

# LIPID SERIES CHEAT SHEET

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**THE PROOF<sup>•</sup>**

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## A NOTE FROM ME

### HEY THERE, FRIENDS!

I'm thrilled to have you join us here in The Proof community. Today, I want to share with you a concise summary of the vital information covered in my 3-part lipid series with the esteemed Lipidologist, Dr. Thomas Dayspring. In the upcoming pages, you'll discover insights into lipoproteins, essential lipid tests for evaluating your cardiovascular disease risk, practical tips for preventing and managing dyslipidemia, and a 1-week meal plan featuring lipoprotein-optimised recipes.

I have full confidence that if you invest your time in reading this material, listen to the lipid series, and take the appropriate steps, you'll significantly reduce your chances of experiencing a heart attack or stroke.

Remember, atherosclerotic cardiovascular disease is a completely preventable condition.

Thank you for showing an interest in evidence-based health optimisation.

I wish you all the best on your journey towards better health.

Yours truly,  
Simon



# LIPID SERIES

# CHEAT SHEET



# LIPID SERIES CHEAT SHEET

Atherosclerotic cardiovascular disease (ASCVD) is the leading cause of mortality worldwide. And in the vast majority of cases, it is entirely preventable.

If you're someone who is focused on living longer, and enjoying more years of healthy life, preventing the development of atherosclerosis is critical.

The primary driver of the process of atherogenesis is elevated levels of ApoB-containing lipoproteins in the blood. Lipoproteins are our body's way of transporting lipids (fats and cholesterol) through the blood. A wealth of research shows that if we have too many of these ApoB-containing lipoproteins in circulation, we are more likely to develop ASCVD.



# KNOW YOUR LIPOPROTEINS

| LIPOPROTEIN                                    | PRIMARY FUNCTION   | APOB CONTAINING? | ATHEROSCLEROTIC?  |
|--|--|------------------|---|
| <b>CHYLOMICRONS</b>                            | Transports triglycerides (fats we eat) from the intestines to cells, where they can be stored or used to produce energy.                   | Yes              | Yes, but has a short half-life and high liver clearance.  |
| <b>VERY LOW-DENSITY LIPOPROTEINS (VLDL)</b>    | Made in the liver. Transports triglycerides to cells where they can be stored or used to produce energy.                                   | Yes              | Yes, but has a short half-life and high liver clearance.  |
| <b>INTERMEDIATE-DENSITY LIPOPROTEINS (IDL)</b> | Leftover from VLDLs after their triglycerides are depleted   | Yes              | Yes, but has a short half-life and high liver clearance.  |
| <b>LOW-DENSITY LIPOPROTEINS (LDL)</b>          | Either made directly in the liver or from IDLs as they lose triglycerides. Transports excess cholesterol throughout the body to the liver. | Yes              | Yes, very. Has a longer half-life and slow liver clearance. Because of the longer half-life, LDLs make up 90-95% of ApoB-containing lipoproteins. |
| <b>Lp(a)</b>                                   | Similar to LDL, but has an extra protein that attracts oxidised lipids.  | Yes              | Yes, very. Its extra protein makes it extra sticky on artery walls and capable of forming clots.  |
| <b>HIGH-DENSITY LIPOPROTEINS (HDL)</b>         | Collects cholesterol from cells and returns it to the liver or passes it to LDL for transport to the liver.                                | No               | Depends. Can be helpful or harmful and, therefore, not a very useful measure of CVD risk.   |

# ASSESS YOUR RISK

Simple blood tests are useful to assess your lipids and understand your risk of cardiovascular disease. There are three blood tests that everyone can benefit from. These can be ordered by your doctor, or you can order them yourself from an independent laboratory.

| BLOOD TEST           | TARGET LEVELS   | WHAT IT TELLS YOU  | HOW OFTEN TO TEST |
|----------------------|---|--|-------------------|
| <b>APOB*</b>         | < 50 mg/dl if high risk<br>(< 0.5 g/L)<br><br>< 80 mg/dl if low risk<br>(< 0.8 g/L) | The total number of all ApoB-containing lipoproteins. High levels indicate a higher risk of atherosclerosis and the development of CVD. A more specific test to determine risk than LDL-C, which, although outdated, frustratingly is more commonly ordered. | Yearly            |
| <b>TRIGLYCERIDES</b> | <100 mg/dL<br>(< 1.1 mmol/L)  | Extremely elevated triglycerides (> 1000 mg/dl) increase your risk of pancreatitis. Moderately elevated levels (125–500 mg/dl) make ApoB-containing lipoproteins more atherogenic.   | Yearly            |
| <b>Lp(a)</b>         | 0–30 mg/dl = low risk<br><br>> 50 mg/dl = very high risk                            | This once-in-a-lifetime test determines whether you produce the highly atherogenic Lp(a)s. If you do, you should be more aggressive with CVD prevention.   | Once              |

Based on the results of the three recommended tests as well as your individual risk factors such as family history, health history, and lifestyle, a few additional tests may be beneficial.

\* If ApoB is not available, use non-HDL as the best surrogate marker for ApoB. Ideal target level is <70 mg/dl (<1.8 mmol/L)

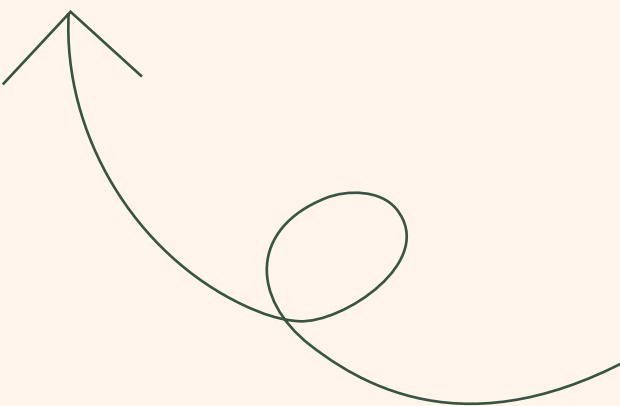
# ADDITIONAL TESTS

| ADDITIONAL TESTS       | US UNITS   | WHAT IT TELLS YOU   |
|------------------------|--|---|
| <b>DESMOSTEROL</b>     | 20th percentile: < 0.8 mg/L<br>80th percentile: > 1.5 mg/L   | Marker of cholesterol production. Useful for those with a family history of dementia when on a statin to see if cholesterol synthesis is over-suppressed. If low, it would be worth exploring a different lipid-lowering drug like ezetimibe, bempedoic acid, and/or PCSK9 inhibitor. |
| <b>LATHOSTEROL</b>     | 20th percentile: < 0.7 mg/L<br>80th percentile: > 2.7 mg/L   | Marker of cholesterol production. Useful for those with a family history of dementia when on a statin to see if cholesterol synthesis is over-suppressed. If low, it would be worth exploring a different lipid-lowering drug like ezetimibe, bempedoic acid, and/or PCSK9 inhibitor. |
| <b>BETA-SITOSTEROL</b> | 20th percentile: < 1.4 mg/L<br>80th percentile: > 3.2 mg/L   | Marker of cholesterol absorption. High levels indicate cholesterol hyper-absorption, in which case you may want to avoid plant sterol supplements and foods rich in dietary cholesterol.  |
| <b>CAMPESTEROL</b>     | 20th percentile: < 2.0 mg/dl<br>80th percentile: > 4.7 mg/dl | Marker of cholesterol absorption. High levels indicate cholesterol hyper-absorption, in which case you may want to avoid plant sterol supplements and foods rich in dietary cholesterol.  |

There are, of course, other tests that measure other contributors to ASCVD, such as blood pressure, fasting glucose, etc. Given the critical role of ApoB containing lipoproteins in ASCVD, the purpose of this summary PDF, however, is to focus on lipids.

## SOME LABS THAT OFFER THESE TESTS IN VARIOUS COUNTRIES:

- USA - [Empower DX](#)
- Canada - [DynaCare](#)
- UK - [Newcastle Laboratories](#)
- Australia - [Austin Health](#) (they offer three of these tests - sitosterol, desmosterol and lathosterol)





# PREVENT AND TREAT

- Test early. Testing should start by age 8 or 9 in most children but as soon as 2 years old in high-risk families. Adults should test ApoB and Triglycerides yearly.
- Follow a healthy lifestyle. Maintaining a high-fibre plant-rich diet, achieving a healthy weight, quitting smoking, exercising, and managing other health conditions, especially high blood pressure, and diabetes, are all protective against CVD. When you stack these on top of one another, you can dramatically lower your risk of having a heart attack or stroke.
- To help with your diet, I have created a 1-week meal plan with meal and snack ideas that emphasises foods known to improve blood lipids and de-emphasises those known to worsen blood lipids. This plant-predominant meal plan can be adapted to be omnivorous or plant-exclusive, depending on your dietary preferences.
- If test results are outside the optimal range, consider pharmacotherapy. Many people are unable to achieve an ideal ApoB without drug intervention. Your doctor can determine what drug or combination is right for you (the 4 major classes of ApoB-lowering drugs are shown in the table below).

| TYPE OF DRUG     | ACTION   | CONSIDERATIONS   |
|------------------|--|--|
| STATINS          | Reduces cholesterol synthesis in the liver and other cells               | Generally well-tolerated. Monitor Desmesterol for those with a family history of dementia to ensure cholesterol synthesis isn't over-suppressed in the brain.  |
| EZETIMIBE        | Reduces cholesterol absorption in the intestines                         | Often paired with a statin for those who cannot reach goal ApoB/LDL-C with a statin alone - especially for people with genetically elevated cholesterol (hypercholesterolemia).  |
| BEMPEDOIC ACID   | Reduces cholesterol synthesis only in the liver                          | Often paired with a statin for those who cannot reach goal ApoB/LDL-C with a statin alone - especially for people with genetically elevated cholesterol (hypercholesterolemia).  |
| PCSK9 INHIBITORS | Inhibits the liver enzyme PCSK9 which normally breaks down LDL receptors | Often paired with a statin for those who cannot reach goal ApoB/LDL-C with a statin alone - especially for people with genetically elevated cholesterol (hypercholesterolemia). Two different types are available - Evolocumab and Inclisiran. |

## FOR MORE INFORMATION, I RECOMMEND THESE RESOURCES:

1. The [3-part lipid series](#) with Dr. Thomas Dayspring
2. [2021 Dietary Guidance to Improve Cardiovascular Health: A Scientific Statement From the American Heart Association](#)
3. Simon's [conversation with Dr. David Jenkins](#), creator of the Dietary Portfolio, on lowering cholesterol through diet
4. [Dr. Gil Carvalho](#) and [Dr. Thomas Dayspring](#) on Twitter

# 1 WEEK MEAL PLAN

FOR HEALTHY  
CHOLESTEROL LEVELS



# 1 WEEK MEAL PLAN

Before we delve into the intricacies of the meal plan, I would like to provide you with some additional insights to help you grasp the significance of this heart-healthy dietary approach.

At its core, this 1-week meal plan encompasses all the essential elements of a heart-healthy dietary pattern. It is meticulously designed to be low in saturated fats, as extensive research has linked them to an increased risk of cardiovascular disease. Instead, it places a strong emphasis on the consumption of unsaturated fats, abundant in nutrient powerhouses like nuts, seeds, avocados, and olive oil. These wholesome fats have been shown to positively influence your blood lipids, improve insulin sensitivity and promote overall heart health.

Moreover, the meal plan boasts a rich array of dietary fibre and phytochemicals, which are plentiful in fruits, vegetables, whole grains, and legumes. These play a pivotal role in supporting heart health by maintaining healthy cholesterol levels, improving blood sugar regulation and reducing inflammation.

It's important to note that while my personal dietary preference is a plant-exclusive approach, I want to emphasise that a heart-healthy diet doesn't necessitate the exclusion of all animal foods.

Rather, animal-based ingredients assume a supporting role, allowing plants to shine as the star of the plate. For those who follow a plant-based diet that includes select animal foods, I have provided notes within specific recipes, suggesting ingredient swaps such as salmon or Greek yogurt. This way, you can still savor the benefits of a heart-healthy diet while incorporating animal-based options if they align with your personal preferences.

This heart-healthy dietary approach aligns with the principles explored in noteworthy clinical trials, such as the CORDIOPREV trial, the PREDIMED trial, and the Dietary Portfolio developed by the esteemed Dr. David Jenkins, a previous guest on the show. These trials have consistently demonstrated the benefits of similar dietary patterns in enhancing cardiovascular health. Furthermore, this approach remains consistent with the recommendations outlined in major cardiovascular disease prevention guidelines worldwide.

As you embark on this culinary journey with the aid of the meal plan, please remember that you are making a purposeful and science-backed choice for the well-being of your heart.

— Simon Hill

# SIMON'S 1 WEEK MEAL PLAN

| DAY  | BREAKFAST   | SNACK 1  | LUNCH   | SNACK 2   | DINNER   |
|--|---|--|---|---|--|
| <div>MONDAY</div> <div>Hint! Click on the meal to jump straight to the page.</div> | <div>KIMCHI TOFU SCRAMBLE</div> <div>Page 16</div> <div>FRESH STRAWBERRIES</div> <div>Page 17</div> | <div>CHERRIES &amp; PUMPKIN SEEDS</div> <div>Page 21</div>       | <div>CARROT &amp; MIXED BEAN SALAD WITH TAHINI DRESSING</div> <div>Page 26</div> <div>Make extra for dinner on Wednesday!</div> | <div>APPLES &amp; ALMONDS</div> <div>Page 32</div>  | <div>CHILLI LIME TEMPEH BOWLS</div> <div>Page 29</div> <div>Make extra for lunch on Wednesday!</div>                             |
| <div>TUESDAY</div>   | <div>LEMON TART SMOOTHIE</div> <div>Page 18</div>   | <div>FLAX PUDDING</div> <div>Page 22</div>                       | <div>SIMPLE WALDORF SALAD</div> <div>Page 27</div> <div>FIBRE-RICH CRACKERS</div> <div>Page 28</div>                            | <div>BLACKBERRY, CHIA &amp; ALMOND BUTTER TOAST</div> <div>Page 33</div>  | <div>TAHINI, FARRO &amp; ROASTED VEGGIE BOWL</div> <div>Page 36</div> <div>Make extra for dinner on Thursday!</div>              |
| <div>WEDNESDAY</div>   | <div>LEMON TART SMOOTHIE</div> <div>Page 18</div>   | <div>WHIPPED PEANUT BUTTER YOGHURT BOWL</div> <div>Page 24</div> | <div>CHILLI LIME TEMPEH BOWLS</div> <div>Page 29</div>  | <div>EGGPLANT &amp; BLACK BEANS WITH TAHINI</div> <div>Page 34</div> <div>Make extra for a snack on Saturday!</div> | <div>CARROT &amp; MIXED BEAN SALAD WITH TAHINI DRESSING</div> <div>Page 26</div>   |
| <div>THURSDAY</div>  | <div>CUCUMBER, MANGO &amp; BANANA SMOOTHIE</div> <div>Page 19</div>                                 | <div>FLAX PUDDING</div> <div>Page 22</div>                       | <div>CITRUS QUINOA VEGGIE BOWL</div> <div>Page 30</div> <div>Make extra for lunch on Saturday!</div>                            | <div>BLACKBERRY, CHIA &amp; ALMOND BUTTER TOAST</div> <div>Page 33</div>  | <div>TAHINI, FARRO &amp; ROASTED VEGGIE BOWL</div> <div>Page 36</div>  |
| <div>FRIDAY</div>  | <div>CHOCOLATE TAHINI LAYERED SMOOTHIE</div> <div>Page 20</div>                                     | <div>PISTACHIOS</div> <div>Page 25</div>                         | <div>KALE BLUEBERRY SALAD WITH LEMON TAHINI DRESSING</div> <div>Page 31</div> <div>Make extra for dinner tomorrow!</div>        | <div>2 LEMON BLUEBERRY FLAX MUFFINS</div> <div>Page 35</div> <div>Make extra for dinner on Sunday!</div>            | <div>CHICKPEA, TOFU &amp; SWEET POTATO BARLEY SALAD</div> <div>Page 37</div> <div>WALNUT BUTTER COOKIES</div> <div>Page 38</div> |
| <div>SATURDAY</div>  | <div>CHOCOLATE TAHINI LAYERED SMOOTHIE</div> <div>Page 20</div>                                     | <div>WHIPPED PEANUT BUTTER YOGHURT BOWL</div> <div>Page 24</div> | <div>CITRUS QUINOA VEGGIE BOWL</div> <div>Page 30</div>   | <div>EGGPLANT &amp; BLACK BEANS WITH TAHINI</div> <div>Page 34</div>  | <div>KALE BLUEBERRY SALAD WITH LEMON TAHINI DRESSING</div> <div>Page 31</div>  |
| <div>SUNDAY</div>  | <div>KIMCHI TOFU SCRAMBLE</div> <div>Page 16</div> <div>FRESH STRAWBERRIES</div> <div>Page 17</div> | <div>CHERRIES &amp; PUMPKIN SEEDS</div> <div>Page 21</div>       | <div>SIMPLE WALDORF SALAD</div> <div>Page 27</div> <div>FIBRE-RICH CRACKERS</div> <div>Page 28</div>                            | <div>LEMON BLUEBERRY FLAX MUFFINS</div> <div>Page 35</div>  | <div>CHICKPEA, TOFU &amp; SWEET POTATO BARLEY SALAD</div> <div>Page 37</div>   |

# NUTRITIONAL INFORMATION

## MONDAY

|          |       |
|----------|-------|
| Calories | 1913  |
| Fat      | 104 g |
| Carbs    | 179 g |
| Fibre    | 52 g  |
| Protein  | 99 g  |

## TUESDAY

|          |       |
|----------|-------|
| Calories | 1843  |
| Fat      | 90 g  |
| Carbs    | 184 g |
| Fibre    | 56 g  |
| Protein  | 98 g  |

## WEDNESDAY

|          |       |
|----------|-------|
| Calories | 1891  |
| Fat      | 93 g  |
| Carbs    | 190 g |
| Fibre    | 67 g  |
| Protein  | 100 g |

## THURSDAY

|          |       |
|----------|-------|
| Calories | 2036  |
| Fat      | 92 g  |
| Carbs    | 213 g |
| Fibre    | 50 g  |
| Protein  | 113 g |

## FRIDAY

|          |       |
|----------|-------|
| Calories | 2129  |
| Fat      | 99 g  |
| Carbs    | 226 g |
| Fibre    | 60 g  |
| Protein  | 107 g |

## SATURDAY

|          |       |
|----------|-------|
| Calories | 1961  |
| Fat      | 90 g  |
| Carbs    | 205 g |
| Fibre    | 68 g  |
| Protein  | 109 g |

## SUNDAY

|          |       |
|----------|-------|
| Calories | 1912  |
| Fat      | 96 g  |
| Carbs    | 191 g |
| Fibre    | 55 g  |
| Protein  | 101 g |



# SHOPPING LIST

## FRUITS

- ☐ 3 apples
- ☐ 4 avocados
- ☐ 2 bananas
- ☐ ½ cup blackberries
- ☐ 4 ¼ cups blueberries
- ☐ 2 cups cherries
- ☐ 1 cup grapes
- ☐ 8 lemons
- ☐ 2 tbsp lemon juice
- ☐ 2 tsp lemon zest
- ☐ 6 limes
- ☐ 2 navel oranges
- ☐ 1 ½ cups raspberries
- ☐ 9 cups strawberries

## BREAKFAST

- ☐ ¼ cup all natural peanut butter
- ☐ 1 cup almond butter
- ☐ ⅓ cup maple syrup

## BOXED & CANNED

- ☐ 3 cups black beans
- ☐ 6 cups chickpeas
- ☐ 1 cup farro
- ☐ 6½ cups lentils
- ☐ 4 cups mixed beans
- ☐ 1 cup pearl barley
- ☐ 3 cups quinoa
- ☐ ½ cup vegetable broth

## FROZEN

- ☐ ½ cup frozen banana
- ☐ 6 cups frozen edamame
- ☐ ½ cup frozen mango

## VEGETABLES

- ☐ 8 cups salad greens
- ☐ 2 cups baby kale
- ☐ 7 cups baby spinach
- ☐ 2 beetroots (beets)
- ☐ 6 carrots
- ☐ 2 heads cauliflower
- ☐ 8 stalks celery
- ☐ ⅔ cup chives
- ☐ ¼ cucumber
- ☐ 4 eggplants
- ☐ 6 garlic cloves
- ☐ 2 green capsicums (green bell peppers)
- ☐ 32 cups kale leaves
- ☐ 4 cups mixed greens
- ☐ ½ cup parsley
- ☐ 2 parsnips
- ☐ 4 cups radishes
- ☐ 2 red capsicums (red bell peppers)
- ☐ 1 sweet potato
- ☐ 8 tomatoes
- ☐ 2 turnips
- ☐ 1 yellow onion
- ☐ 1½ zucchinis

## BREAD & COLD ITEMS

- ☐ 453 g silken tofu
- ☐ 57 g sourdough bread
- ☐ 510 g tempeh
- ☐ 3 kg tofu
- ☐ 2 cups plain Greek yogurt
- ☐ 8 cups unsweetened soy milk

## SEEDS, NUTS & SPICES

- ☐ ¼ cup almonds
- ☐ ⅔ cup chia seeds
- ☐ 1½ tbsp chili powder
- ☐ 1½ tsp cinnamon
- ☐ 1½ tsp cumin
- ☐ 2 tsp dried rosemary
- ☐ 2 tsp dried thyme
- ☐ 1½ tbsp garlic powder
- ☐ 1½ cups ground flaxseed
- ☐ 2 tsp onion powder
- ☐ ¼ cup pistachios, in shell
- ☐ 1½ cups pumpkin seeds
- ☐ 1¾ tbsp sea salt
- ☐ Sea salt & black pepper, to taste
- ☐ ½ cup sesame seeds
- ☐ 1 tsp smoked paprika
- ☐ 2 cups sunflower seeds
- ☐ 3 cups walnuts
- ☐ ¼ cup whole flaxseeds

## BAKING GOODS

- ☐ 1½ tbsp baking powder
- ☐ 2 tsp baking soda
- ☐ 2 tbsp cacao powder
- ☐ 1½ cups coconut sugar
- ☐ ½ cup dark chocolate chips
- ☐ 4 flax egg
- ☐ ¼ cup nutritional yeast
- ☐ 5 cups oat flour
- ☐ 2 tbsp oats
- ☐ 2 tbsp pitted dates
- ☐ ¼ cup psyllium husk powder
- ☐ 1½ cups unsweetened applesauce
- ☐ 1 tbsp vanilla extract

## CONDIMENTS & OILS

- ☐ ½ cup apple cider vinegar
- ☐ ¼ cup avocado oil
- ☐ 2 tbsp coconut aminos
- ☐ 1 cup extra virgin olive oil
- ☐ ¼ cup Italian dressing
- ☐ 2 cups kimchi
- ☐ 1 tbsp red wine vinegar
- ☐ 2 tbsp rice vinegar
- ☐ 2 tsp sesame oil
- ☐ 2 cups tahini
- ☐ 2 tbsp tamari

## OTHER

- ☐ 1¼ cups vanilla protein powder
- ☐ 7⅓ cups water

# KIMCHI TOFU SCRAMBLE



One serve is approx. 1 cup

Experience the irresistible fusion of flavours in our Kimchi Tofu Scramble. With bold sesame and tamari-infused tofu, tangy kimchi, and a delightful crunch of walnuts, this breakfast sensation will leave you craving more. Elevate your mornings with this quick and delicious twist on a classic favourite.

## INGREDIENTS:

1 tsp sesame oil  
453 g tofu, regular firm, patted dry, crumbled  
1 tbsp tamari

4 cups kale leaves, stems removed, finely chopped, packed  
2 tbsp nutritional yeast

1 cup kimchi, drained  
¼ cup walnuts

## METHOD:

1. Heat the oil in a large skillet over medium-high heat. Add the crumbled tofu and cook for two to three minutes, stirring gently.
2. Reduce the heat to medium and add the tamari and kale. Cook until soft, about three to five minutes. Turn the heat off.
3. Add the nutritional yeast and kimchi. Heat until just warmed through, about one minute.
4. Divide into bowls, top with walnuts and enjoy!

\* Leftovers: Refrigerate in an airtight container for up to four days.



# FRESH STRAWBERRIES



With their refreshing taste and numerous health benefits, fresh strawberries are a true treat for both the palate and well-being.

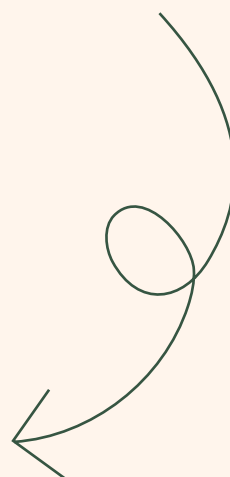
## INGREDIENTS:

4 cups strawberries



## METHOD:

1. Wash strawberries under cold water and remove the stems.
2. Dry well. Slice and divide into bowls.
3. Enjoy!



Make Them Last: Once strawberries are washed, they tend not to last as long. So do not wash until you are ready to eat.

# LEMON TART SMOOTHIE



Savour the refreshing zest of our Lemon Tart Smoothie. Blend together fresh lemon, sweet raspberries, creamy almond butter, and nutritious ingredients for a tantalizing treat that will brighten your day. Enjoy the invigorating burst of citrus and berry goodness in every sip.

## INGREDIENTS:

- |  |                                |
|--|--------------------------------|
| ½ lemon cut into pieces, seeds removed | 2 tbsp vanilla protein powder* |
| ¾ cup raspberries, frozen              | 1 tbsp almond butter           |
| ¾ zucchini, chopped                    | 1 cup unsweetened soy milk     |
|  | 1 tbsp ground flaxseed         |

## METHOD:

1. Place all ingredients in your blender and blend until smooth.
2. Enjoy!

\* No Protein Powder: Use ¼ cup low fat Greek-yogurt per serving instead.





# CUCUMBER, MANGO & BANANA SMOOTHIE



Indulge in the refreshing fusion of flavours with our Cucumber, Mango & Banana Smoothie. A perfect blend for a revitalising treat. Start your day right with this refreshing and nutritious smoothie.

## INGREDIENTS:

|                            |                            |                              |
|----------------------------|----------------------------|------------------------------|
| 1 cup unsweetened soy milk | ¼ medium cucumber, chopped | ½ tsp cinnamon               |
| ½ cup frozen banana        | 1 cup baby spinach         | ¼ cup vanilla protein powder |
| ½ cup frozen mango         | 2 tbsp almond butter       | 1 tbsp ground flaxseed       |



## METHOD:

1. Add all of the ingredients into a blender and blend until smooth.
2. Pour into a glass and enjoy!

- \* Leftovers: Best enjoyed immediately.
- \* No Almond Milk: Use another plant-based milk such as cashew or oat.
- \* No Almond Butter: Use cashew butter or sunflower seed butter.
- \* Additional Toppings: Add chia seeds or hemp seeds.
- \* Protein Powder: This recipe was tested using plant-based vanilla protein powder.

# CHOCOLATE TAHINI LAYERED SMOOTHIE



Delight in the decadent layers of our Chocolate Tahini Layered Smoothie. A rich chocolate layer is poured over a creamy vanilla base, creating a mesmerising swirl of flavours. Indulge in this heavenly creation and savour the harmonious combination of velvety chocolate and nutty tahini.

## INGREDIENTS:

|                                     |                              |                     |
|-------------------------------------|------------------------------|---------------------|
| 1 cup unsweetened soy milk          | 1½ tsp chia seeds            | 1 tbsp pitted dates |
| ½ banana, frozen                    | 1 tbsp ground flaxseed       | 1 tbsp cacao powder |
| 1 cup baby kale,<br>roughly chopped | 1 tbsp tahini                |                     |
|                                     | ¼ cup vanilla protein powder |                     |

## METHOD:

1. In a blender, add the milk, banana, kale, flax, chia seeds, tahini and protein powder. Blend until smooth and creamy. Pour half of the smoothie into a glass.
2. In the same blender, add the dates and cacao powder and blend until smooth and creamy.
3. Pour the chocolate layer over the vanilla and swirl to combine. Enjoy!



Pitted Dates: One serving is equal to approximately one to two dates.

More Veggies: Add frozen cauliflower to the vanilla layer.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.





# CHERRIES & PUMPKIN SEEDS



Enjoy this delicious and nourishing duo to fuel your body and indulge in a wholesome snack choice.

## INGREDIENTS:

- 1 cup cherries
- ¼ cup pumpkin seeds



## METHOD:

1. Serve the cherries with the pumpkin seeds and enjoy!



- \* Leftovers: Store cherries and pumpkin seeds separately until ready to serve.
- No Pumpkin Seeds: Use another nut or seed instead.

# FLAX PUDDING



Experience the creamy texture, nutty flavours, and fruity sweetness in every spoonful. Treat yourself to this nourishing Flax Pudding and enjoy a delightful moment of indulgence.

## INGREDIENTS:

|   |                             |
|---|-----------------------------|
| ½ cup unsweetened soy milk, from the carton | ½ banana, mashed            |
| 2 tbsp vanilla protein powder               | 1 tbsp oats                 |
| 2 tbsp ground flaxseed                      | 2 tbsp walnuts              |
|   | ½ cup strawberries, chopped |



## METHOD:

1. Combine the milk, protein powder, flax, mashed banana and oats in a bowl or container.
2. Refrigerate for at least three hours or until flax have set and pudding has chilled.
3. To serve, stir well and top with strawberries and walnuts. Top with extra milk if needed and enjoy!

\* Leftovers: Refrigerate in an airtight container for up to four days. Cut fruit just before serving.

More Flavour: Add cinnamon or liquid sweetener of choice.

Additional Toppings: Add other fresh berries or chopped fruit.

More Protein: Top with a dollop of Greek yogurt.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.

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# WHIPPED PEANUT BUTTER YOGHURT BOWL



This nutritious and satisfying bowl perfectly balances the rich and nutty essence of peanut butter with the tangy creaminess of yoghurt. Treat yourself to this wholesome delight and savour the harmonious combination of flavours.

## INGREDIENTS:

- |                                   |                                     |
|-----------------------------------|-------------------------------------|
| 1 cup plain Greek yogurt, low-fat | 2 tbsp blueberries, fresh or frozen |
| 2 tbsp all natural peanut butter  | ½ tsp cinnamon                      |
| 1 tbsp ground flaxseed            |                                     |

## METHOD:

1. In a bowl, whisk the yogurt, peanut butter, flax, and cinnamon together vigorously.
2. Top with blueberries and enjoy!



Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately one cup of yogurt.

Dairy-Free: Use coconut yogurt instead of Greek yogurt.

More Flavor: Swirl berry jam or chia jam into the yogurt.



# PISTACHIOS



These delectable nuts offer a satisfying crunch and a rich, buttery flavour that will keep you coming back for more. Packed with essential nutrients, pistachios provide a wholesome blend of protein, fibre, healthy fats, and a variety of vitamins and minerals.

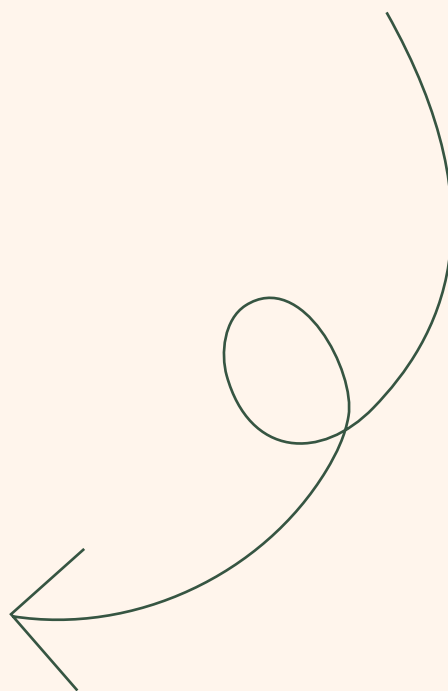
## INGREDIENTS:

¼ cup pistachios, in shell



## METHOD:

1. Divide into bowls, peel and enjoy!



# CARROT & MIXED BEAN SALAD WITH TAHINI DRESSING

This wholesome salad is a feast for the senses. The luscious dressing with tahini and maple syrup over the refreshing crunch of nourishing vegetables will satisfy your taste buds and energise your day.



One serve  
equals approx.  
2 cups.

## INGREDIENTS:

|   |                            |  |
|---|----------------------------|--|
| ½ cup tahini                            | 2 cups mixed beans, cooked | 1 avocado, chopped                         |
| 1⅓ tbsp maple syrup                     | 2 stalks celery, sliced    | ⅓ cup chives, chopped,<br>flowers optional |
| 3 tbsp apple cider vinegar,<br>to taste | 4 small tomato, chopped    | 2 cups frozen edamame                      |
| ¼ cup water                             | 1 large carrot, shredded   |  |



## METHOD:

1. In a jar, whisk together the tahini, maple syrup, vinegar, and water. Set aside.
2. Arrange the beans, edamame, celery, tomato, carrot, and avocado in a large salad bowl.
3. Drizzle with the dressing and top with chives. Toss the salad before serving and enjoy!

\* Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving equals approximately two cups.

More Flavor: Add salt and pepper to taste.



# SIMPLE WALDORF SALAD

With its refreshing combination of crisp ingredients and creamy dressing, this Waldorf Salad is a perfect balance of taste and texture. Experience the ease and deliciousness of this classic salad and savour the delightful flavours.



One serve  
equals approx.  
2 cups.

## INGREDIENTS:

2 tsp lemon juice  
¼ tsp sea salt  
1 medium apple,  
cored, chopped  
2 stalks celery, sliced  
4 cups salad greens

½ cup grapes  
(seedless, halved)  
¾ cup lentils (cooked,  
drained, and rinsed)  
227 g silken tofu  
1 lemon (juiced)

2 garlic cloves, minced  
Black pepper, to taste  
¼ cup walnuts



## METHOD:

1. Add silken tofu, garlic, salt, pepper, and lemon juice to a food processor. Blend until smooth.
2. Divide the salad greens, lentils, apple, celery, and grapes onto plates. Top with walnuts. Drizzle the dressing over the top and enjoy!

\* Leftovers: Refrigerate the salad and dressing in separate airtight containers for up to three days.

Extra Protein: Top with smoked oysters

No Lemon Juice: Use apple cider vinegar instead.

# FIBRE-RICH CRACKERS

Experience the perfect combination of health and taste with our Fibre-rich Crackers. Packed with a variety of seeds, these crackers are a treasure trove of fibre and nutrients. These crackers are packed with nutrients and provide a satisfying crunch. Enjoy them as a healthy snack or pair them with your favourite dips and spreads.



One serve equals approx. one 2.5x7.5cm cracker

## INGREDIENTS:

|                            |                             |                      |
|----------------------------|-----------------------------|----------------------|
| ½ cup pumpkin seeds, raw   | 2 tbsp psyllium husk powder | 1 tsp dried thyme    |
| 1 cup sunflower seeds, raw | ¼ cup sesame seeds          | 1 tsp dried rosemary |
| 2 tbsp whole flaxseeds     | 1 tsp garlic powder         | ½ tsp sea salt       |
| ¼ cup chia seeds           | 1 tsp onion powder          | 1½ cups water        |

## METHOD:

1. Preheat oven to 325°F (121°C) and line a baking sheet with parchment paper.
2. In a large mixing bowl, combine all ingredients.
3. Let the dough sit for about 10 minutes to allow the psyllium husk to absorb the water and thicken the dough.
4. Transfer the dough to the baking sheet and use a spatula to spread the dough out evenly into a thin layer.
5. Bake for about 35–40 minutes, or until the crackers are golden brown and crispy.
6. Remove the baking sheet from the oven and let the crackers cool for a few minutes.
7. Use a knife or pizza cutter to cut the crackers into desired shapes and sizes.



\* Storage: Refrigerate in an airtight container up to 5 days, or freeze if longer.

# CHILI LIME TEMPEH BOWLS



Experience the bold and refreshing flavours of our Chili Lime Tempeh Bowls. Marinated in a tantalising blend of spices the tempeh transforms into a zesty delight alongside vibrant vegetables adding a burst of colour and texture. Immerse yourself in the invigorating combination of smoky, tangy, and mildly spicy tastes that will awaken your palate.

## INGREDIENTS:

|                              |   |   |
|------------------------------|---|---|
| ½ tsp smoked paprika         | ¼ cup vegetable broth                           | 1 green capsicum (green bell pepper), thinly sliced |
| 2 tsp chili powder, divided  | 1 tsp maple syrup                               | ½ yellow onion, thinly sliced                       |
| 2 tsp cumin, divided         | 255 g tempeh, cut into thin pieces              | 1 tbsp water  |
| 1 tsp garlic powder, divided | 1 red capsicum (red bell pepper), thinly sliced | 1 cup quinoa  |
| ¾ tsp sea salt, divided      |   | 1 avocado, sliced                                   |
| 3 limes, juiced              |   |   |

## METHOD:

1. In a shallow bowl or zipper-lock bag combine the paprika, half of the chili powder, half of the cumin, half of the garlic powder, and two-thirds of the salt. Stir in the lime juice, vegetable broth and maple syrup and mix well. Add in the tempeh and gently toss to coat the tempeh in the marinade. Let the tempeh marinate for at least one hour or up to 8 hours. If marinating for longer than 1 hour keep the tempeh in the fridge.
2. When the tempeh has finished marinating, preheat your oven to 375°F (190°C) and line a large baking sheet with parchment paper.
3. Add the peppers and onion to a large mixing bowl. Add the remaining chili powder, cumin, garlic, salt and water and toss to coat the vegetables. Transfer the seasoned vegetables to the prepared baking sheet and arrange on one-third of the pan.
4. Gently toss to coat the tempeh in the marinade again then arrange the tempeh evenly on the remaining two-thirds of the baking sheet. Ensure the pieces are not overlapping or touching. Discard any remaining marinade. Bake for 28–30 minutes, flipping halfway through, or until the vegetables are tender.
5. Meanwhile, cook the quinoa according to the package directions.
6. Divide the quinoa, tempeh and vegetables between bowls and serve with the sliced avocado. Enjoy!



\* Leftovers: Refrigerate in an airtight container for up to two days.

More Flavor: Add cayenne pepper for a spicy tempeh. Use oil to roast the vegetables.

Additional Toppings: Coriander (cilantro), salsa, yogurt, diced tomatoes or sliced green onions.



# CITRUS QUINOA VEGGIE BOWL



The Citrus Quinoa Veggie Bowl offers an invigorating combination of wholesome ingredients and refreshing citrus notes with a protein-packed base that offers both substance and satiety. This citrusy goodness is a delicious and wholesome choice.

## INGREDIENTS:

|                                   |   |                                     |
|-----------------------------------|---|-------------------------------------|
| ½ cup quinoa                      | 1 medium carrot, spiralised or cut into ribbons | 1 tbsp extra virgin olive oil       |
| ½ cup cooked lentils, rinsed well | 1 navel orange, cut into segments then chopped  | 1 tbsp apple cider vinegar          |
| 227 g tofu, cubed                 | 2 tbsp walnuts, chopped                         | 1 sea salt & black pepper, to taste |
| 1 cup baby spinach                |   |                                     |

## METHOD:

1. Cook the quinoa according to package directions. When the quinoa is cooked stir in the lentils and cubed tofu. Allow the quinoa and lentil mixture to cool slightly.
2. To assemble, divide the spinach, carrot, quinoa, and lentil mixture between bowls. Top with the orange segments and walnuts. Drizzle the oil and vinegar over top, sprinkle with sea salt and black pepper and enjoy!



Leftovers: Refrigerate in an airtight container for up to three days. Drizzle with lemon juice and olive oil just before serving.

Nut-Free: Omit walnuts or use pumpkin seeds or sunflower seeds instead.

More Flavor: Add fresh herbs or chopped green onion.

No Baby Spinach: Use mixed salad greens instead.

No Carrot: Use spiralised zucchini or cucumber instead.

No Brown Lentils: Use another lentil, chickpeas, or white beans instead.

No Spiraliser: Use grated carrot or carrot ribbons instead.

Replace Protein: Try a 113 g piece of wild-caught salmon instead of tofu.



# KALE BLUEBERRY SALAD WITH LEMON TAHINI DRESSING



This vibrant salad is a perfect balance of textures and flavours. Enjoy the crispness of massaged kale leaves, perfectly coated in a tangy blend of lemon-tahini dressing topped with a protein-rich combination of lentils, black beans, and edamame.

## INGREDIENTS:

|  |   |                                       |
|--|---|---------------------------------------|
| 8 cups kale leaves, chopped            | ¼ cup tahini                              | ½ cup black beans, rinsed and drained |
| 2 tbsp extra virgin olive oil, divided | 1 lemon, juiced                           | 1 cup frozen edamame, thawed          |
| 1½ tsp red wine vinegar                | 1 tbsp maple syrup                        | 2 cups radishes, finely sliced        |
| Sea salt & black pepper, to taste      | ¼ cup water                               | 1 cup blueberries                     |
|  | 2 cups cooked lentils, drained and rinsed |                                       |

## METHOD:

1. Place kale leaves in a large bowl. Add half of your olive oil, red wine vinegar and season with sea salt and black pepper to taste. Massage very well until kale is coated. Set aside.
2. In a blender or food processor, combine your remaining olive oil and lemon juice with tahini, maple syrup and water. Add a pinch of sea salt and blend very well until smooth. (Tip: Add extra water 1 tbsp at a time if the dressing is too thick.)
3. Divide your kale in between bowls and top with lentils, black beans, edamame, radishes and blueberries. Drizzle with desired amount of lemon-tahini dressing and enjoy!



\* No Kale: Use any dark leafy green instead.  
No Lentils: Use chickpeas or beans instead.  
Storage: Stores well in the fridge up to 2 days.

# APPLES & ALMONDS



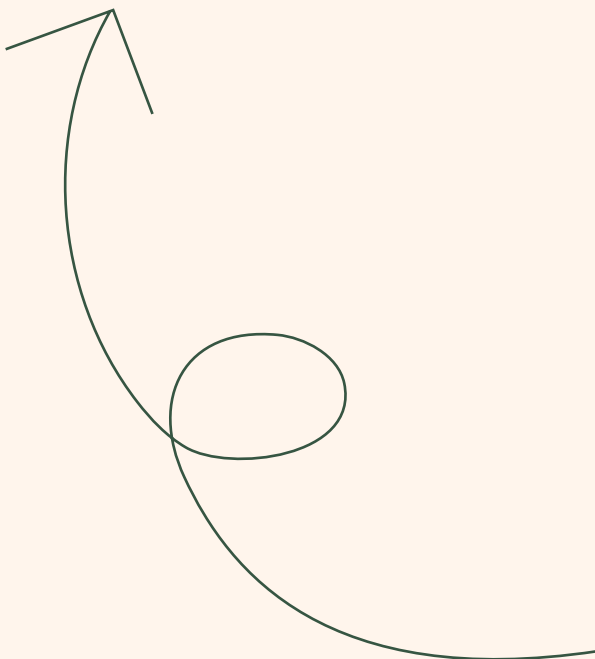
Grab an apple and a handful of almonds and enjoy a snack that tantalises your taste buds and nourishes your body.

## INGREDIENTS:

1 apple, sliced  
¼ cup almonds

## METHOD:

1. Core apple and cut it into slices.
2. Serve with almonds.





# BLACKBERRY, CHIA & ALMOND BUTTER TOAST



The mashed blackberries and chia seeds create a luscious spread packed with antioxidants and fibre on top of creamy almond butter. Each bite offers a perfect balance of flavours and textures.

One serve  
equals 1 piece  
of toast

## INGREDIENTS:

- ¼ cup blackberries
- 1 tsp chia seeds
- 28 g sourdough bread,  
whole grain — toasted
- 1 tbsp almond butter

## METHOD:

1. In a bowl, mash the blackberries lightly with a fork. Stir in the chia seeds.
2. Spread the almond butter onto the toast. Top with the blackberry mixture.
3. Enjoy!



Leftovers: For best results, enjoy freshly made. Refrigerate for up to one day.

More Flavor: Use raspberries or strawberries instead. Use peanut butter or pumpkin seed butter instead.

Gluten-Free: Use gluten-free bread instead of whole grain bread.

# EGGPLANT & BLACK BEANS WITH TAHINI



Indulge in the rich, caramelised goodness of roasted eggplant, glazed with avocado oil for a tantalising taste. Seasoned black beans provide a satisfying and flavorful element. Drizzle the dish with a creamy tahini dressing, boasting the perfect balance of creamy richness and tangy lemon undertones.

## INGREDIENTS:

|                                    |                         |  |
|------------------------------------|-------------------------|--|
| 2 eggplant, cut in half lengthwise | ½ tsp sea salt, divided | 2 cups baby spinach, side salad, add anything you want |
| 2 tbsp avocado oil, divided        | ½ tsp cumin             | ¼ cup parsley, chopped                                 |
| 1 cup black beans, cooked          | 1 tbsp tahini           |  |
|                                    | 1 tsp lemon juice       |  |

## METHOD:

1. Preheat the oven to 425F (218°C) and line a baking sheet with parchment paper. Place the eggplant on the sheet, cut side facing up and brush with half the avocado oil.
2. Lightly dry the beans with paper towel and add to a medium-sized bowl. Toss with half the sea salt and cumin. Add the beans to the baking sheet alongside the eggplant. Bake for 15 minutes. Remove, gently shake the baking sheet and flip the eggplant. Bake for 15 minutes more.
3. Make the tahini dressing by adding the remaining avocado oil, remaining sea salt, tahini and lemon juice to a mason jar. Shake vigorously until all ingredients are combined. If the dressing is too thick, thin with a splash of water.
4. Once the eggplant and black beans are finished cooking, add to a plate. Top with tahini dressing and parsley. Add a large side salad. Serve and enjoy!



\* Leftovers: Refrigerate in an airtight container for up to three days. For best results, store the tahini dressing separately. Reheat the eggplant and chickpeas in the oven or microwave.

More Flavor: Add spices to the beans such as paprika, or add garlic to the tahini sauce.

# LEMON BLUEBERRY FLAX MUFFINS



One serve  
equals 1 muffin

The zesty lemon infuses each bite with a bright and refreshing citrus tang, perfectly complemented by the burst of juicy blueberries throughout. Offering a delightful balance of flavours, wholesome goodness, and a pleasing combination of softness and crunch, these Lemon Blueberry Flax Muffins are a delectable and healthful treat for any time of the day.

## INGREDIENTS:

|                       |   |   |
|-----------------------|---|---|
| 2 cups oat flour      | 1 cup unsweetened soy milk, unsweetened     | ½ lemon juiced  |
| ⅓ cup ground flaxseed | ¼ cup almond butter                         | 2 flax egg, mix 2 tbsp flax meal with 6 tbsp water, let sit 5 min |
| ⅓ cup coconut sugar   | 1 tsp vanilla extract                       | ½ cup unsweetened applesauce                                      |
| 2 tsp baking powder   | 1 cup blueberries, fresh or frozen, divided |   |
| ½ tsp baking soda     | 1 tsp lemon zest                            |   |
| ½ tsp sea salt        |   |   |

## METHOD:

1. Preheat the oven to 350°F (175°C). Line a muffin tray with liners or use a silicone muffin tray.
2. In a large mixing bowl, combine the flour, ground flax, baking soda, salt, and baking powder.
3. In a separate bowl, whisk together the sugar, applesauce, almond butter, soy milk, lemon juice, lemon zest, flax eggs and vanilla extract. Add to the dry ingredients and mix well until combined. Gently fold in most of the blueberries, saving some for garnish.
4. Scoop the batter into the muffin tray, and top with the remaining blueberries.
5. Bake for 20–25 minutes, or until a toothpick comes out clean. Let cool before serving and enjoy!

\* Leftovers: Store at room temperature in an airtight container for up to three days. Refrigerate in an airtight container for up to one week, or freeze if longer.





# TAHINI, FARRO & ROASTED VEGGIE BOWL



This bowl offers a symphony of caramelised sweetness and earthy notes. A harmonious combination of flavours, an abundance of nutrients, and the contrasting textures of tender roasted vegetables, chewy farro, crisp kale, and creamy tahini dressing.

## INGREDIENTS:

|   |   |                               |
|---|---|-------------------------------|
| 1 head cauliflower, cut into florets          | 1 parsnip, chopped into 1 inch pieces       | 2 tbsp extra virgin olive oil |
| 1 carrot, chopped into 1 inch rounds          | 1 cup chickpeas, cooked, drained and rinsed | 1 lemon, juiced               |
| 1 beetroot (beet), chopped into 1 inch pieces | ½ cup farro, uncooked                       | 1 garlic, clove, minced       |
| 1 turnip, chopped into 1 inch pieces          | 1½ cups water                               | ¼ tsp sea salt                |
|   | 2 tbsp tahini                               | 4 cups kale leaves            |
|   |   | 453 g tofu, cubed             |

## METHOD:

1. Preheat oven to 420°F (216°C).
2. Place cauliflower florets, carrots, beetroot (beet), turnip and parsnip in a large mixing bowl (toss beetroot separately if you want to keep the lighter veggies clean). Season with sea salt and pepper and drizzle with a splash of extra virgin olive oil. Toss well. Line a large baking sheet with parchment paper and spread vegetables evenly across. Bake in oven for 30 minutes.
3. Meanwhile, cook farro to package instructions.
4. Create your dressing by combining tahini, extra virgin olive oil, lemon juice, minced garlic and sea salt together in a mason jar. Add 3 tbsp warm water. Shake well and set aside. (Note: Feel free to add extra water, 1 tbsp at a time, to reach desired dressing consistency.)
5. Place the kale in a bowl and massage with a bit of extra virgin olive oil. Season with sea salt. Place in frying pan over medium heat and sauté just until wilted. Transfer into a bowl.
6. In the same pan, heat a bit of oil and cook cubed tofu until brown.
7. Pour your chickpeas into the same frying pan (which should still be lightly greased from the kale) and saute until slightly browned.
8. Assemble your Buddha bowl by placing farro in the bottom of a bowl and arranging roasted winter vegetables, sautéed kale and warm chickpeas on the top. Drizzle desired amount of dressing over the bowl. Enjoy!



\* Leftovers: Refrigerate in an airtight container for up to four days. For best results, refrigerate the ingredients separately.

Protein: Swap tofu for 1 pound of wild-caught salmon

# CHICKPEA, TOFU & SWEET POTATO BARLEY SALAD



One serve is  $\frac{2}{3}$  cup of mixed greens, 130 g of tofu,  $\frac{3}{4}$  cup of chickpeas, and  $\frac{1}{3}$  of a sweet potato

This Chickpea, Tofu & Sweet Potato Barley Salad offers a balanced blend of flavours, wholesome ingredients, and vibrant colours. Experience the irresistible flavours and delightful textures of tender pearl barley, succulent tofu, creamy chickpeas, and the tangy twist of marinated and roasted sweet potatoes.

## INGREDIENTS:

- |                                     |                               |
|-------------------------------------|-------------------------------|
| $\frac{1}{2}$ cup pearl barley, dry | 2 tbsp extra virgin olive oil |
| 397 g tofu, cut into triangles      | 1 tbsp rice vinegar           |
| 2 cups chickpeas, cooked            | 2 cups mixed greens           |
| $\frac{1}{2}$ sweet potato, cubed   | 2 tbsp Italian dressing       |
| 1 tbsp coconut aminos               |                               |

## METHOD:

1. Cook the barley according to package directions.
2. Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper. Place the tofu, chickpeas and sweet potato on the baking sheet.
3. Mix together the coconut aminos, oil, and rice vinegar. Brush this marinade onto the tofu and pour the rest onto the sweet potato and chickpeas, mixing well with your hands. Bake for 20 minutes or until the tofu edges brown.
4. Divide the mixed greens evenly between bowls. Top with the quinoa, sweet potatoes, chickpeas, tofu, and Italian dressing. Enjoy!



- \* Leftovers: Refrigerate in an airtight container for three days. Store the Italian dressing separately.
- More Flavor: Add minced garlic, shallots, and rosemary to the marinade. Cook the barley in vegetable broth.
- Additional Toppings: Hemp hearts, dried cranberries and/or goat cheese.
- No Coconut Aminos: Use soy sauce or tamari instead.
- No Italian Dressing: Use your favourite premade dressing or make your own.



# WALNUT BUTTER COOKIES

These delightful cookies feature a smooth blend of walnuts, applesauce, and coconut sugar, creating a rich and nutty flavour. Enhanced with a hint of vanilla extract, these cookies are perfectly sweet and aromatic.



One serve  
is 1 cookie



## INGREDIENTS:

|                              |                                       |
|------------------------------|---------------------------------------|
| 1 ½ cups walnuts             | ½ cup coconut sugar                   |
| ½ cup unsweetened applesauce | 1 cup oat flour                       |
| 1 tsp baking soda            | ½ cup dark chocolate chips (optional) |
| 1 tsp vanilla extract        | ⅛ tsp sea salt                        |

## METHOD:

1. Preheat the oven to 350°F (177°C). Line a baking sheet with parchment paper or a silicone baking mat.
2. Place walnuts, apple sauce, sugar, baking soda, vanilla, and sea salt in a blender and blend until smooth.
3. Transfer to a bowl and add oat flour and chocolate chips (if using). Mix together.
4. Spoon out onto cookie sheet and bake 8–10 mins. Enjoy!



Leftovers: Freeze in an airtight container or freezer bag. Serve from frozen for best results.



# NUTRITIONAL INFORMATION



# NUTRITIONAL INFORMATION

## KIMCHI TOFU SCRAMBLE

|          |      |
|----------|------|
| Calories | 372  |
| Fat      | 25 g |
| Carbs    | 12 g |
| Fibre    | 8 g  |
| Protein  | 33 g |

## FRESH STRAWBERRIES

|          |      |
|----------|------|
| Calories | 46   |
| Fat      | 0 g  |
| Carbs    | 11 g |
| Fibre    | 3 g  |
| Protein  | 1 g  |

## LEMON TART SMOOTHIE

|          |      |
|----------|------|
| Calories | 334  |
| Fat      | 16 g |
| Carbs    | 27 g |
| Fibre    | 12 g |
| Protein  | 24 g |

## CUCUMBER, MANGO & BANANA SMOOTHIE

|          |      |
|----------|------|
| Calories | 568  |
| Fat      | 25 g |
| Carbs    | 56 g |
| Fibre    | 13 g |
| Protein  | 37 g |

## CHOCOLATE TAHINI LAYERED SMOOTHIE

|          |      |
|----------|------|
| Calories | 451  |
| Fat      | 19 g |
| Carbs    | 40 g |
| Fibre    | 12 g |
| Protein  | 35 g |

## CHERRIES & PUMPKIN SEEDS

|          |      |
|----------|------|
| Calories | 277  |
| Fat      | 16 g |
| Carbs    | 28 g |
| Fibre    | 5 g  |
| Protein  | 11 g |

## FLAX PUDDING

|          |      |
|----------|------|
| Calories | 345  |
| Fat      | 17 g |
| Carbs    | 31 g |
| Fibre    | 8 g  |
| Protein  | 20 g |

## WHIPPED PEANUT BUTTER YOGURT BOWL

|          |      |
|----------|------|
| Calories | 210  |
| Fat      | 12 g |
| Carbs    | 12 g |
| Fibre    | 2 g  |
| Protein  | 15 g |

## PISTACHIOS

|          |      |
|----------|------|
| Calories | 159  |
| Fat      | 13 g |
| Carbs    | 8 g  |
| Fibre    | 3 g  |
| Protein  | 6 g  |

## CARROT & MIXED BEAN SALAD WITH TAHINI DRESSING

|          |      |
|----------|------|
| Calories | 513  |
| Fat      | 28 g |
| Carbs    | 48 g |
| Fibre    | 18 g |
| Protein  | 25 g |

## SIMPLE WALDORF SALAD

|          |      |
|----------|------|
| Calories | 331  |
| Fat      | 14 g |
| Carbs    | 41 g |
| Fibre    | 11 g |
| Protein  | 16 g |

## FIBER-RICH CRACKERS

|          |      |
|----------|------|
| Calories | 179  |
| Fat      | 14 g |
| Carbs    | 11 g |
| Fibre    | 7 g  |
| Protein  | 6 g  |



# NUTRITIONAL INFORMATION

## CHILI LIME TEMPEH BOWLS

|          |      |
|----------|------|
| Calories | 403  |
| Fat      | 17 g |
| Carbs    | 47 g |
| Fibre    | 9 g  |
| Protein  | 21 g |

## CITRUS QUINOA VEGGIE BOWL

|          |      |
|----------|------|
| Calories | 469  |
| Fat      | 21 g |
| Carbs    | 52 g |
| Fibre    | 11 g |
| Protein  | 24 g |

## KALE BLUEBERRY SALAD WITH LEMON TAHINI DRESSING

|          |      |
|----------|------|
| Calories | 400  |
| Fat      | 18 g |
| Carbs    | 45 g |
| Fibre    | 17 g |
| Protein  | 20 g |

## APPLES & ALMONDS

|          |      |
|----------|------|
| Calories | 302  |
| Fat      | 18 g |
| Carbs    | 33 g |
| Fibre    | 9 g  |
| Protein  | 8 g  |

## BLACKBERRY, CHIA & ALMOND BUTTER TOAST

|          |      |
|----------|------|
| Calories | 203  |
| Fat      | 10 g |
| Carbs    | 22 g |
| Fibre    | 5 g  |
| Protein  | 7 g  |

## EGGPLANT & BLACK BEANS WITH TAHINI

|          |      |
|----------|------|
| Calories | 431  |
| Fat      | 20 g |
| Carbs    | 56 g |
| Fibre    | 26 g |
| Protein  | 15 g |

## LEMON BLUEBERRY FLAX MUFFINS

|          |      |
|----------|------|
| Calories | 188  |
| Fat      | 8 g  |
| Carbs    | 24 g |
| Fibre    | 5 g  |
| Protein  | 7 g  |

## TAHINI, FARRO & ROASTED VEGGIE BOWL

|          |      |
|----------|------|
| Calories | 451  |
| Fat      | 19 g |
| Carbs    | 52 g |
| Fibre    | 13 g |
| Protein  | 25 g |

## CHICKPEA, TOFU & SWEET POTATO BARLEY SALAD

|          |      |
|----------|------|
| Calories | 519  |
| Fat      | 19 g |
| Carbs    | 64 g |
| Fibre    | 16 g |
| Protein  | 27 g |

## WALNUT BUTTER COOKIES

|          |      |
|----------|------|
| Calories | 224  |
| Fat      | 14 g |
| Carbs    | 21 g |
| Fibre    | 2 g  |
| Protein  | 5 g  |

# ADDITIONAL RESOURCES





# 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.

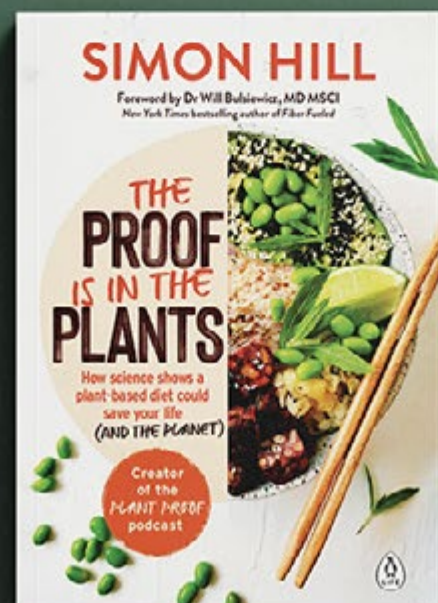
Before transitioning to a plant-based diet I held many of the common misconceptions. But instead I experienced incredible improvements in my energy levels, digestion, mental clarity and post-workout recovery after making the shift. I'd finally understood the power of food and was determined to find out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



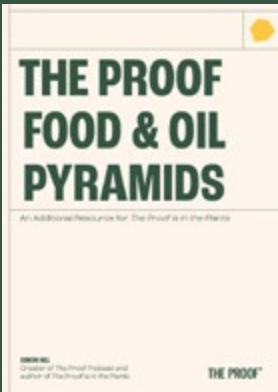
## SUPPLEMENT GUIDE

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.

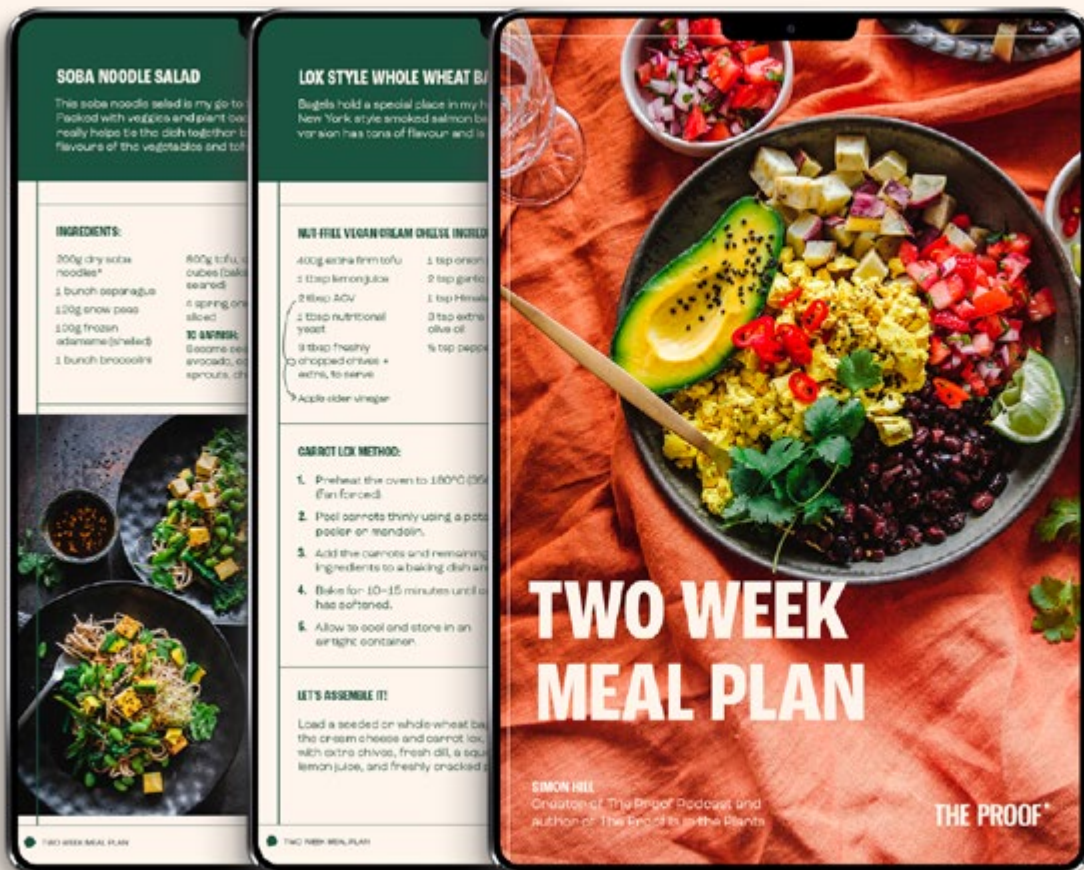
## BLOOD TEST GUIDE

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  
RESOURCE**

**GET YOUR COPY**





# PLANT-BASED FERMENTS

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



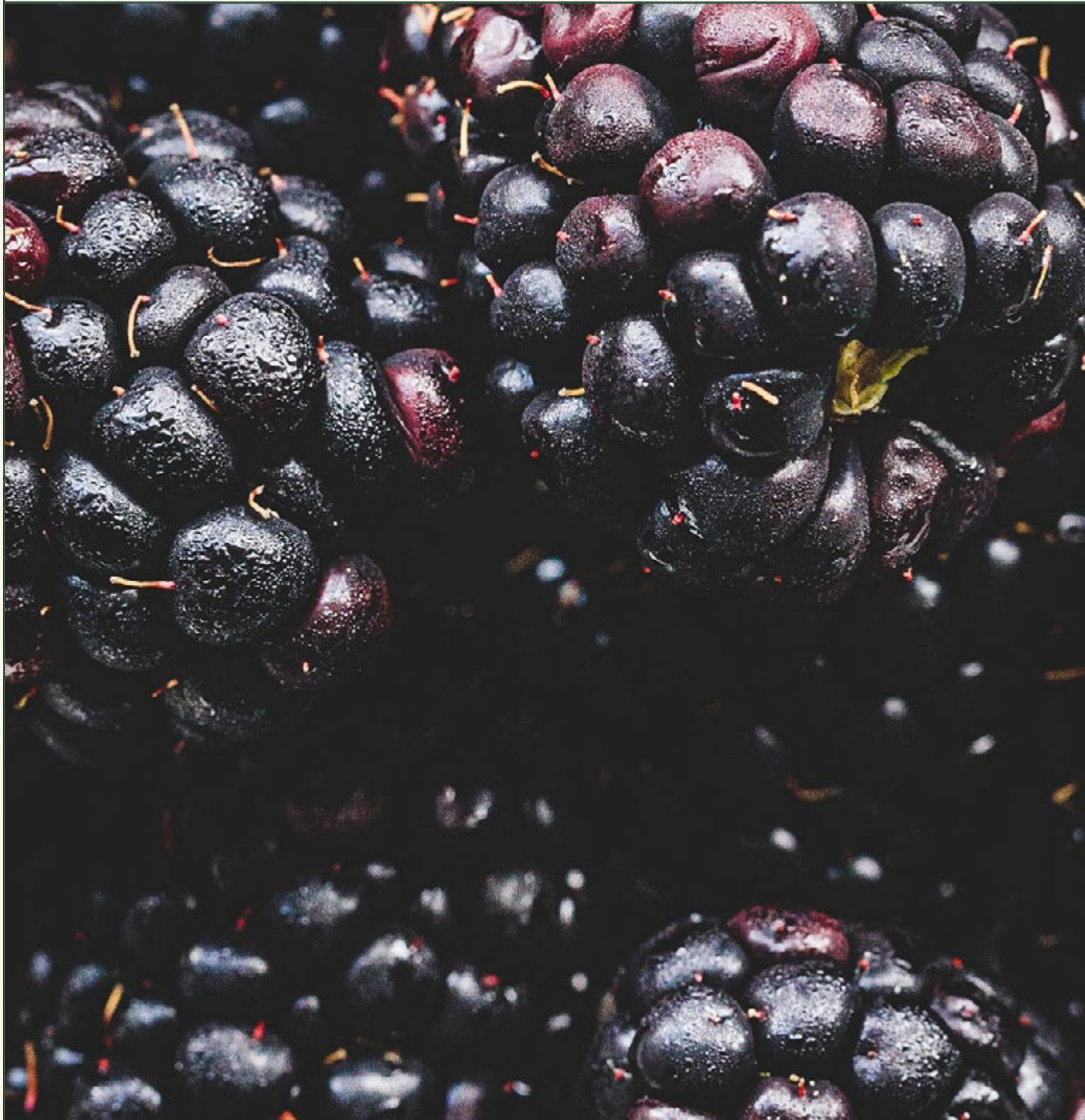
## WHAT'S INSIDE?

- 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

**GET YOUR COPY**



# KEEP UP TO DATE



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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.

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## VISIT SIMON'S RESTAURANT, EDEN BONDI

 eden\_bondi



100% PLANT-BASED  
Restaurant & Bar

## LET'S CHAT

- |  |   |
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|  |  theproofclips         |



## SPECIAL THANKS TO...

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### PERSONAL PHOTOGRAPHY:

Charles Grant @charlesgrant\_





# THE PROOF<sup>®</sup>

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

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