plate; season with salt.
7. In a large bowl, toss the salad with the tomatoes, avocado, dressing and two-thirds of the tofu. Transfer the salad to plates and top with the remaining tofu. Sprinkle with fresh herbs and extra nutritional yeast to serve.



* Can sub with tamari sauce

FALAFEL VEGAN WAFFLES WITH TZATZIKI SAUCE



In the spirit of transforming breakfast sweets into delicious savoury creations, these mouth-watering waffles are a Middle Eastern-inspired experience like no other. Served with tzatziki, grapes, and greens, this herby pop of flavour will leave you satiated and smiling.

May vary depending on waffle iron

INGREDIENTS:

FOR THE WAFFLES

½ cup wholemeal self-raising flour
½ cup chickpea flour
⅓ cup pea protein powder
1 tbsp baking powder
2 tsp ground coriander
2 tsp ground cumin
2 tsp ground turmeric
1 tsp smoked paprika

1 tsp ground allspice
1 tsp garlic powder
1 tsp dulse flakes
½ tsp freshly ground black pepper
¼ tsp sea salt
1 cup carbonated water
3 tbsp extra virgin olive oil
Spray olive oil, for waffle iron

FOR THE DAIRY-FREE TZATZIKI SAUCE:

1 cup plain soy yogurt
¼ cup fresh dill, chopped
¼ cup cucumber, grated
2 garlic cloves, minced
½ lemon, juiced
¼ tsp salt
⅛ tsp pepper

FOR THE GARNISH:

Handful rocket
15 green seedless grapes
2 small cucumbers (qukes), sliced
¾ avocado (sliced)
1 cup shelled edamame beans

METHOD:

1. Preheat your waffle iron according to the manufacturer's instructions.
2. In a large bowl, combine the flours, baking powder, spices, baking powder and dulse. Add the carbonated water and olive oil and mix until all the ingredients are combined.
3. Coat the waffle iron generously with spray oil.
4. Spread with ⅓ cup of batter per waffle, close the iron, and let the waffle cook for 3–5 minutes (depending on waffle iron brand), or until it releases easily from the iron.
5. Repeat the process with the remaining batter, making sure to oil the iron before cooking each batch.
6. Serve warm, topped with salad, grapes, cucumber, avocado and edamame.
7. Drizzle with tzatziki sauce. Enjoy!



SWEET PEANUTTY TEMPEH TRAY BAKE

Made using just two bowls and a baking tray, this simple staple will make a delicious addition to your meal prep rotation. Golden, nourishing, and perfect warm or cold, the vegetables do the heavy lifting on this plant-packed plate.



INGREDIENTS:

300g block tempeh	2 tbsp low sodium tamari	1 red onion, cut into thick wedges
¼ tsp chilli flakes	2 tbsp lemon juice	2 medium zucchini, cut into thick rounds
1 tbsp sesame oil	2 tbsp maple syrup	Micro herbs, to serve
2 tbsp salted crunchy peanut butter	300g pumpkin, cut into large cubes	

METHOD:

1. Slicing the tempeh block in half lengthwise, then cut into cubes or triangles.
2. In a small bowl, make the sauce by adding the chili flakes, sesame oil, peanut butter, tamari, lemon juice, and maple syrup.
3. Whisk to combine.
4. Taste and adjust flavouring as needed.
5. In a bowl, add the tempeh to the marinade and toss to coat.
6. Cover and refrigerate overnight.
7. Preheat oven to 180°C (356°F) and line a baking sheet with baking paper.
8. Add tempeh, chopped veggies, and drizzle over any leftover marinade.
9. Bake for 25–30 minutes until deep golden brown and veggies are soft. Enjoy warm or cold.



BANANA CREAM PIE SMOOTHIE BOWL

This is what smoothie bowl dreams are made of. Using a plant focus to recreate a decadent dessert favourite—what more could you want?



INGREDIENTS:

2 ripe bananas, cut into chunks and frozen
½ cup frozen cauliflower
½ cup unsweetened soy milk
30g scoop vanilla plant protein powder
¼ cup rolled oats
1 tbsp almond butter
Pinch sea salt

TOPPINGS (CHOOSE ANY OF THE FOLLOWING):

½ ripe banana, sliced
Toasted cashews
Rolled oats, toasted
Unsweetened coconut flakes, toasted
Pumpkin seeds
Flax seeds
Hemp seeds

Chia seeds
Sunflower seeds
Cocoa nibs
Maple or additional almond butter for drizzling



METHOD:

1. In a food processor or blender, blend the frozen bananas, soy milk, oats, and almond butter until smooth.
2. Spoon into a bowl and top with your favourites. Drizzle with maple syrup or more almond butter.

WHITE BEAN SHAKSHUKA



A dish of North African origins, this spice blend will make your tastebuds sing. With aromatics, cannellini beans, and silken tofu scramble, this shakshuka is well-rounded and wholesome.

INGREDIENTS:

Extra virgin olive oil spray	200g diced or crushed tomatoes (low sodium)	Pinch chilli flakes	¼ tsp of kala namak (black salt)
¼ white onion, finely chopped	½ tsp smoked paprika	100g drained cannellini beans (low sodium)	¼ tsp pepper
1 small cloves garlic, minced	¼ tsp ground cumin	FOR THE TOFU SCRAMBLE:	Chopped parsley, to serve
½ cup spinach	¼ tsp dried oregano	250g silken tofu	
	⅛ tsp salt & pepper	¼ tsp turmeric	

METHOD:

1. Place a large skillet over a medium heat and spray with olive oil.
2. Add the onions and cook for 3–4 minutes until transparent.
3. Add the garlic and cook for a few more minutes, until fragrant.
4. Then add the spinach, cover and cook for about 2 minutes, until wilted.
5. To the skillet, add the tomatoes and their juices.
6. Add the smoked paprika, cumin, oregano, salt and pepper, and chilli flakes (optional).
7. Stir to combine and allow the sauce to simmer.
8. Add the beans and cook until heated through. Remove from the heat and set aside.
9. In a separate pan, heat the tofu, and add the spices and seasoning.
10. Serve the beans with scrambled tofu and add chopped parsley.
11. Season to taste and enjoy!



BLACK RICE BOWL

Vibrant and fresh, this radiant bowl is bursting with a rainbow of plants. Nutty black rice complements the beetroot hummus and is tied together with an array of vegetables, making this bowl a beautifully balanced celebration of plant diversity.



INGREDIENTS:

FOR THE HUMMUS:

1 x 400g can
cannellini beans,
drained and rinsed

2 pre-cooked
baby beetroot

1 tbsp tahini

Juice of ½ lemon

1 tbsp olive oil

2 small garlic cloves

1 tsp salt

FOR THE BOWL:

½ cup black rice,
cooked to packet
instructions

100g shredded
purple cabbage

1 cup broccoli florets

½ cup purple
cauliflower florets

½ cup sweet
potato, cubed

60g grated carrot

½ cup edamame
beans, shelled

100g frozen green
peas, defrosted

1 tsp hulled
hemp seeds

Few sprigs fresh
coriander

METHOD:

1. Add all the ingredients for the hummus to a blender and blend until smooth.
2. Decant into a jar and save in the fridge.
3. Preheat the oven to 170°C (338°F) (fan).
4. Cook the rice according to packet instructions (approx 35 minutes).
5. Meanwhile, on a lined baking tray, spread the broccoli, cauliflower and sweet potato, spray with a little olive oil and season with salt. Bake for 20–25 minutes until golden brown and tender.
6. In a bowl, dollop a large tablespoon of the hummus and using the back of the spoon, quickly spread around the bottom of the plate.
7. Build the bowl with rice, cabbage, cooked veggies, carrot and edamame and peas.
8. Finish with an extra squeeze of lemon (optional), hemp seeds, coriander and some pepper.
9. Enjoy!



GOLDEN COCONUT DAHL

A warm hug in a bowl, dahl is a staple originating in India. Fragrant and simple, this Golden Coconut Dahl makes for perfect next-day leftovers as it thickens and the flavours have more time to mingle.



INGREDIENTS:

Spray olive oil	1 small red chilli de-seeded and finely chopped	1 tsp ground cumin	90g red lentils
1 small white onion, diced	1 Roma tomato finely chopped	½ tsp ground coriander	100 ml light coconut milk (or soy)
½ tbsp grated ginger	1 tbsp coriander roots and stalks finely chopped	½ tsp ground cinnamon	Salt and pepper, to taste
200g tempeh, sliced	½ tsp yellow mustard seeds	½ tsp ground turmeric	½ juice lemon
350 ml low-sodium vegetable stock		1 cloves garlic finely chopped	Baby spinach and soy yoghurt, to serve
3 curry leaves			

METHOD:

1. Place a large crock pot over a medium heat.
2. Spray with olive oil and the onions, ginger, chilli, tomato and coriander roots.
3. Season with a pinch of salt.
4. Cook for 3–5 minutes until the onions are soft, then add the curry leaves and mustard seeds.
5. As the mustard seeds begin to pop add the rest of the spices and garlic.
6. Cook for a few minutes until fragrant, then add the lentils, stock and coconut milk.
7. Reduce the heat and simmer for 20 minutes or until the lentils collapse.
8. Meanwhile, dry-fry slices of the tempeh in a skillet for a few minutes on each side until golden.
9. Remove the curry leaves with a spoon.
10. Taste and adjust the seasonings as necessary and add a squeeze of lemon.
11. Top with tempeh, add a dollop of yoghurt, baby spinach and coriander, then enjoy warm.



MUSHROOM KORMA



The humble button mushroom: a hearty powerhouse in this flavourful bite. Baked tofu soaks up the rich flavours of the spiced, creamy sauce, and when served with cauliflower rice and fresh herbs... simply sensational.

INGREDIENTS:

Spray olive oil	1 tsp ground coriander	300 ml unsweetened soy milk	400g firm tofu, cut into chunks
1 large brown onion, diced	½ tsp turmeric	120 ml low-sodium vegetable stock (+ extra if needed)	1 cup cauliflower rice, cooked
1 tbsp grated ginger	¼ tsp ground cinnamon	½ cup raw cashews	Fresh herbs, to serve
4 cloves garlic, peeled and crushed	¼ tsp chilli powder	400g button mushrooms halved	
2 tbsp tomato puree	¼ tsp ground cardamom	Juice of ½ lemon	
1½ tsp garam masala	A pinch ground cloves	Salt and pepper	
1½ tsp ground cumin			

METHOD:

1. Preheat the oven to 190°C (374°F) and line a baking tray with baking paper.
2. Spread out the tofu on the baking tray and spray with oil.
3. Bake for 20–30 minutes, turning halfway through, until golden brown.
4. Meanwhile, make the sauce by spraying a heavy-based pot with oil and placing over a low heat.
5. Add the onion and cook, stirring for 8–10 minutes until soft.
6. Stir in the ginger, garlic, tomato puree, and spices, cooking for 3–5 minutes.
7. Add the soy milk, stock, and cashews.
8. Simmer for 15 minutes, stirring every few minutes to stop it burning on the bottom.
9. Transfer the sauce to a blender and blend until very smooth. Thin out with water as needed.
10. Pour the sauce back into the pan, add the mushrooms, stir in the lemon juice and plenty of salt and pepper to taste. Simmer for a final 5 minutes.
11. Serve topped with baked tofu, and ½ cup cauliflower rice per bowl and top with fresh herbs.



Leftovers will keep in a covered container in the fridge for a couple of days.



THE MEAL REPLACEMENT SHAKE



If you're looking for convenience and speed, a homemade Meal Replacement Shake is a great option. With a balanced nutrition profile and performance supplements for improvements in strength and recovery, this one is the perfect workout companion.

INGREDIENTS:

1 frozen banana	1 tbsp ABC or Brazil nut butter	½ cup coconut water
25g plant-based protein	½ cup frozen blueberries	½ cup unsweetened soy milk
2g leucine	1 tbsp cacao powder	½ tsp dulse flakes
5g creatine	1 tsp espresso powder	1 cup filtered water
1 frozen cube spinach		

METHOD:

1. Blend all ingredients together until smooth. If you prefer a thinner shake, add more filtered water, blend again and drink immediately!



SNACKS



SWEET POTATO TARTLETS

This sweet treat is buttery and luxurious without sacrificing nutrition benefits. With a silky filling and nutty crust, it's ideal to satisfy a sweet tooth when the craving hits.



+ 6 hours
refrigeration time

INGREDIENTS:

FOR THE CRUST:

1 cup pecans
¼ cup vanilla or chocolate protein powder
10 pitted medjool dates
1 tbspcocoa butter, melted

FOR THE FILLING:

2–3 medium sized purple sweet potatoes
¾ cup soy milk
½ cup vanilla protein powder
½ cup natural almond butter
½ cup pure maple syrup

1 tsp organic almond extract
¼ tsp Himalayan or celtic or iodised salt

TO SERVE (AS DESIRED):

Vegan chocolate shavings
Edible flowers
Bee pollen

METHOD:

1. Preheat oven to 190°C (374°F).
2. Peel the potatoes, cut in 3cm slices, and add them to a lined baking pan. Bake for 30 minutes until soft.
3. While potatoes are baking, start the tart crust prep.
4. Add the pecans, protein powder, dates and cocoa butter into the food processor. Process on high until a thick dough comes together. Transfer the dough into a tartlet pan and press it into mini-crusts. Place in the fridge.
5. Remove potatoes and allow to cool for 5 minutes before adding to a blender with the soy milk, vanilla protein, almond butter, maple syrup, almond extract and salt.
6. Blend until smooth, scraping down the sides as needed.
7. Pour filling into tartlet shells and refrigerate, covered, for a minimum of 6 hours (or overnight). The tart should firm up and be easy to remove.

8. Finish with chocolate shavings, bee pollen and edible flours.



HOMEMADE SPORTS DRINK

Citrusy and bright, this Homemade Sports Drink offers an excellent alternative to commercially available options. With yerba mate tea and creatine, it can provide an energising boost to assist with brain function and strength.



INGREDIENTS:

¼ cup lime juice

¼ cup lemon juice

1½ cups filtered water

2 tbsp maple syrup

⅛ tsp sea salt

½ cup brewed yerba mate
tea, cooled

5g creatine (optional)

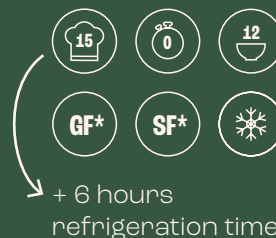


METHOD:

1. Add everything into a blender or shaker.
2. Enjoy with a few ice cubes in a glass.
3. Serve with slices of lime and fresh mint.

NUT BUTTER PROTEIN BARS

For the perfect on-the-go pick me up, make a batch of these Nut Butter Protein Bars. Packed with nutrients for sustenance on the run, you'll always want to keep a batch of these in the freezer.



INGREDIENTS:

1¼ cups ABC butter
5 medjool dates, pitted
80g hemp seeds
¼ cup Brazil nuts,
roughly chopped

⅓ cup pumpkin seeds
80g chocolate plant-based
protein powder
Pinch sea salt

OPTIONAL TOPPINGS:

80g plant-based dark
chocolate, chopped
½ tbsp cacao butter
1 tbsp cacao nibs



METHOD:

1. Add almond butter and dates to a food processor and pulse.
2. Add hemp seeds, Brazil nuts, pumpkin seeds, and protein powder, and pulse until all ingredients are well combined.
3. Taste and adjust flavor as needed, adding more protein powder of choice for flavour or more dates for sweetness. Mix again until well combined.
4. Line a standard loaf pan with baking paper. Transfer mixture into the pan and press into the tin with the back of a spoon.
5. Optional for topping: Melt chocolate and cocoa butter in 20-second bursts in the microwave, stirring occasionally, then drizzle over the top of bars and sprinkle with cacao nibs.
6. Freeze for 10–15 minutes then cut into 12 bars.

* Freeze for up to 1 month and soften for 5 minutes before eating at room temp.

CHOCOLATE PROTEIN FROYO

When it comes to ease and taste, you can't beat this Chocolate Protein Froyo. With just a few seconds of prep, you can have the mixture ready to go for whenever the craving arises (note: after trying this, it will probably be often).



INGREDIENTS:

- 2 cups soy yoghurt
- ½ cup chocolate protein powder
- 2 tbsp maple syrup (optional)

METHOD:

1. In a large mixing bowl, whisk together the yogurt with protein powder until no clumps remain and the mixture is thick.
2. Add the maple syrup (if using) and mix again.
3. Place ¼ of the yoghurt mix in 4 shallow containers and store in the freezer for up to 2 months.
4. When ready to consume, remove from the freezer and blend until thick and creamy.
5. Spoon or pipe into a serving bowl and enjoy immediately!



LEMON OAT PROTEIN COOKIES

Chewy and golden, this heavenly combination of oats and lemon makes for the perfect protein cookie. Keep a batch on hand or in the freezer for zesty goodness at any time.



INGREDIENTS:

2 tbsp ground flaxseed
+ 5 tbsp warm water

1 cup oat flour

1 cup whole rolled oats

60g plant-based vanilla
protein powder

2 tbsp almond meal

Zest of 1 lemon, about ½ tbsp

½ tsp baking powder

½ tsp baking soda

½ tsp cinnamon

½ tsp sea salt

½ cup natural almond butter

¼ cup cocoa butter, melted

½ cup maple syrup

METHOD:

1. Preheat the oven to 180°C (356°F) and line a large baking sheet with baking paper.
2. In a bowl, combine the flaxseed and warm water and set aside to thicken for 5 minutes.
3. In a separate bowl, stir together the oat flour, rolled oats, protein powder, almond meal, lemon zest, baking powder, baking soda, cinnamon, and salt.
4. Into the flax mix, now add the almond butter, coconut oil, and maple syrup and stir well to incorporate.
5. Add the wet ingredients into the dry and fold gently until combined.
6. Use around ¼ cup of batter, and shape into a cookie on the baking sheet.
7. Bake for 20–22 minutes, or until golden brown around the edge.
8. Cool on the pan for 10 minutes, then transfer to a wire rack to finish cooling.
9. When cool, they can be stored in an airtight container or freeze for up to 2 weeks.



BEETROOT PRE-WORKOUT

Charged by the power of plants, this energising drink is a game-changer of pre-workout fuel. With the fresh flavours of mint and ginger and the option to add creatine and beta alanine to enhance performance, this is likely to become a new staple.



INGREDIENTS:

240g peeled + chopped
raw beetroot
(organic when possible)

1 tsp fresh grated ginger

20g plant-based chocolate
protein powder

½ tbsp cacao powder

1 cup coconut water

Fresh mint

OPTIONAL PERFORMANCE-ENHANCERS:

3g citrulline

3g beta alanine

METHOD:

1. Add all ingredients to a high-powered blender and blitz until smooth.
2. Enjoy immediately, ideally 30–60 minutes before a workout.



NUTRITIONAL INFORMATION



NUTRITIONAL INFORMATION

Percentage daily intakes are based on an average adult diet of 8700 kJ

VEGAN CURRIED SEITAN SALAD

SERVING SIZE: 1 SERVING	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE
Energy	1314.5 kJ	15%
Protein	36.7 g	73%
Fat, total	8.1 g	12%
- saturated	0.8 g	3%
Carbohydrate	19.8 g	9%
- sugars	8.1 g	
- lactose	0 g	
- galactose	0.1 g	
- starches	5.8 g	
Dietary Fibre	6.8 g	23%
Sodium	356.7 mg	16%
Vitamin C	29.6 mg	
Vitamin A	1750.3 µg	
Calcium	155.7 mg	
Iron	4 mg	

KALE PORRIDGE WITH TOFU & ROCKET PESTO

SERVING SIZE: 1 FULL RECIPE	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE
Energy	2379 kJ	27%
Protein	33.2 g	66%
Fat, total	24 g	34%
- saturated	3.4 g	14%
Carbohydrate	47.4 g	20%
- sugars	5.6 g	
- lactose	0 g	
- galactose	0 g	
- starches	39 g	
Dietary Fibre	14.4 g	48%
Sodium	361.4 mg	16%
Vitamin C	34 mg	
Vitamin A	487 µg	
Calcium	429.8 mg	
Iron	9.6 mg	

BLACK BEAN POWER BOWL

SERVING SIZE: 1 FULL RECIPE	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE
Energy	2039.7 kJ	23%
Protein	20.7 g	41%
Fat, total	16.5 g	24%
- saturated	1.9 g	8%
Carbohydrate	51 g	22%
- sugars	9.4 g	
- lactose	0 g	
- galactose	0 g	
- starches	38.9 g	
Dietary Fibre	17.7 g	59%
Sodium	367.5 mg	16%
Vitamin C	20.3 mg	
Vitamin A	397.7 µg	
Calcium	148.5 mg	
Iron	4.7 mg	

CAJUN-STYLE RED BEANS & RICE

SERVING SIZE: 1 SERVING	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE
Energy	1539 kJ	18%
Protein	14.3 g	29%
Fat, total	5.8 g	8%
- saturated	0.9 g	4%
Carbohydrate	54.5 g	21%
- sugars	3.1 g	
- lactose	0 g	
- galactose	0.2 g	
- starches	48.7 g	
Dietary Fibre	11.5 g	38%
Sodium	484.8 mg	21%
Vitamin C	52.4 mg	
Vitamin A	1493.1 µg	
Calcium	98.3 mg	
Iron	5.2 mg	

NUTRITIONAL INFORMATION

Percentage daily intakes are based on an average adult diet of 8700 kJ

ZESTY SUMMER VEGGIE BURGERS

SERVING SIZE: 1 SERVING	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE
Energy	1222.3 kJ	14%
Protein	11.1 g	22%
Fat, total	6 g	9%
- saturated	0.8 g	3%
Carbohydrate	43 g	17%
- sugars	13.9 g	
- lactose	0 g	
- galactose	0 g	
- starches	10.2 g	
Dietary Fibre	10.4 g	35%
Sodium	366.9 mg	16%
Vitamin C	61.5 mg	
Vitamin A	412.4 µg	
Calcium	40.8 mg	
Iron	1.2 mg	

MEXICAN BURRITOS

SERVING SIZE: 1 SERVING	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE
Energy	1741 kJ	20%
Protein	30.1 g	60%
Fat, total	13.4 g	19%
- saturated	2.6 g	11%
Carbohydrate	41.9 g	16%
- sugars	7.3 g	
- lactose	0 g	
- galactose	0 g	
- starches	25.9 g	
Dietary Fibre	7.4 g	25%
Sodium	504.9 mg	22%
Vitamin C	69.5 mg	
Vitamin A	1400.3 µg	
Calcium	585.3 mg	
Iron	6.1 mg	

CRISPY TOFU CAESAR SALAD

SERVING SIZE: 1 SERVING	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE
Energy	2179.1 kJ	25%
Protein	31.2 g	62%
Fat, total	27.9 g	40%
- saturated	5.1 g	21%
Carbohydrate	36.9 g	14%
- sugars	5.2 g	
- lactose	0 g	
- galactose	0 g	
- starches	1.7 g	
Dietary Fibre	7.6 g	25%
Sodium	274.7 mg	12%
Vitamin C	16.7 mg	
Vitamin A	854.7 µg	
Calcium	459.5 mg	
Iron	5.3 mg	

FALAFEL VEGAN WAFFLES

SERVING SIZE: 1 SERVING	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE
Energy	1281.8 kJ	15%
Protein	17.8 g	36%
Fat, total	11.9 g	17%
- saturated	1.7 g	7%
Carbohydrate	28.7 g	11%
- sugars	3 g	
- lactose	0 g	
- galactose	0 g	
- starches	4.7 g	
Dietary Fibre	4.5 g	15%
Sodium	300.9 mg	13%
Vitamin C	0 mg	
Vitamin A	1.5 µg	
Calcium	45.3 mg	
Iron	2 mg	

* Nutrition panel for waffle only

NUTRITIONAL INFORMATION

Percentage daily intakes are based on an average adult diet of 8700 kJ

SWEET PEANUTTY TEMPEH TRAY BAKE

SERVING SIZE: 1 SERVING	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE
Energy	2454.3 kJ	28%
Protein	39.6 g	79%
Fat, total	31.2 g	45%
- saturated	6 g	25%
Carbohydrate	44.6 g	16%
- sugars	24 g	
- lactose	0 g	
- galactose	0 g	
- starches	5.1 g	
Dietary Fibre	4.8 g	16%
Sodium	423.7 mg	18%
Vitamin C	52.7 mg	
Vitamin A	3952.7 µg	
Calcium	263.9 mg	
Iron	6.3 mg	

BANANA CREAM PIE SMOOTHIE BOWL

SERVING SIZE: 1 SERVING	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE
Energy	2325.9 kJ	27%
Protein	40.8 g	82%
Fat, total	13.4 g	19%
- saturated	1.4 g	6%
Carbohydrate	64.8 g	25%
- sugars	33.7 g	
- lactose	0 g	
- galactose	0 g	
- starches	24.5 g	
Dietary Fibre	12.6 g	42%
Sodium	318 mg	14%
Vitamin C	53.1 mg	
Vitamin A	122.9 µg	
Calcium	336.4 mg	
Iron	5.8 mg	

* Nutrition panel excludes toppings

WHITE BEAN SHAKSHUKA

SERVING SIZE: 1 FULL RECIPE	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE
Energy	1464.6 kJ	17%
Protein	30.7 g	61%
Fat, total	10.2 g	15%
- saturated	1.5 g	6%
Carbohydrate	22.8 g	10%
- sugars	9 g	
- lactose	0 g	
- galactose	0 g	
- starches	4.2 g	
Dietary Fibre	9.7 g	32%
Sodium	451.3 mg	20%
Vitamin C	31.5 mg	
Vitamin A	687.6 µg	
Calcium	268.4 mg	
Iron	7.4 mg	

BLACK RICE BOWL

SERVING SIZE: 1 SERVING	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE
Energy	2139.6 kJ	25%
Protein	29.5 g	59%
Fat, total	9.7 g	14%
- saturated	1.2 g	5%
Carbohydrate	65.1 g	28%
- sugars	15.6 g	
- lactose	0.2 g	
- galactose	0 g	
- starches	5.9 g	
Dietary Fibre	21.1 g	70%
Sodium	459.4 mg	20%
Vitamin C	172.1 mg	
Vitamin A	3872.5 µg	
Calcium	188.3 mg	
Iron	5.7 mg	

NUTRITIONAL INFORMATION

Percentage daily intakes are based on an average adult diet of 8700 kJ

GOLDEN COCONUT DAHL

SERVING SIZE: 1 SERVING	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE
Energy	1667.4 kJ	19%
Protein	33.8 g	68%
Fat, total	13.2 g	19%
- saturated	3.1 g	13%
Carbohydrate	32.4 g	14%
- sugars	6.1 g	
- lactose	0 g	
- galactose	0 g	
- starches	22.6 g	
Dietary Fibre	10.3 g	34%
Sodium	326.6 mg	14%
Vitamin C	11.9 mg	
Vitamin A	192.8 µg	
Calcium	208.5 mg	
Iron	6.5 mg	

MUSHROOM KORMA

SERVING SIZE: 1 SERVING	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE
Energy	2299.2 kJ	26%
Protein	44 g	88%
Fat, total	28.8 g	41%
- saturated	5.1 g	21%
Carbohydrate	26.6 g	12%
- sugars	10.2 g	
- lactose	0 g	
- galactose	0 g	
- starches	8.7 g	
Dietary Fibre	11.1 g	37%
Sodium	162.9 mg	7%
Vitamin C	49.4 mg	
Vitamin A	117.1 µg	
Calcium	769.6 mg	
Iron	7.9 mg	

THE MEAL REPLACEMENT SHAKE

SERVING SIZE: 1 FULL RECIPE	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE
Energy	2361 kJ	27%
Protein	29.2 g	58%
Fat, total	21 g	30%
- saturated	2.6 g	11%
Carbohydrate	49.9 g	22%
- sugars	32.7 g	
- lactose	0 g	
- galactose	0 g	
- starches	7.5 g	
Dietary Fibre	19.2 g	64%
Sodium	350 mg	15%
Vitamin C	17.9 mg	
Vitamin A	1115.4 µg	
Calcium	235.3 mg	
Iron	8.2 mg	

SWEET POTATO TARTLETS

SERVING SIZE: 1 SERVING	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE
Energy	1300.7 kJ	15%
Protein	13.2 g	26%
Fat, total	14.5 g	21%
- saturated	2.7 g	11%
Carbohydrate	30.4 g	11%
- sugars	23.1 g	
- lactose	0 g	
- galactose	0 g	
- starches	0.4 g	
Dietary Fibre	4.3 g	14%
Sodium	144.4 mg	6%
Vitamin C	3.1 mg	
Vitamin A	14.3 µg	
Calcium	159.6 mg	
Iron	3 mg	

NUTRITIONAL INFORMATION

Percentage daily intakes are based on an average adult diet of 8700 kJ

HOMEMADE SPORTS DRINK

SERVING SIZE: 1 SERVING	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE
Energy	548.1 kJ	6%
Protein	0.5 g	1%
Fat, total	0.2 g	0%
- saturated	0 g	0%
Carbohydrate	35.3 g	12%
- sugars	26.4 g	
- lactose	0 g	
- galactose	0 g	
- starches	0 g	
Dietary Fibre	0.4 g	1%
Sodium	301.3 g	3%
Vitamin C	41.8 mg	
Vitamin A	10.2 µg	
Calcium	52.5 mg	
Iron	0.1 mg	

NUT BUTTER PROTEIN BARS

SERVING SIZE: 1 SERVING	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE
Energy	1307 kJ	15%
Protein	15.5 g	31%
Fat, total	21.2 g	30%
- saturated	2.5 g	10%
Carbohydrate	9.7 g	4%
- sugars	8.3 g	
- lactose	0 g	
- galactose	0 g	
- starches	0.2 g	
Dietary Fibre	3.2 g	11%
Sodium	133.8 mg	6%
Vitamin C	0.1 mg	
Vitamin A	4.8 µg	
Calcium	27.5 mg	
Iron	3.1 mg	

CHOCOLATE PROTEIN FROYO

SERVING SIZE: 1 SERVING	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE
Energy	754 kJ	9%
Protein	21.8 g	44%
Fat, total	5.3 g	8%
- saturated	1.4 g	6%
Carbohydrate	10.6 g	4%
- sugars	6.7 g	
- lactose	0 g	
- galactose	0 g	
- starches	0 g	
Dietary Fibre	3 g	10%
Sodium	241.2 mg	10%
Vitamin C	0.9 mg	
Vitamin A	22.5 µg	
Calcium	265 mg	
Iron	1.1 mg	

* Nutrition panel excludes toppings

LEMON OAT PROTEIN COOKIES

SERVING SIZE: 1 SERVING	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE
Energy	988.9 kJ	11%
Protein	8.8 g	18%
Fat, total	12.9 g	18%
- saturated	3.8 g	16%
Carbohydrate	19.7 g	7%
- sugars	8.6 g	
- lactose	0 g	
- galactose	0 g	
- starches	9.7 g	
Dietary Fibre	3.1 g	10%
Sodium	91.3 mg	4%
Vitamin C	0 mg	
Vitamin A	0 µg	
Calcium	96.1 mg	
Iron	2 mg	

NUTRITIONAL INFORMATION

Percentage daily intakes are based on an average adult diet of 8700 kJ

BEETROOT PRE-WORKOUT

SERVING SIZE: 1 FULL RECIPE	AVERAGE QUANTITY PER SERVING	% DAILY INTAKE
Energy	1007.2 kJ	12%
Protein	16.4 g	33%
Fat, total	3.3 g	5%
- saturated	1 g	4%
Carbohydrate	28 g	14%
- sugars	22.7 g	
- lactose	0 g	
- galactose	0 g	
- starches	1.3 g	
Dietary Fibre	14.5 g	48%
Sodium	338.1 g	15%
Vitamin C	14.3 mg	
Vitamin A	23.8 µg	
Calcium	115.3 mg	
Iron	4.6 mg	

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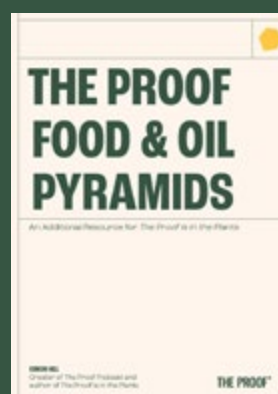
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Everyday and performance supplements supported by science that you may want to consider to compliment your plant-based diet.



TRACKING YOUR PROGRESS

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



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BLOOD TEST GUIDE

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



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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
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