

PLANT POWERED PLUS

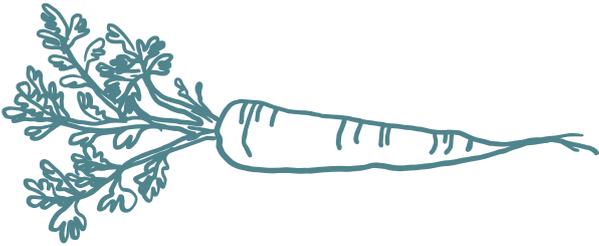
P3 PROTOCOL

SHOPPING

LISTS

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How to Use This Shopping List

A practical guide to starting the P3 Protocol with confidence

This shopping list is designed to support you as you begin the Plant Powered Plus (P3) Protocol. It reflects the full scope of each phase and assumes you'll be cooking, blending, and preparing real food regularly.

A few important principles before you begin:

▶ **You do not need to cook every recipe.**

The list includes ingredients for all recipes in a phase so you can choose what works best for you. Repeating meals you enjoy is not only allowed—it's encouraged.

▶ **You do not need perfection to heal.**

If you miss an ingredient, skip a recipe. If a food doesn't agree with you, substitute it. Progress comes from consistency, not compliance.

▶ **Think in batches, not single meals.**

Several recipes—especially soups, broths, grains, and roasted vegetables—are designed to be made once and eaten multiple times. This reduces effort while increasing consistency.

▶ **This is a living document.**

Your needs may change from phase to phase—or even week to week. Use this list as a guide, not a rulebook.

The goal of the P3 Protocol is not to control your diet, but to create an environment where your gut microbiome, gut barrier, and immune system can recover and thrive. This shopping list is simply one of the tools to help you do that.

Kitchen Readiness Checklist

Set yourself up for success before you shop

Before starting Phase 1, take a moment to make sure your kitchen can support what you're about to do. You don't need fancy equipment—but a few basics make this dramatically easier.

Essential Equipment

- A blender** (for smoothies, soups, and sauces)
- A large pot or Dutch oven** (for P3 Biome Broth and soups)
- A sheet pan** (for roasting vegetables)
- A cutting board and sharp knife**
- A medium saucepan**

Strongly Recommended

- Storage containers** (glass preferred) for leftovers and batch cooking
- Freezer space** for broth, soups, and cooked grains
- Measuring cups and spoons

Helpful (but optional)

- Food processor
- Immersion blender
- Citrus juicer

If you're missing one or two items, don't let that stop you—but addressing these up front removes unnecessary friction and makes consistency far more achievable.

Flexibility & Substitutions Guide

How to personalize the protocol without breaking it

The P3 Protocol is structured—but it is not fragile. You are expected to adapt it to your biology, preferences, and lived reality.

Protein Flexibility

You do **not** need to hit a specific protein number at every meal.

Protein is distributed across the day and across meals, and the protocol emphasizes:

- Legumes (beans, lentils, chickpeas)
- Soy foods (tofu, tempeh, edamame)
- Nuts and seeds (hemp, chia, flax, pumpkin seeds)
- Whole grains with meaningful protein (quinoa, buckwheat)

Optional protein add-ons, when needed or desired:

- Hemp seeds or chia seeds in smoothies or bowls
- Low-FODMAP protein powder in smoothies
- Tofu or tempeh added to bowls and salads
- Eggs, fish, or shellfish if you choose to include animal foods

Use what works for your body.

Ingredient Substitutions

- Can't find a specific herb? Use another fresh herb you enjoy.
- A fruit doesn't agree with you? Swap it for another listed in the same phase.
- Prefer cooked vegetables to raw? That's fine—especially early on.

The protocol is designed around **patterns** (fiber diversity, polyphenols, resistant starch, healthy fats, ferments)—not rigid ingredients.

A Note on Digestion, Pacing, and Expectations

Read this if you're new to higher-fiber eating

As you increase plant diversity and fiber intake, your gut microbiome will adapt. This is a feature, not a flaw.

A few things to know:

- Mild bloating or changes in stool early on are common, especially if your fiber intake has been low. This does not mean inflammation.
- Your microbes are learning to do new work. That takes time.
- Chew well, eat slowly, and stay well hydrated.
- Cooking, blending, and fermenting foods—as emphasized in Phase 1—are intentional strategies to make this transition gentler.

If something feels wrong, listen to your body and adjust. But don't confuse adaptation with harm. The goal is resilience, not avoidance.

Healing the gut is not about rushing—it's about creating the right conditions and letting biology do what it's designed to do. Your body **WANTS** to heal!

P3 Protocol Shopping Lists by Phase

Below are aggregated shopping lists for the three phases in the P3 Protocol. Each list combines ingredients from all recipes in that phase so you only need to buy each item once. **Quantities assume every recipe is made once; adjust as needed.** Optional ingredients are listed separately with their associated recipe(s).

Cooking for More Than One Person

How to scale the P3 Protocol without overthinking it

The shopping lists in this book provide enough ingredients to prepare each recipe once, exactly as written. Most recipes are designed to serve between 1 and 6 people, depending on the dish.

If you're cooking for more than one person, here's the smartest and simplest way to adapt—without turning this into a math problem.

Step 1: Know the baseline

Use the serving size listed with each recipe as your anchor.

- Smoothies and drinks typically serve 1 person
- Soups, stews, salads, and grain bowls usually serve 4–6 people
- Breakfasts and snacks often serve 2–4 people

Step 2: Choose how you'll cook

Both of the following approaches work well. Choose the one that fits your life.

Option A: Cook once, serve multiple people

This is the easiest and most common approach.

- Make the recipe as written.
- Serve it to multiple people at the same meal.
- If it runs short, supplement with:
 - Extra vegetables
 - Additional beans, lentils, tofu, or grains
 - A simple side salad or leftover soup

This works especially well for soups, stews, bowls, and salads.

Option B: Scale the recipe up

If you know you'll need more food:

- Double the recipe for 2–3 people
- Triple the recipe for 4–6 people

You do not need to adjust spices perfectly—taste as you go.

Step 3: Shop smart without redoing the list

If you're regularly cooking for more people:

- Buy extra vegetables, beans, and grains
(These are the easiest foods to scale and store well.)
- Keep oils, spices, and condiments the same.
- Use protein add-ons (tofu, tempeh, eggs, fish, or seeds) to stretch meals as needed.

You do not need to re-engineer the shopping list—just add more of the core foods already listed.

A simple rule of thumb

- Cooking for 2 people: add ~50% more vegetables and protein
- Cooking for 3–4 people: double vegetables, beans, and grains
- Families with kids: prioritize soups, stews, and bowls—they scale best

This protocol is designed to flex with real life—including shared meals, busy households, and different appetites.

Strong recommendation before you continue: Print the shopping list for the phase you're starting.

Having a physical list—something you can check off as you shop—dramatically reduces decision fatigue, missed items, and the urge to improvise in ways that make the protocol harder to follow. This is one of the simplest ways to set yourself up for success.

Many people find it helpful to keep the printed list on the fridge or pantry shelf during the week as a visual anchor.

The Easiest Way to Print This Shopping List

1. Print this section of the book or document.
2. When prompted, select only the pages that contain the shopping list for the phase you're starting (Phase 1, Phase 2, or Phase 3).
3. Bring the printed list with you to the store.
4. Check items off as you shop.

If you shop in multiple stores (for example, a grocery store plus a health-food store), consider printing a second copy or making a quick note about which items you'll buy where.

This protocol works best when the *thinking* is done at home—not in the grocery aisle.

PHASE 1

Baseline

This phase focuses on smoothies, simple soups and restorative drinks. You'll prepare one batch of P3 Biome Broth (about 10 cups) for the soups.

Produce

- Arugula or baby arugula – 2 cups total.** This includes both arugula in the Green Kickstart smoothie and baby arugula used in the Belly Bliss smoothie.
- Carrots – about 5 cups, chopped.** Used in the Biome broth, Sun-Kissed Curry Carrot Soup and Creamy Cannellini & Parsnip Soup.
- Leeks (green parts only) – 2½ cups.** For the broth and soups.
- Parsnips – 1 lb plus 1 cup extra.** The broth and Cannellini & Parsnip Soup call for diced parsnips; buy roughly three medium parsnips to cover both recipes.
- White or Yukon Gold potatoes – 1½ cups diced.** Used in the Cannellini & Parsnip Soup.
- Cored tomatoes – 2 (quartered).** For the broth.
- Celery – 1 stalk.** Added to the broth.
- Oranges – 2 (peeled, zested and juiced).** One goes in the Ginger Green Refresher; the second is quartered for the broth.
- Lemon – 1 (zested and juiced).** For golden milk and dressings.
- Lime – 1 (zested and juiced).** For the Tropic Mint Kiwi Cooler.
- Kiwi fruit – 2 (peeled).** For the Tropic Mint Kiwi Cooler.
- Green grapes – 6.** For the Citrus Berry Belly Bliss smoothie.
- Fresh ginger – 1-inch piece plus 1 teaspoon minced.** Used in smoothies and the Ginger Green Refresher.
- Fresh herbs – 5 sprigs fresh thyme and 2 teaspoons finely chopped rosemary.** For the broth.

Frozen produce

- Frozen blueberries – 1 cup.** For the Blue Zen Elixir.
- Frozen strawberries – 5.** Used in the Citrus Berry Belly Bliss smoothie.
- Frozen pineapple – ¾ cup.** In the Tropic Mint Kiwi Cooler.

Grains & legumes

- Cannellini beans – 1 (15-oz) can, rinsed and drained.** For the Creamy Cannellini & Parsnip Soup.
- Raw oats – ½ cup.** For the Oatmeal Cookie Dough smoothie.

Nuts, seeds & dairy alternatives

- Almond milk – about 4¾ cups total.** Almond milk (or another low-FODMAP milk) is used across all smoothies and the Citrus-Spiced Golden Milk.
- Almond yogurt – ½ cup plain plus 5 tablespoons for smoothies.** Use a low-FODMAP, unsweetened variety.
- Ground flaxseed – 1 tablespoon.** For the Oatmeal Cookie Dough smoothie.
- Walnuts – ¼ cup.** For the Oatmeal Cookie Dough smoothie.
- Coconut water – ⅓ cup.** Used in the Golden Green Kickstart smoothie.
- Shredded unsweetened coconut – 1 teaspoon.** For the Blue Zen Elixir.

Herbs, spices & condiments

- Curry powder – 2 teaspoons.**
- Ground cinnamon – ½ teaspoon.**
- Ground ginger – 1½ teaspoons.**
- Ground turmeric – ¾ teaspoon.**
- Black peppercorns – 1 teaspoon.**
- Salt – about 1¼ teaspoons total, divided among recipes.**

- Cilantro – about ½ cup chopped.**
- Fresh mint – ¼ cup leaves.**

Oils & liquids

- Extra-virgin olive oil – 1 tablespoon.**
- Garlic-infused oil – 2 teaspoons.**
- Olive oil – 1 tablespoon.**

Miscellaneous

- Culinary-grade lavender – 1 tablespoon.** For the Blue Zen Elixir.
- Maple syrup – 1 teaspoon.** Sweetens the golden milk.
- Pitted Medjool date – 1 small.** In the Golden Green Kickstart smoothie.
- Raisins – 1 teaspoon.** Garnish for the Oatmeal Cookie Dough smoothie.

Optional ingredients

- Maple syrup and a pinch of salt** – optional sweetener/topping in the **Golden Green Kickstart Smoothie** and **Citrus Berry Belly Bliss Smoothie**.
- Low-FODMAP protein powder or hemp seeds** – optional additions to any smoothie for extra protein.

PHASE 2

Growth

The Growth phase introduces hearty soups, salads, stir-fries and breakfasts. Quantities below include enough P3 Biome Broth for all Phase 2 soups (you'll need roughly two extra batches in addition to the original batch in Phase 1).

Produce

- Avocados – about 2 medium total.** One whole avocado plus about 6 tablespoons mashed are used across salads, bowls and guacamole.
- Broccoli crowns – 6 cups.**
- Carrots – about 11½ cups chopped/shredded.** Includes diced carrots for stews, shredded carrots for salads and rough-chopped carrots for extra batches of broth.
- Leeks (green parts only) – 5 cups.** Used in broth and soups.
- Parsnips – 2 cups chopped.** For soups and extra broth.
- Red potatoes – 2 pounds (cut into ½-inch cubes).** For stews and salads.
- Spinach – 2 cups roughly chopped.**
- Cored tomatoes – 4 (quartered).** For the broth and stews.
- Diced tomatoes – 2 medium.** Added to salads and stews.
- Celery – about 3 stalks (2 roughly chopped, 1 thinly sliced).**
- Cucumber – 1 large, peeled and diced.** For salads.
- Zucchini – 1 cup diced.**
- Kiwis – 5 (1 peeled and sliced, 4 peeled and diced).**
- Oranges – about 3 total.** Two small oranges are peeled and chopped for breakfast recipes and one orange is juiced (¼ cup).
- Lemons – 3–4.** Provides ¼ cup fresh lemon juice plus zest; two lemons are cut into quarters.
- Limes – 3–4.** One medium lime plus one extra are juiced; two limes are quartered.

- Baby spinach – 2 cups.**
- Italian parsley – about 2½ cups loosely packed.**
- Cilantro – about 5 cups loosely packed.** Includes whole leaves/stems for bowls and chopped cilantro for garnish.
- Fresh mint – about 2½ cups loosely packed.**
- Fresh dill – 1 cup.** For salads.
- Fresh tarragon – ½ cup.**
- Fresh rosemary – about 3 tablespoons chopped (plus a few sprigs in broth).**
- Fresh thyme – 10 sprigs.**
- Fresh oregano – 1 tablespoon (or 1 teaspoon dried) plus 2½ teaspoons dried oregano.**
- Red bell pepper – 1 cup diced (about ½ large pepper).**
- Shredded carrots – 2 cups.** For salads.
- Sliced leeks – additional 5 cups** for the extra broth batches.
- Kiwi and other assorted fruit** as noted above.

Frozen produce

- Frozen wild blueberries – 4 cups.** Used in smoothies and crisp topping.
- Frozen raspberries (thawed) – ⅔ cup.**
- Frozen pineapple chunks – 2 cups.**
- Frozen shelled edamame – 2 cups (defrosted).** For stir-fries.
- Frozen green beans – 1½ cups.**
- Frozen sweet potato chunks – 1 cup.**

Grains, pasta & legumes

- Buckwheat groats – 2 cups.**
- Gluten-free oats – about 3½ cups.** Used for overnight oats, granola and crisp topping.
- Quinoa – 1 cup.**
- Wild rice – ½ cup (rinsed).**
- Chickpea pasta – 1½ cups dry.** Use elbows or shells.
- Cannellini beans – about 2 (15-oz) cans.**
- Chickpeas – 1 cup canned (rinsed).**
- Lentils – 1 (15-oz) can (1½ cups).**
- Corn tortillas – 4.**
- Cinnamon Crunch Buckwheat Granola – ⅓ cup.** For the Wild Blueberry Chia Crisp.

Nuts, seeds & dairy alternatives

- Almond milk – about 2 cups.**
- Almond yogurt (or lactose-free plain yogurt) – approximately 2½ cups.**
- Chia seeds – 6 tablespoons plus ½ cup (≈ 14 tablespoons total).**
- Ground flaxseed – 6 tablespoons.**
- Hemp seeds – 1 tablespoon.**
- Pecans – about 2¼ cups, divided.** Includes chopped pecans for crisps and salads plus raw pecans for snacking.
- Walnuts – about 2¼ cups.** Both raw and lightly chopped walnuts appear in several recipes.
- Almonds – about 1 cup sliced/slivered.**
- Sunflower seeds – ½ cup.**
- Pine nuts – ¾ cup.** For salads and pesto-style dressings.

- Peanuts – ½ cup.**
- Peanut butter – ½ cup natural.**
- Brazil nuts – ½ cup.**
- Hazelnuts – ½ cup.**
- Coconut milk (light) – ½ cup.**

Herbs, spices & condiments

- Dijon mustard – ½ teaspoon.**
- Gluten-free miso – 1 tablespoon plus another 2 tablespoons miso.**
- Gluten-free tamari – 1 tablespoon plus 1 teaspoon.**
- Ground spices:** 2½ teaspoons ground cinnamon, ½ teaspoon ground cumin, 1¼ teaspoons ground ginger, ¼ teaspoon ground cardamom, 1 teaspoon smoked paprika, ½ teaspoon ground cumin (extra in some recipes). Adjust to taste.
- Dried herbs:** 2½ teaspoons dried oregano and 1½ teaspoons dried thyme.
- Salt – about 3½ teaspoons total.**
- Garlic oil – 4 teaspoons plus 1 tablespoon.**
- Garlic-infused oil – 1 teaspoon.**

Oils & vinegars

- Extra-virgin olive oil – about 1¾ cups total** (16 tablespoons plus ¼ cup plus an additional ¼ cup called for in salads and stews).
- Avocado oil – 3 tablespoons plus ½ cup.**
- Olive oil – 1 tablespoon.**
- Sesame oil – 1 teaspoon.**
- Apple cider vinegar – ¼ cup.**

Miscellaneous

- Maple syrup – about 1 cup total.** Used across several breakfasts, snacks and sauces; includes 6 tablespoons + 2 teaspoons in recipes plus ½ cup in energy bites.
- Vanilla extract – 3½ teaspoons.**
- Kimchi – ¼ cup.**
- Mung bean sprouts – 1 cup.**
- Natural peanut butter – ½ cup.**
- Tapioca flour – 2 tablespoons.**
- Sorghum flour – ¼ cup.**
- Dark chocolate chips (70 %+) – 2 teaspoons.**
- Extra nuts such as Brazil nuts and hazelnuts as noted in the nuts & seeds section.**
- Firm tofu – 23 oz total** (8 oz crumbled plus 15 oz drained). This covers stir-fries and scramble recipes.
- Oyster mushrooms – 2 cups.**

Optional ingredients

- A pinch of salt** in the **Orange & Spice Overnight Oats** and **Wild Blueberry Chia Crisp** recipes.
- Chopped Italian parsley** for garnish in the **Miso-Licious Vegetable Pasta**.
- Jalapeño (to taste)** for the **Edamame Guacamole**.
- Additional hemp seeds or flaxseed** for topping chia puddings and smoothie bowls.

PHASE 3

Mastery

The Mastery phase features bowls, hearty salads, wraps and desserts. Quantities below include enough P3 Biome Broth for the Phase 3 soups.

Produce

- Asparagus – 1 cup (1-inch pieces).**
- Apples – ½ Honeycrisp or similar sweet-tart apple, finely diced.** Used in breakfast bowls.
- Avocados – 2 medium.** One for the Speedy Shakshuka, one for Avocado Toast.
- Baby arugula – about 10 cups.** Used across salads and bowls.
- Kale – 4 cups chopped.**
- Romaine lettuce – 4 cups chopped.**
- Carrots – about 4 cups rough-chopped plus ¾ cup shredded and 1 large carrot diced.**
- Parsnips – 2 cups rough-chopped.**
- Leeks (green parts only) – about 4½ cups (3 cups sliced plus 1½ cups of leek tops).**
- Tomatoes – 4 medium (quartered) plus 3 heirloom tomatoes (roughly chopped).**
- Beets – ½ cup precooked diced beets.** For bowls.
- Cucumbers – ½ large cucumber peeled and chopped.**
- Strawberries – 2 cups sliced plus 5 whole.** For the Double Strawberry Spring Salad.
- Pomegranate arils – 2 cups (fresh or frozen) plus ¾ cup extra for garnish.**
- Radishes – ½ cup sliced.**
- Oranges – ½ orange juiced (about 2 tablespoons) and 1 teaspoon orange zest.**
- Lemons – about 5 (≈ 9 tablespoons lemon juice).**
- Limes – about 4 (¼ cup juice + 2 teaspoons).** Additional lime wedges for serving.

- Fresh herbs:** 1 cup chopped cilantro, 1 cup loosely packed cilantro, ½ cup chopped mint, ½ cup chopped basil, 1 cup chopped Italian parsley plus ½ cup lightly chopped parsley, 10 sprigs fresh thyme plus 1 tablespoon chopped thyme.

Frozen produce

- Frozen cherries – 1½ cups.**
- Frozen corn – 1½ cups plus an additional 8 oz bag for tortilla soup.**
- Frozen mango – 1 cup.**
- Frozen raspberries – 1 cup.**
- Frozen pomegranate arils – ¾ cup (if using frozen).**
- Frozen ripe banana – 1.** For smoothie bowls.
- Frozen precooked brown rice – 2 cups.** For quick bowls.
- Hardshell corn taco shells – 6.**
- Corn tortillas – 4.** For tacos and wraps.
- Popcorn kernels – ½ cup.** For the Smoked Chili Lime Popcorn snack.

Grains, pasta & legumes

- Forbidden (black) rice – 1 cup uncooked.**
- Quinoa – 1½ cups uncooked.**
- Brown rice cakes – 5.**
- Sourdough bread (gluten-free if needed) – 4 slices.** For Avocado Toast with Dukkah.
- Chickpea pasta – 8 oz dried.**
- Black beans – 1 (15-oz) can, rinsed and drained.**
- Chickpeas – 2 (15-oz) cans, rinsed and drained.**
- Cannellini beans – 1 (15-oz) can.**
- Lentils – 2½ cups cooked (about 1½ cans).** Used in salads and wraps.

- Gluten-free tortillas – 1.** For wraps.

Nuts, seeds & dairy alternatives

- Almond milk – about 1¼ cups, plus extra if you prefer a thinner consistency in bowls.**
- Almond yogurt – about 1⅔ cups.**
- Chia seeds – 3 tablespoons plus ½ cup (≈ 11 tablespoons total).**
- Pistachios – 1 cup chopped.**
- Cashews – 2 cups raw, unsalted.** Soaked for creamy sauces.
- Hemp seeds – ¼ cup.**
- Pecans – 1 tablespoon chopped.**
- Walnuts – 1 cup, toasted and chopped.**
- Pumpkin seeds – 1 tablespoon.**
- Slivered almonds – ½ cup plus 3 tablespoons sliced/slivered (≈ ¾ cup total).**
- Peanuts – ½ cup toasted plus 2 tablespoons shelled/salted.**
- Fennel seeds – 1 teaspoon.** For Avocado Toast with Dukkah.
- Light coconut milk – ½ cup.**

Herbs, spices & condiments

- Curry powder – 4 teaspoons.**
- Smoked paprika – 3½ teaspoons.**
- Chili powder – about 4 teaspoons (including “to taste”).**
- Ground cumin – 2¾ teaspoons plus 1½ teaspoons extra to taste.**
- Ground ginger – 1¾ teaspoons.**
- Ground cinnamon – 1¼ teaspoons.**
- Ground turmeric – ½ teaspoon.**
- Mellow white miso – 4 tablespoons.**

- Gluten-free tamari – 1 tablespoon.**
- Fresh herbs:** as listed in the produce section (cilantro, basil, mint, parsley, thyme).
- Salt – about 4½ teaspoons total.**
- Black pepper – about 2 teaspoons.**

Oils & vinegars

- Extra-virgin olive oil – about 2 cups total.** This covers sautéing, salad dressings and coating bread.
- Avocado oil – 5 tablespoons.**
- Sesame oil – 1 teaspoon.**
- Garlic oil – 3 teaspoons plus 1 tablespoon garlic-infused oil.**
- White balsamic vinegar – ¼ cup plus 5 tablespoons.**
- Rice wine vinegar – 1 tablespoon.**

Miscellaneous

- Cacao nibs – 2 teaspoons.**
- Melted dark chocolate chips (70 %+)** – 4 tablespoons.
- Unsweetened cocoa powder – 1 tablespoon.**
- Tahini – 2 tablespoons.**
- Firm tofu – about 19½ oz (cubed).** Used in Miso bowls and salads.
- Crispy baked tofu – 8 oz.** As a protein add-on (see optional section).
- Hummus – ⅓ cup.**
- Kimchi – 1 tablespoon.**
- Peanut butter – 2 tablespoons.**
- Unsweetened shredded coconut – ¼ cup.**
- Vanilla extract – 2 teaspoons.**

- Vegan butter – 1 teaspoon.** For popcorn.
- Maple syrup – about ½ cup total (7 teaspoons + 2 tablespoons + extra to taste).**

Optional ingredients

- Pine nuts** – for garnishing the **Spiced Pomegranate Lassi**.
- A pinch of salt** – optional in the **Peanut Pumpkin Power Bowl**.
- Canned lentils (½ cup)** – may be frozen for future **Morning Sundae Surprise bowls**.
- Extra nuts, seeds or sprouts** – sprinkle over salads or bowls as desired.