

A top-down view of a large, dark grey bowl filled with a colorful plant-based meal. The bowl contains scrambled yellow tofu, black beans, a large slice of avocado topped with black seeds, diced tomatoes, red onions, and fresh cilantro leaves. A wooden spoon is placed diagonally across the bowl. The bowl sits on a textured orange cloth. In the background, there are smaller bowls of salad and a glass of water.

TWO WEEK MEAL PLAN

Simon Hill

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

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Disclaimer

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

SIMON HILL

Hi Friends,

It's great to have you here with me.

My name is Simon Hill—host of the Plant Proof podcast, nutritionist, sports physiotherapist, creator of the [plantproof.com](https://www.plantproof.com) blog and author of ***The Proof is in the Plants***. ***The Proof is in the Plants*** is my first book, and it walks through the science of eating for a healthier you, and a healthier planet. It contains the agenda-free information that we all need to become more conscious of how our daily food choices affect our body and the world around us.

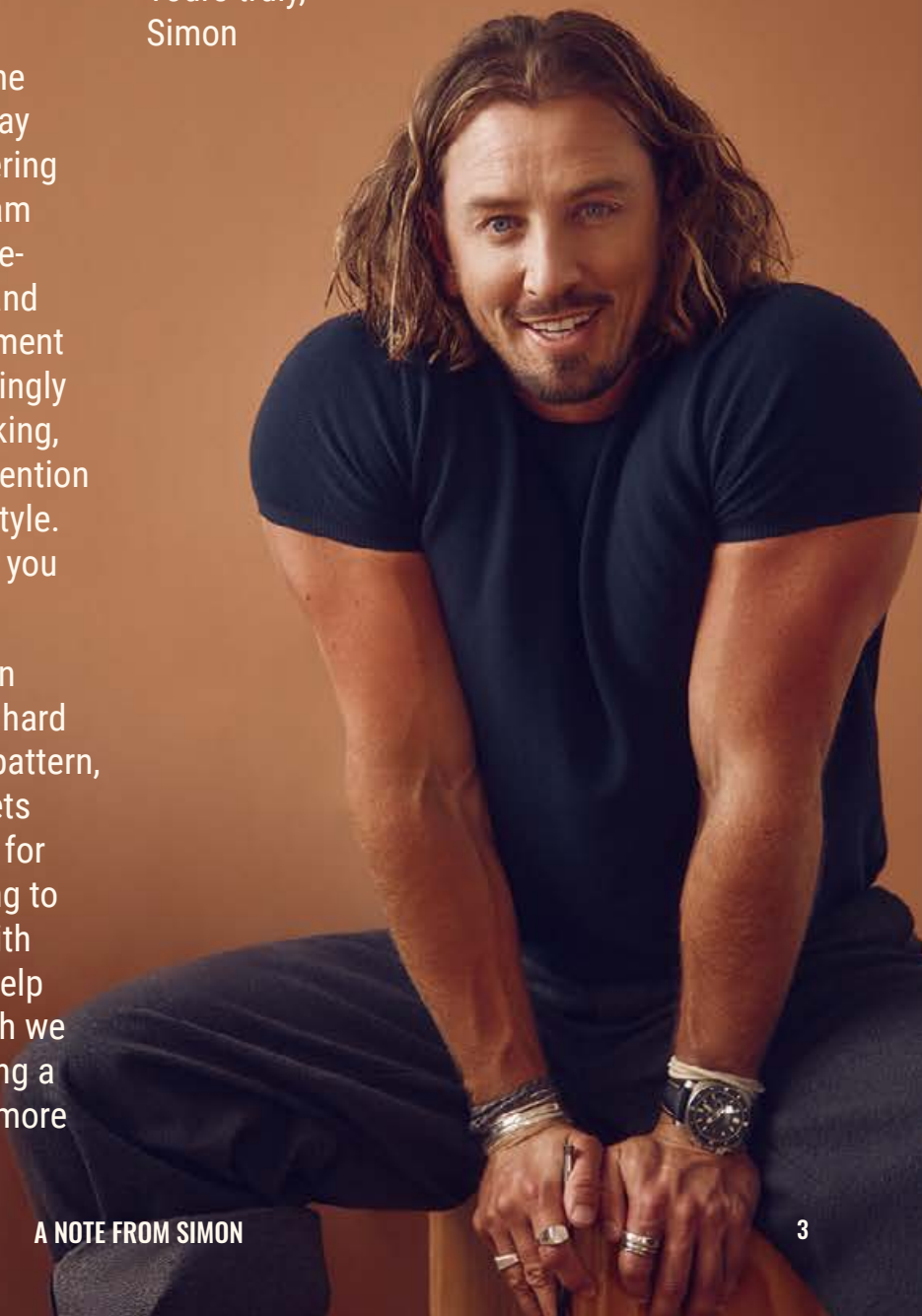
As you read through this guide and the science in my book, and work your way through my podcast episodes, pondering over the wisdom my guests share, I am certain that the principles of evidence-based nutrition will become clearer and clearer. And over time, as you implement these principles and become increasingly confident in the changes you are making, they will shift from requiring daily attention to being effortless parts of your lifestyle. You'll find a healthy lifestyle that has you feeling at your best!

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 – and straight-talking nutritionist Simon Hill has done the hard work translating the science into actionable advice for everyday life.

In his first book ***The Proof is in the Plants***, Simon brings 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 Simon held many of the common misconceptions. But instead he experienced incredible improvements in his energy levels, digestion, mental clarity and post-workout recovery after making the shift. He'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.

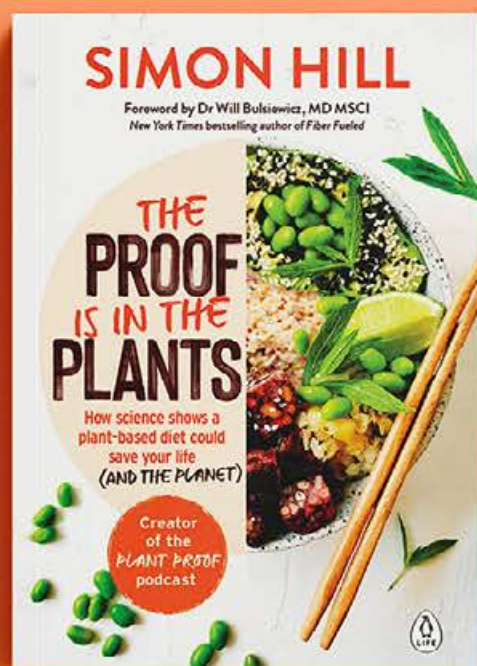
By undertaking a master's degree in nutrition, poring over the latest scientific papers and books, and producing hundreds of hours of his internationally successful Plant Proof podcast, Simon has pursued the answers to all the questions he had about fuelling our bodies with more plants. Now, in his first book, he brings 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



Nutrikynd™ Essential 8

Essential 8 is your must-have daily vitamin scientifically formulated to complement your plant-focused diet. Crafted with a powerful blend of eight sustainable ingredients in highly bioavailable forms, Essential 8 will support your cardiovascular, bone and brain health, and help you maintain a healthy immune system. Ethically produced, backed by science, powered by nature.

In evidence-based dosages and highly bioavailable forms, Essential 8 is especially formulated to deliver an optimal selection of nutrients, which people eating plant-focused diets find hardest to obtain.

Each bottle contains 60 capsules which is a month's supply when taken daily.

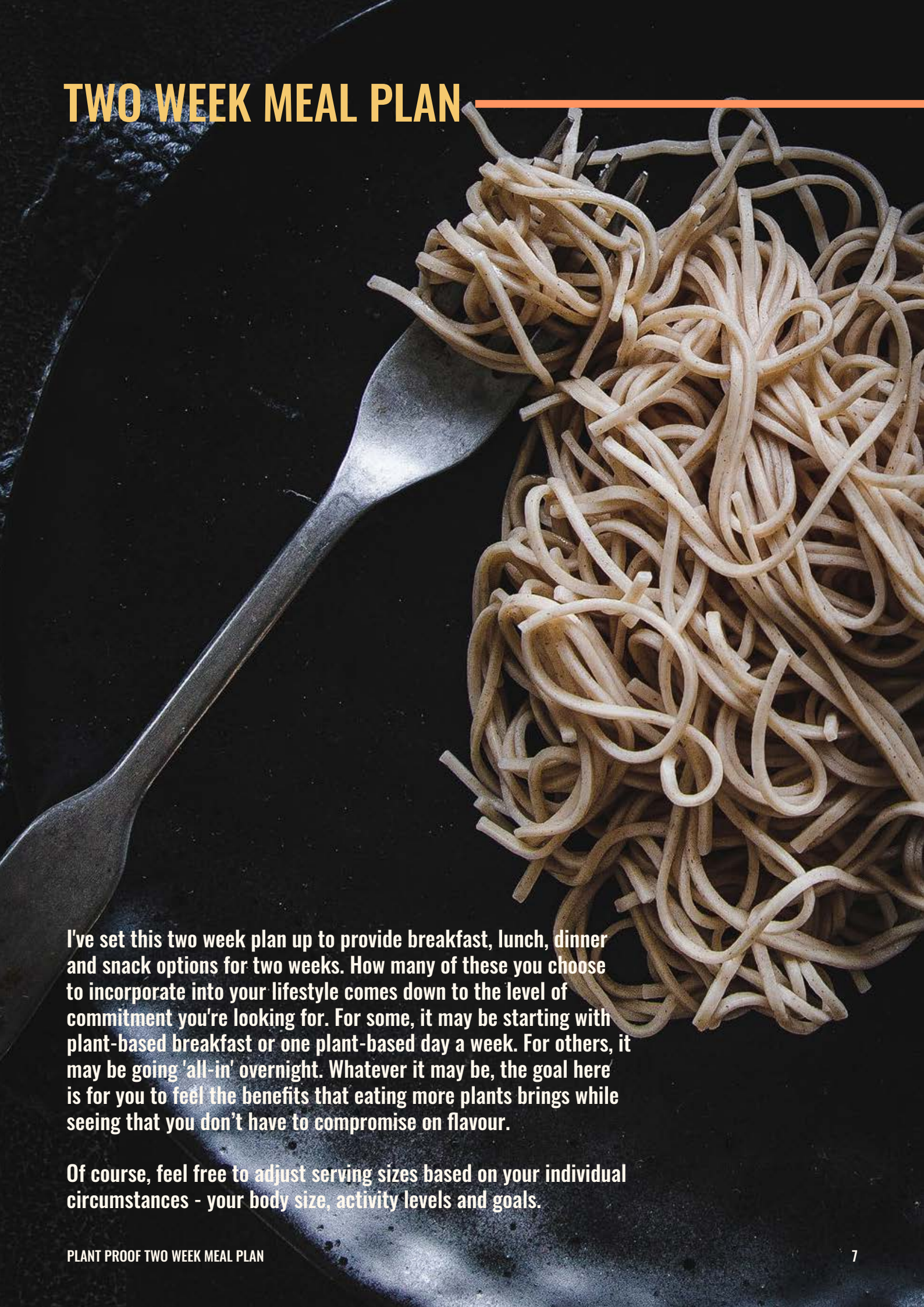
Get Nutrikynd



TWO WEEK MEAL PLAN



TWO WEEK MEAL PLAN



I've set this two week plan up to provide breakfast, lunch, dinner and snack options for two weeks. How many of these you choose to incorporate into your lifestyle comes down to the level of commitment you're looking for. For some, it may be starting with plant-based breakfast or one plant-based day a week. For others, it may be going 'all-in' overnight. Whatever it may be, the goal here is for you to feel the benefits that eating more plants brings while seeing that you don't have to compromise on flavour.

Of course, feel free to adjust serving sizes based on your individual circumstances - your body size, activity levels and goals.

WEEK ONE

DAY	BREAKFAST	LUNCH	DINNER	DESSERT	SNACK
MONDAY	Overnight Oats Page 13	Soba Noodle Salad Page 18	Mexican Tofu Scramble Bowl Page 22 Make extra Tofu Scramble for tomorrow morning!	Pistachi-Oat Ice Cream Page 27	Broccoli Tots Page 31
TUESDAY Don't forget to put your overnight oats in the fridge before bed!	Tofu Scramble Page 14	Roasted Cauli Buddha Bowl Page 19	White Bean Stew Page 23 Make extra for tomorrow's lunch!		Herby Roasted Chickpeas Page 32 When you make your snacks, make extra and keep them in the fridge for the rest of the week!
WEDNESDAY	Overnight Oats Page 13	White Bean Stew Page 23	Lentil Salad Page 24 Make extra for tomorrow's lunch!	Strawberry Crumble Page 28	Broccoli Tots Page 31
THURSDAY Don't forget to put your overnight oats in the fridge before bed!	Tofu Scramble Page 14	Lentil Salad Page 24	Green Cauliflower Curry Page 25 Make extra for tomorrow's lunch!		Herby Roasted Chickpeas Page 32
FRIDAY	Overnight Oats Page 13 If you feel like changing these up, you can always have a Chia Pot for breakfast instead!	Green Cauliflower Curry Page 25	Mexican Tofu Scramble Bowl Page 22 Make extra Tofu Scramble for tomorrow morning!	Pistachi-Oat Ice Cream Page 27	Broccoli Tots Page 31
SATURDAY	Tofu Scramble Page 14	Soba Noodle Salad Page 18	White Bean Stew Page 23		Herby Roasted Chickpeas Page 32
SUNDAY Don't forget to put your overnight oats in the fridge before bed!	Lemon & Poppyseed Pancakes Page 15	Roasted Cauli Buddha Bowl Page 19	Mexican Tofu Scramble Bowl Page 22 Make extra for tomorrow's lunch!	Strawberry Crumble Page 28	Broccoli Tots Page 31

WEEK TWO

DAY	BREAKFAST	LUNCH	DINNER	DESSERT	SNACK
MONDAY	Overnight Oats Page 13	Mexican Tofu Scramble Bowl Page 22	Green Cauliflower Curry Page 25 Make extra for tomorrow's lunch!	Creamy Cacao Pudding Page 29	Mango & Passionfruit Protein Pots Page 33
TUESDAY Don't forget to put your overnight oats in the fridge before bed!	Tofu Scramble Page 14	Green Cauliflower Curry Page 25	Lentil Salad Page 24 Make extra for tomorrow's lunch!		Herby Roasted Chickpeas Page 32 When you make your snacks, make extra and keep them in the fridge for the rest of the week!
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SATURDAY	Tofu Scramble Page 14	Soba Noodle Salad Page 18	Green Cauliflower Curry Page 25		Herby Roasted Chickpeas Page 32
SUNDAY	Lox Style Bagel Page 16	Roasted Cauli Buddha Bowl Page 19	Mexican Tofu Scramble Bowl Page 22	Pistachi-Oat Ice Cream Page 27	Mango & Passionfruit Protein Pots Page 33

SHOPPING LIST

Fruit & Vegetables

- ☐ Asparagus
- ☐ Avocado
- ☐ Beetroot
- ☐ Blueberries
- ☐ Broccoli
- ☐ Broccolini
- ☐ Carrots
- ☐ Cauliflower
- ☐ Celery
- ☐ Cherry tomatoes
- ☐ Chives
- ☐ Crushed tomatoes
- ☐ Eggplant
- ☐ Fresh rhubarb
- ☐ Frozen edamame
- ☐ Leek
- ☐ Lemon
- ☐ Mango
- ☐ Micro herbs
- ☐ Mixed leafy greens
- ☐ Mushrooms
- ☐ Onion
- ☐ Passionfruit
- ☐ Pumpkin puree
- ☐ Pumpkin
- ☐ Purple cabbage
- ☐ Purple carrot
- ☐ Red onion
- ☐ Snow peas
- ☐ Spring onion
- ☐ Strawberries
- ☐ Sugar snap peas
- ☐ Sun dried tomatoes
- ☐ Sweet potato
- ☐ Sweet potato (purple)
- ☐ Tomato
- ☐ Zucchini

Herbs & Spices

- ☐ Chilli flakes
- ☐ Cinnamon
- ☐ Coriander
- ☐ Cumin (ground)
- ☐ Dill
- ☐ Dried oregano
- ☐ Dried parsley
- ☐ Dried rose
- ☐ Fresh thyme leaves
- ☐ Garlic (minced)
- ☐ Garlic cloves
- ☐ Garlic powder
- ☐ Ginger
- ☐ Green chilli
- ☐ Himalayan salt
- ☐ Lime
- ☐ Mint
- ☐ Mixed fresh herbs
- ☐ Nutritional yeast
- ☐ Onion powder
- ☐ Paprika (ground)
- ☐ Pepper
- ☐ Peppercorns
- ☐ Pumpkin spice
- ☐ Red chilli
- ☐ Sage leaves
- ☐ Sprouts
- ☐ Thai basil
- ☐ Thyme
- ☐ Turmeric (ground)
- ☐ Vanilla extract

Vegan Foods

- ☐ Plant-based yoghurt
- ☐ Plant milk
- ☐ Soy yoghurt
- ☐ Vanilla plant-based protein

Pulses, Nuts & Seeds

- ☐ Black beans
- ☐ Black sesame seeds
- ☐ Butter beans
- ☐ Cannellini beans
- ☐ Canned lentils
- ☐ Chia seeds
- ☐ Chickpeas
- ☐ Ground flax
- ☐ Poppy seeds
- ☐ Raw almonds
- ☐ Roasted almonds
- ☐ Sesame seeds
- ☐ Toasted pecans
- ☐ Unsalted pistachios
- ☐ Walnuts

Condiments, Oils & Flavourings

- ☐ ACV (apple cider vinegar)
- ☐ Almond butter
- ☐ Aquafaba
- ☐ Avocado oil
- ☐ Black tahini
- ☐ Cacao butter
- ☐ Coconut aminos
- ☐ Cold-pressed sesame oil
- ☐ Extra virgin olive oil
- ☐ Green curry paste
- ☐ Light coconut milk
- ☐ Liquid smoke
- ☐ Mustard
- ☐ Olive oil
- ☐ Olive oil spray
- ☐ Pure maple syrup
- ☐ Rice vinegar
- ☐ Soy sauce
- ☐ Tamari
- ☐ Vegetable broth

Baking Goods

- ☐ Almond meal
- ☐ Baking powder
- ☐ Bicarb soda
- ☐ Cacao nibs
- ☐ Cacao powder
- ☐ Coconut flakes
- ☐ Dates
- ☐ Dried Irish moss
- ☐ Panko breadcrumbs
- ☐ Rolled oats
- ☐ Spelt flour
- ☐ Red algae calcium powder

Rice, Grains & Proteins

- ☐ Brown rice
- ☐ Dark crusty sourdough
- ☐ Rye bread
- ☐ Soba noodles
- ☐ Tempeh
- ☐ Tofu

CHEF'S NOTES



Cooking time
(in minutes unless
otherwise specified)



Number of serves



**Save time by making
this the night before**



Can be batch-made



**Add refrigeration/
freezer time to the
cooking time**



**Add oven time to the
cooking time**



Gluten free



Nut free



Soy free



Can be made gluten free



Can be made nut free



Can be made soy free



BREAKFAST

MAPLE, PECAN & PUMPKIN SPICE OVERNIGHT OATS



Overnight oats are game-changers: a quick prep in the evening, and then you let the oats work their magic overnight. Give this cozy autumn pumpkin twist a go - I bet you'll be leaping out of your bed in the morning!

Ingredients:

2 cups plant milk	2 tbsp pure maple syrup
½ cup pumpkin puree*	2 cups rolled oats
2 tsp pumpkin spice (cinnamon, nutmeg and ginger)	4 tsp chia seeds
1 tsp vanilla extract	

To serve:

¼ cup toasted pecans
¼ cup plant-based yoghurt
½ tsp cinnamon

Method:

1. In a bowl or jug, mix together the milk, pumpkin puree, pumpkin spice, vanilla, and maple syrup until well combined.
2. Add the oats and chia and mix well.
3. Refrigerate the mix overnight in an airtight container for 4 mason jars.
4. When you're ready to eat, top with pecans, plant-based yoghurt and cinnamon.

High protein option:

Add a scoop of vanilla plant-based protein and ½ cup soy yoghurt into the mix before adding the oats.

*100% pumpkin puree can be purchased canned, or steam pumpkin cubes (60g for ¼ cup puree) for 10–15 minutes until soft, and add to your blender to puree until smooth.



THE PERFECT TOFU SCRAMBLE & AVO MASH ON SWEET POTATO TOASTS



This tofu scramble is one of my all-time favourite breakfast staples - it's high in protein, easy to make, and absolutely delicious. Made with sweet potato toasts topped with a creamy avocado mash.

Ingredients:

1 large sweet orange or purple potato

300g firm tofu

1 tbsp olive oil

½ tsp each of turmeric, Himalayan salt*, and pepper

1 ripe avocado

½ lemon - juice and rind

Sliced green chilli, as desired

Micro herbs, to garnish



Sweet potato toast:

1. Scrub the sweet potatoes but leave that skin on!
2. Use a large sharp knife or mandolin to slice the potatoes lengthwise, into ¼ – ½ inch slices. If they're too thin, they won't hold their shape when toasted.
3. Toast (under your grill or in the toaster itself) until tender.
4. Allow to cool off slightly on a wire rack before adding toppings.

Avo mash:

1. Finally, in a bowl mash together ripe avocado together with lemon juice.
2. Spread avocado on the toasts and top with tofu scram.
3. Garnish with lemon zest, chilli and micro herbs.

Tofu scramble:

1. Chop the tofu roughly, then use a fork to crumble it into smaller pieces.
2. Add olive oil to a frying pan and heat, add the tofu and seasoning - salt, turmeric powder, and ground black pepper.
3. Stir until well combined and cook over medium-high heat for 5–8 minutes, stirring occasionally.

Other toast topper ideas

- Hummus, tomatoes, pine nuts, and basil
- Plain soy yogurt, cinnamon, toasted pecans and maple syrup
- Tofu Cream cheese, roasted oyster mushrooms, rosemary and pepper



Kala Namak salt (also known as Indian Black Salt) is a great addition to Tofu Scramble if you can find it. It is used to replicate the taste of eggs in cooking based on its sulphurous taste.

LEMON & POPPY SEED PROTEIN PANCAKES

15

2

NF*

SF*

Store bought pancake mixes often contain plenty of sugar and additives, so why not make your own? These super easy protein pancakes are perfect for that weekend brekkie when you're after something sweet yet nutritious.

Wet ingredients:

100 ml plant milk
4 tbsp vegan yoghurt
1 tsp vanilla extract
80ml maple syrup
1 tbsp neutral olive oil

1 medium unwaxed lemon - zest
and juice + extra zest, to serve

Dry ingredients:

150g spelt flour
50g vanilla plant-based protein

½ tsp bicarbonate of soda

2 tsp baking powder

1½ tbsp poppy seeds + extra,
to serve

Method:

1. Heat a small non-stick frying pan over a low heat.
2. Mix the dry ingredients together in a large bowl.
3. Stir in the wet ingredients until well combined and the texture is runny but thick.
4. Ladle approximately ¼ cup of the batter into the pan and cook for 2–3 minutes before carefully flipping onto the other side. Cook for another 2 minutes.
5. Repeat with the rest of the batter.
6. Serve with vegan yoghurt, lemon zest and more poppy seeds!



LOX STYLE WHOLE WHEAT BAGEL



Bagels hold a special place in my heart. Inspired by the classic New York style smoked salmon bagel, this nutritious plant-based version has tons of flavour and is remarkably easy to make.

Nut-free vegan cream cheese ingredients:

400g extra firm tofu	1 tsp onion powder
1 tbsp lemon juice	2 tsp garlic powder
2 tbsp ACV	1 tsp Himalayan salt
1 tbsp nutritional yeast	3 tsp extra virgin olive oil
3 tbsp freshly chopped chives + extra, to serve)	½ tsp pepper

Apple cider vinegar

Carrot lox ingredients:

2 medium carrots	½ tsp peppercorns
1 tbsp extra virgin olive oil	Generous sprig of fresh dill
1 tbsp lemon juice + extra lemon wedges, to serve	1 tsp liquid smoke (optional)
1 tsp Himalayan salt	

Cream cheese method:

1. In a food processor, add the ingredients and process until completely smooth, scraping down the sides as needed and adding a little water, if required.
2. Taste and adjust seasoning as desired.
3. Store in an airtight container in the fridge for up to 7 days.

Carrot lox method:

1. Preheat the oven to 180°C (fan forced).
2. Peel carrots thinly using a potato peeler or mandolin.
3. Add the carrots and remaining ingredients to a baking dish and mix well.
4. Bake for 10–15 minutes until carrot has softened.
5. Allow to cool and store in an airtight container.

Let's assemble it!

Load a seeded or whole-wheat bagel with the cream cheese and carrot lox, then top with extra chives, fresh dill, a squeeze of lemon juice, and freshly cracked pepper.



LUNCH



SOBA NOODLE SALAD



This soba noodle salad is my go-to for a quick and light lunch. Packed with veggies and plant-based protein, the sesame dressing really helps tie the dish together by bringing out the natural flavours of the vegetables and tofu.

Ingredients:

200g dry soba noodles*
1 bunch asparagus
120g snow peas
100g frozen edamame (shelled)
1 bunch broccolini

800g tofu, cut into cubes (baked or seared)
4 spring onions, sliced
To garnish:
Sesame seeds, avocado, coriander, sprouts, chilli flakes

For the dressing:


¼ cup olive oil
1 tbsp cold-pressed sesame oil
¼ cup ACV
1 tbsp maple syrup

⅓ cup tamari, soy sauce or coconut aminos
2 tbsp ginger, chopped
3 gloves garlic, minced

Apple cider vinegar

Method:

1. Cook the soba noodles according to packet instructions.
2. Blanch the asparagus, snow peas, edamame and broccolini in a pan of simmering water for 1–2 minutes until bright green. Drain and run under cold water and set aside in a large bowl.
3. Add tofu and toss in the spring onions.
4. Make the dressing by stirring together all the ingredients in a jug.
5. Pour over the dressing and toss well.
6. Serve between 4 bowls, and add your favourite toppings.

 Organic 100% Buckwheat Soba is preferred. Be sure to read the label!



ROASTED CAULI BUDDHA BOWL



Take your lunch to the next level with this warm soul-hugging Middle Eastern-inspired buddha bowl. The roasted cauliflower, tempeh and eggplant are tied together by a delicious tahini-maple dressing - a crowd pleaser in my home!

Ingredients:

For the base:

½ cup brown rice, uncooked
1 lime, juice only
½ bunch fresh coriander
2 cups mixed leafy greens

For the bowl:

300g cauliflower
1 tbsp extra virgin olive oil
2 tsp sesame seeds
1 tsp ground turmeric
½ tsp ground cumin

Himalayan salt and black pepper to season
1 small eggplant, diced
1 cup cherry tomatoes
200g plain tempeh

Apple cider vinegar

For the dressing:

5 tbsp black tahini*
1 tbsp cold-pressed sesame oil
1 tbsp maple syrup
1 tbsp ACV

*I love black tahini for its robust, nutty flavour. Many nutrients are in the husk of the sesame, so unhulled is a great option. Particularly rich in calcium!



Method:

1. Preheat the oven to 200°C (180°C fan forced). Cook the brown rice according to packet instructions. Once cooked, add the juice of 1 lime and chopped coriander and set aside.
2. Cut the cauliflower into florets and place in a bowl with the 2 tbsp olive oil, sesame seeds, spices and seasoning. Toss until evenly coated and spread on a roasting tray.
3. Add cherry tomatoes and eggplant to the tray, drizzling with remaining oil and roast everything for around 20 minutes.
4. Cut the tempeh into slices and fry in a non-stick pan for 3–5 minutes on each side until golden.
5. Meanwhile, make the dressing by whisking all the ingredients together. Add water to thin out the dressing as needed.
6. Assemble the bowls with rice and leafy greens, then top with roasted cauliflower, tomatoes and eggplant.
7. Add slices of tempeh and drizzle over sauce.
8. Finish with additional fresh coriander, a sprinkle of sunflower seeds and chilli flakes (optional).

CRUNCHY THAI BOWL



This crisp & colorful Thai-inspired bowl is everything a salad bowl should be: tasty, nutritious, and extra crunchy. A great summer staple for a fibre and vitamin-packed lunch.

Ingredients:

½ cup edamame (shelled), blanched

2 cups shredded purple cabbage

1 cup grated purple carrot

¼ cup thinly sliced spring onion

1 cup thinly sliced snow peas or sugar snap peas

1 fresh red chilli, thinly sliced

1 tbsp black sesame seeds

½ cup chopped coriander, + extra sprigs, to serve

¼ cup chopped roasted almonds, crushed, to serve

High protein option:

Add 400g cubed organic tempeh

For the dressing:

⅓ cup natural almond butter

2 tbsp tamari, soy sauce or coconut aminos

½ tbsp maple syrup

1 tsp cold-pressed sesame oil

1 tsp grated fresh ginger

½ lime, juiced

½ tsp chilli flakes

1 tbsp rice vinegar or ACV

Apple cider vinegar

Method:

1. In a jug or small bowl, mix together the dressing ingredients. If it seems a little thick, add warm water to reach the desired texture and set aside.
2. In a large bowl, combine the edamame, cabbage, carrot, onion, snow peas, coriander, chilli and sesame seeds.
3. Pour over the dressing and toss to combine.
4. Cook the tempeh (if using) on a dry non-stick pan over a medium for 5 minutes, stirring occasionally. Add to the bowl.
5. Sprinkle over crushed almonds and extra coriander sprigs and enjoy!



DINNER



MEXICAN TOFU SCRAMBLE BOWL



This Mexican-inspired twist on the classic tofu scramble is nourishing and bursting with flavour. I love having this warm meal after a long day of work - it always hits the spot! Drizzle in freshly squeezed lime for an extra kick.

Ingredients:

1 purple sweet potato, washed and dried
1 tbsp olive oil
½ cup red onion, diced
2 medium tomatoes, diced
4 large strawberries, hulled and diced (optional)

½ bunch fresh coriander, chopped, + extra sprigs, to serve
½ tsp Himalayan salt
1 lime
1 cup black beans, rinsed and drained
½ tsp garlic powder

½ tsp chilli flakes
1 medium avocado
2 portions Tofu Scramble (see page 14)
To serve:
1 red fresh chilli, thinly sliced
Black sesame seeds



Method:

1. Preheat the oven to 180°C (fan forced).
2. Cut the sweet potato into 1cm cubes, place on a baking sheet and drizzle with half the oil, rub well to ensure an even coating.
3. Roast for 20–25 minutes until tender and golden.
4. Meanwhile, mix together the onion, tomato, strawberries, coriander, salt and juice from ½ the lime.
5. In a separate bowl, stir together the black beans, remaining olive oil, garlic powder and chilli flakes.
6. To serve: Divide the roasted sweet potato between two bowls, add the black bean mix, tomato salsa, avocado halves, and tofu scramble.
7. Serve with additional fresh coriander, fresh chilli and lime wedges.

Tip: Roast up a heap of sweet potatoes at once and store the leftovers in the fridge for later in the week.

WHITE BEAN STEW



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Ahh - this rich, creamy and soul-hugging stew is hearty and delicious! With well-balanced flavours and spices, this dish is packed with fibre, vitamins and protein. If the idea of a bean stew doesn't excite you at first, I promise this one will change your mind.

Ingredients:

2 tbsp avocado or extra virgin olive oil
1 leek, finely sliced
3 celery stalks, chopped
3 garlic cloves, finely chopped
1 tsp ground cumin
1 tsp ground paprika

1 can crushed tomatoes
2 tbsp tomato paste
2 cups vegetable broth
1 medium sweet potato, cut into small cubes
1 x 400g can butter or cannellini beans

½ lemon, juice only
Himalayan salt and cracked black pepper, to taste

To serve (optional):

Fresh thyme leaves
Dark crusty sourdough or rye

Method:

1. In a deep, heavy-based crock pot, add the oil over a medium heat.
2. Add the leek, celery and garlic, sautéing for a few minutes until fragrant.
3. Add the spices and stir for a few more minutes, before adding the canned tomatoes, tomato paste, broth and potato.
4. Simmer for 10 minutes, stirring occasionally.
5. Add the beans and simmer for another 5 minutes, seasoning with fresh lemon and black pepper, to taste.
6. Serve into bowls and top with fresh thyme and some fresh crusty sourdough (optional).



LENTIL SALAD WITH BEETROOT, PUMPKIN, WALNUTS AND SAGE



This fresh yet filling lentil salad is packed with diverse flavours that pair wonderfully together. This is my go-to salad whenever I'm hosting a dinner or lunch and it keeps wonderfully in the fridge.

Ingredients:

2 large beets	1 x 400g can lentils, rinsed, drained
2 tbsp extra virgin olive oil	1 tsp cinnamon
1 tsp ground cumin	1/3 cup walnuts, toasted
700g pumpkin, cut into thin wedges	120g snow peas
150g mixed leaf salad	Bunch fresh sage leaves

This dish is also great served as a side salad!

Method:

1. Preheat oven to 180°C (fan forced).
2. Place beetroot on a baking tray lined with baking paper.
3. Drizzle with half the olive oil, sprinkle over the cumin, then bake wrapped in foil for 20 minutes. Uncover and bake for a further 20 minutes, or until tender.
4. Meanwhile, place pumpkin on a separate lined baking tray.
5. Spray with olive oil spray and sprinkle with cinnamon.
6. Roast for the last 20 minutes of beetroot cooking time.
7. Meanwhile, blanch the snow peas in a small saucepan of simmering for 2 minutes. Drain.
8. Add remaining olive oil to the pan and add the sage leaves, frying for 30–40 seconds until crisp. Remove with a slotted spoon and drain on a paper towel.
9. Remove the beetroot, and allow to cool a little before cutting into wedges.
10. Combine lentils, salad snow peas and beetroot in a bowl.
11. Serve between plates and top with pumpkin, walnuts and sage.



GREEN CAULIFLOWER CURRY



This hearty and decadent Thai-inspired green curry is packed with enough spices, veggies and herbs to make your tastebuds dance. I love making a big batch of this and reheating it throughout the week - the flavours become even more pronounced after a couple days!

Ingredients:

2 tbsp olive oil	400ml soy milk	1 medium zucchini, chopped
3 cloves garlic, minced	½ lime, juiced	150g brown mushrooms, thinly sliced
1½ tbsp fresh ginger, minced	1 tbsp pure maple syrup	To serve:
1 tsp ground coriander	300g cauliflower, chopped into small florets	Cooked brown rice, lime wedges, coriander or Thai basil, raw almonds, chopped
1 onion, thinly sliced	2 cans chickpeas, rinsed and drained	
2 tbsp green curry paste		



Method:

1. In a large crock pot, add the olive oil over a medium heat.
2. When the oil is hot, add the garlic, ground coriander, ginger and onion, sautéing for a few minutes until aromatic.
3. Add the curry paste and stir to break down, before adding chickpeas, soy milk, lime juice and maple syrup.
4. Add the cauliflower and cook for 8 minutes, stirring occasionally.
5. Add the zucchini, and mushrooms, cooking for 5–6 minutes until tender.
6. Serve into bowls with brown rice, lime wedges, herbs and chopped almond.



DESSERT

PISTACHI-OAT ICE CREAM



I bet you didn't know it would be this easy to make creamy ice cream out of oat milk. This recipe is simple and nutritious yet remarkably delicious. I love pistachios, but feel free to add any nut or fruit you prefer.

Ingredients:

3 cups unsweetened oat milk*

½ cup rolled oats


1½ cups roasted, unsalted pistachios, shelled, + extra, chopped, to serve

⅔ cup maple syrup

1 tsp vanilla extract

¼ tsp Himalayan sea salt

Blueberries, to serve

 Soy milk can be substituted to increase protein content.



Method:

1. In a small saucepan, simmer the oats in 1 cup of milk until soft, roughly 10 minutes.
2. Set the mix aside in a bowl to cool.
3. In a blender combine the pistachios and remaining milk. Blend on high until silky smooth.
4. Add the cooled oatmeal, along with the maple syrup, vanilla extract and salt.
5. Blend again until smooth and oats are fully broken down.
6. Pour it into a shallow, freezer-safe container, and freeze until it starts to harden around the edges, about 45 minutes. Stir vigorously, then return it to the freezer.
7. Repeat this process every 45 minutes until the ice cream is the desired consistency. It will take 5–6 hours to hit soft-serve status.
8. Enjoy, sprinkled with additional pistachios and fresh blueberries.

STRAWBERRY & RHUBARB THYME CRUMBLE



This healthy Strawberry & Rhubarb Crumble will make your entire house smell like the inside of your favourite bakery. It's surprisingly easy to make yet sure to impress.

Ingredients:

For the filling:

3 cups strawberries, washed and hulled, halved
4 sticks fresh rhubarb, roughly chopped
1 tsp lemon juice
2 tbsp pure maple syrup

For the crumble:

½ cup raw almonds
1 cup almond meal
⅓ cup melted cacao butter or olive oil
½ cup rolled oats

1 tsp vanilla extract
1 tsp cinnamon
¼ tsp sea salt
Fresh thyme leaves, to garnish (optional)

Method:

1. Preheat the oven to 180°C (fan forced).
2. In a bowl, mix together the strawberries, rhubarb, lemon and maple syrup.
3. Arrange the mix in a 9" pie dish and set in the fridge whilst you make the crumble topping.
4. Quickly blitz together all crumble ingredients in a blender or food processor until a coarse, crumbly mixture forms.
5. Sprinkle topping over fruit and bake for 30–35 minutes until topping is golden brown and the filling is bubbling.
6. Serve warm or at room temperature with a dollop of plant-based yoghurt or my Pistachi-Oat Ice Cream **on page 27**.



CREAMY CACAO PUDDING



This recipe I'm sharing with you has been a crowd pleaser at many dinners I've hosted over the years. It's decadently delicious and creamy, and you would never know it's made with avocados. I love topping mine with crushed nuts or fresh strawberries.

Ingredients:

15g dried Irish Moss*, soaked in water overnight

2 medium ripe avocados

¼ cup cacao powder

3 tbsp pure maple syrup

3 tbsp cashew butter

1 tsp vanilla extract

2 cups plant milk
(I prefer soy milk)

½ tsp Himalayan salt

High protein option:

Add 20g plant-based protein powder + 2 additional tbsp of plant milk before blending

Optional toppings:

Crushed pistachios, cacao nibs, dried rose, cacao powder



Method:

1. Drain the Irish moss and cut into small pieces.
2. Scoop the avocado flesh into a high-powered blender.
3. Add the cacao, maple syrup, cashew butter, Irish moss, vanilla, plant milk and salt.
4. Blend until smooth.
5. Pour into glasses and place in the fridge to set for 4 hours or overnight.
6. Top with your favourites!

✱ Irish Moss is a nutritious setting agent that can be found in most health food stores. When soaked, it will double in size and become translucent. Be sure to rinse it well to remove any sand and salt.

SNACKS



BROCCOLI TOTS



Fun, delicious and green - give these crunchy tots a go!

Ingredients:

2 cups bite size broccoli florets	1 tsp dried oregano
1 tbsp ground flax	1 tsp dried parsley
2 tbsp sun dried tomatoes (finely chopped)	½ tsp Himalayan salt
3 tbsp nutritional yeast	½ tsp ground black pepper
½ cup almond meal or panko breadcrumbs	Olive oil spray

Method:

1. Preheat the oven to 180°C (fan forced).
2. Line a large baking sheet with parchment paper and set aside.
3. In a small bowl, mix ground flax with 3 tablespoons of water and set aside.
4. Steam broccoli florets on a double-boiler for 3 minutes, then finely chop or pulse in a food processor.
5. Add broccoli and remaining ingredients to a large mixing bowl, mixing thoroughly.

Creamy garlic sauce method:

1. Place all the ingredients in a blender and blend on high for 10–20 seconds to create a fluffy, garlic sauce.
2. Store in an airtight container in the fridge for up to 5 days.

Creamy garlic sauce:

(Makes approx 1¼ cups)

6 cloves garlic, chopped*	1 tsp Himalayan salt
1 cup olive oil	½ tsp cracked black pepper
60ml aquafaba (tinned chickpea water)	1 tsp mustard (optional)
1 tbsp lemon juice or ACV	



For extra flavour, roast the garlic first!

6. Using a dessert spoon, add 2 tablespoons of broccoli mix to the palm of your hand, and mould gently into balls before place on a lined baking sheet. Repeat this step until all the mixture has been used. Lightly spray tots with olive oil.
7. Bake in the oven for 20–25 minutes, until crispy and golden brown.
8. Serve solo or with lemon wedges and the creamy garlic sauce.



HERBY ROASTED CHICKPEAS



Perfect as a healthy protein-packed snack, these herb-infused chickpeas can also be added on top of any salad for an extra crunch!

Ingredients:

¼ cup olive oil	1 tsp Himalayan salt
2 garlic cloves, crushed	1 tsp freshly ground black pepper
2 cans chickpeas, rinsed, patted dry	1 cup mixed fresh herbs, chopped

Method:

1. In a large frying pan, add the oil, garlic and chickpeas, and season.
2. Cook for 10–15 minutes, stirring regularly until the chickpeas are golden and begin to split open.
3. Remove from the heat and allow to cool for a few minutes before stirring in fresh herbs.



MANGO & PASSIONFRUIT PROTEIN POTS



I'm not big on snacking, but these protein pots are perfect to satisfy my occasional sweet tooth. These are a healthy take on a yogurt parfait, and can be topped with any fruit you like.

Ingredients:

80g vanilla plant-based protein powder

360ml soy milk + extra, if required

80g chia seeds

1 tsp vanilla extract

1½ fresh mango, diced

2 medium passionfruit (flesh only)

½ cup soy yoghurt

Mint, to serve (optional)



Method:

1. Mix or blend the protein powder and soy milk until smooth.
2. Add the chia and vanilla and whisk with a fork until well combined.
3. Leave to refrigerate for 1–2 hours. Add extra soy milk, if necessary, to achieve the desired texture.
4. Slice the mango, add half to the bottom of the serving glass or bowl, then spoon in the chia mixture. Top with soy yoghurt, passionfruit and the remaining mango.
5. Garnish with a sprig of mint, if desired.

Tip! These can double as a breakfast instead of my overnight oats!

MINIMALIST BAKER INSPIRED OAT MILK



If you fancy making your own plant-based milk this is one of my favourites! A creamy oat and cashew milk that's perfect on its own, with coffee or on cereal. Make sure to give it a good shake before serving to evenly distribute the calcium.

Ingredients:

$\frac{3}{4}$ cup raw cashews
3 tbsp unsweetened
coconut flakes

$\frac{1}{4}$ cup rolled oats
1 medjool date, pitted
1 pinch sea salt

3 cups filtered water
Red algae calcium powder
(1,000mg)

Method:

1. Soak cashews in very hot water for 30 minutes, or in cool water for 6 hours or overnight (be sure not to soak longer than 8 hours or the cashews can get too soft).
2. Drain and rinse cashews, then add to a high-speed blender with the rest of the ingredients. For this recipe, I recommend starting with 3 cups of water for a richer, creamier milk. If you prefer slightly thinner milk, add up to 4 cups.
3. Blend on high for 60 seconds.
4. Place a nut milk bag (or thin, clean dish towel or t-shirt) over a large mixing bowl and pour the milk over it. Strain, squeezing really well until mostly just pulp is left – this may take a few minutes.
5. Use right away or keep in the fridge for up to 4–5 days.



NUTRITIONAL INFORMATION

Pumpkin Spice Overnight Oats

Amount per serve (with soy milk & cashew yoghurt):		High protein (+ 1 scoop protein & ½ cup soy yoghurt per serve):
Calories:	348	545
Protein:	11.3 g	41.4 g
Carbohydrates:	40.8 g	46.8 g
Fibre:	7 g	8.5 g
Total fat:	13.2 g	18.3 g
Saturated fat:	1.7 g	2.2 g
Key Nutrients:		
Calcium:	222.4 mg	280mg
Iron:	2.9 mg	2.9mg
Selenium:	14 ug	14ug

Can be SF and GF (if using soy free milk and GF oats)

Lemon + Poppyseed Protein Pancakes

Amount per serve (with soy milk & cashew yoghurt):	
Calories:	615
Protein:	34.6 g
Carbohydrates:	80.2 g
Fibre:	11 g
Total fat:	15.4 g
Saturated fat:	2.2 g
Key Nutrients:	
Calcium:	217.7 mg
Zinc:	3.6 mg
Iron:	4.1 mg

Can be NF and SF (if choosing
nut/soy free milk and yoghurts)

The Perfect Tofu Scramble & Sweet Potato Toast

Amount per serve:	
Calories:	484
Protein:	22.1 g
Carbohydrates:	27.3 g
Fibre:	12.5 g
Total fat:	30 g
Saturated fat:	4.7 g
Key Nutrients:	
Calcium:	455.6 mg
Iron:	5.2 mg
Selenium:	20.9 ug

GF, NF

Lox Style Bagel

Amount per serve (with ¼ of cream cheese recipe per serve):	
Calories:	479
Protein:	24.1 g
Carbohydrates:	46.6 g
Fibre:	9.5 g
Total fat:	19 g
Saturated fat:	2.7 g
Key Nutrients:	
Calcium:	432.1 mg
Iron:	5.7 mg
Selenium:	17.9 ug

NF

NUTRITIONAL INFORMATION

Soba Noodle Salad

Amount per serve:

Calories:	630
Protein:	38.6 g
Carbohydrates:	48 g
Fibre:	8 g
Total fat:	31.1 g
Saturated fat:	4.7 g

Key Nutrients:

Calcium:	643.7mg
Iron:	9.7mg
Selenium:	28.2ug
Zinc:	4.7mg

NF, GF if using 100%
buckwheat soba noodles

Roasted Cauli Buddha Bowl

Amount per serve (without optional toppings):

Calories:	812
Protein:	32.6 g
Carbohydrates:	61.2 g
Fibre:	24 g
Total fat:	44.1 g
Saturated fat:	6.5 g

Key Nutrients:

Calcium:	355.8 mg
Iron:	9.7 mg
Zinc:	4.3 mg

GF, NF

Crunchy Thai Bowl

Amount per serve (without tempeh):

Calories:	544
Protein:	24.3 g
Carbohydrates:	24.8 g
Fibre:	13.5 g
Total fat:	37 g
Saturated fat:	5 g

Key Nutrients:

Iron:	4.9 mg
Zinc:	3.3 mg
Calcium:	192.3 mg

GF

Mexican Tofu Scramble

Amount per serve:

Calories:	770
Protein:	33.7 g
Carbohydrates:	54.3 g
Fibre:	24.5 g
Total fat:	39.8 g
Saturated fat:	6 g

Key Nutrients:

Calcium:	714.6mg
Iron:	9.2mg
Selenium:	29.6ug

NF, GF

NUTRITIONAL INFORMATION

White Bean Stew

Amount per 2 serves:

Calories:	422
Protein:	13.6 g
Carbohydrates:	48.5 g
Fibre:	17 g
Total fat:	15.6 g
Saturated fat:	2.2 g

Key Nutrients:

Calcium:	177.4 mg
Iron:	4.4 mg
Zinc:	1 mg

NF, SF, GF

Lentil Salad

Amount per serve:

Calories:	285
Protein:	11.5 g
Carbohydrates:	25.5 g
Fibre:	8.5 g
Total fat:	13.9 g
Saturated fat:	6.9 g

Key Nutrients:

Calcium:	129.4 mg
Iron:	6.2 mg
Omega-3:	1 g

GF, SF

Green Cauliflower Curry

Amount per serve:

Calories:	364
Protein:	15.8 g
Carbohydrates:	37.4 g
Fibre:	11.5 g
Total fat:	13.8 g
Saturated fat:	1.8 g

Key Nutrients:

Iron:	2.4 mg
Zinc:	1.5 mg
Calcium:	222.9 mg

GF, NF

Pistachi-Oat Ice Cream

Amount per serve (with 2 tbsp fresh blueberries per serve):

Calories:	373
Protein:	9.4 g
Carbohydrates:	45.7 g
Fibre:	9.5 g
Total fat:	16.6 g
Saturated fat:	2.1 g

Key Nutrients:

Calcium:	223.3 mg
Iron:	1.6 mg
Zinc:	1.5 g

SF

NUTRITIONAL INFORMATION

Strawberry Rhubarb Thyme Crumble

Amount per serve (with olive oil):

Calories:	253
Protein:	5.5 g
Carbohydrates:	12.2 g
Fibre:	5 g
Total fat:	19.5 g
Saturated fat:	2.1 g

Key Nutrients:

Calcium:	95.9 mg
Iron:	1.3 mg
Zinc:	1 mg

SF, GF (if using GF oats)

Creamy Cacao Pudding

Amount per 4 serve
(with soy milk):

High protein option

Calories:	379	402
Protein:	10.2 g	14.4 g
Carbohydrates:	22.9 g	23.4 g
Fibre:	10 g	10.5 g
Total fat:	25.1 g	25.5 g
Saturated fat:	4.3 g	4.4 g

Key Nutrients:

Calcium:	202.5 mg	210 mg
Iron:	2.4 mg	2.4 mg
Zinc:	1.5 mg	1.5 ug

NF, GF, SF (if using plant milk other than soy)

Broccoli Tots

Amount per tot (with almond meal):

Calories:	39
Protein:	2 g
Carbohydrates:	1.5 g
Fibre:	1.5 g
Total fat:	2.5 g
Saturated fat:	0.2 g

Key Nutrients:

Calcium:	22.8 mg
Iron:	0.5 mg

GF, SF (NF if using breadcrumbs)

Herby Roasted Chickpeas

Amount per serve (¼ cup as a single serve):

Calories:	196
Protein:	6 g
Carbohydrates:	13.5 g
Fibre:	5.5 g
Total fat:	11.3 g
Saturated fat:	1.4 g

Key Nutrients:

Calcium:	51.9 mg
Iron:	1.5 mg
Zinc:	0.6 mg

NF, SF, GF

NUTRITIONAL INFORMATION

Mango Passionfruit Protein Pots

Amount per serve (with 1 mango):

Calories:	590
Protein:	48.1 g
Carbohydrates:	37.5 g
Fibre:	20 g
Total fat:	21 g
Saturated fat:	2.7 g

Key Nutrients:

Omega-3:	7.2 g
Calcium:	523.2 g
Iron:	7.1 g

NF, GF

Minimalist Baker Inspired Oat Milk

Amount per serve:

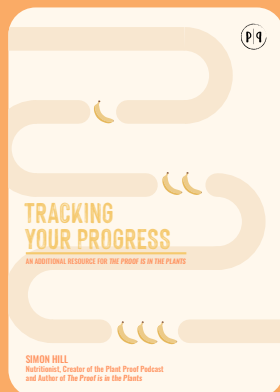
Calories:	195
Protein:	5.5 g
Carbohydrates:	13.8 g
Fibre:	2.5 g
Total fat:	13.4 g
Saturated fat:	4.1 g

Key Nutrients:

Calcium:	271.8 mg
Iron:	2 mg
Zinc:	1.7 mg

SF, GF (if using GF oats)

OTHER PLANT PROOF RESOURCES



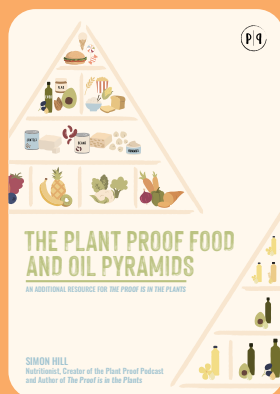
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Tools to help you track your progress as you adopt a plant-based approach.



BLOOD TEST GUIDE

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



THE PLANT PROOF FOOD AND OIL PYRAMIDS

A colour copy of the Plant Proof food and oil pyramids.



SUPPLEMENT GUIDE

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

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