

Gluten-Free Budget Planner

Printable worksheets for planning, tracking and trimming your gluten-free grocery spending.

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How to use it

1. Print the pages you need. Most are meant to be reprinted every month.
2. Start with the monthly budget worksheet and set a spending goal.
3. Take the shopping list and the bulk-buy calculator on warehouse trips.
4. Update the price tracker as you shop, so you know your own best deals.
5. Check the pantry inventory before you plan the week, then fill in the meal planner.

Created by Katie & Paul Wilson · letsgoglutenfree.com

Monthly Budget Worksheet

Set a goal for the month, then log what each trip really cost.

Month and year: _____ People we feed: _____ Budget goal: \$ _____

Weekly spending

WEEK	COSTCO OR WAREHOUSE	GROCERY STORE	SPECIALTY OR ONLINE	WEEK TOTAL
Week 1				
Week 2				
Week 3				
Week 4				
Week 5				
Month total				

Budget against actual

	AMOUNT
Budget for the month	
Spent	
Over or under	

Budget tips

- Compare price per ounce before a bulk pack goes in the cart. Bigger isn't always cheaper.
- Buy in bulk only what you can use or freeze before it goes off.
- Build most dinners around foods that are naturally gluten-free, and save packaged gluten-free products for where they matter most to you.
- Read the label every time, even on a product you've bought before. Recipes change.
- Plan the week's meals around what's on sale, then write the list.

Costco Shopping List

A blank list by section. Write in your own items and tick the label check as you shop.

Date:

Trip budget: \$

ITEM	SIZE	PRICE	LABEL READ	IN CART
Bread and packaged bakery				
			☐	☐
			☐	☐
			☐	☐
			☐	☐
Pasta, rice and grains				
			☐	☐
			☐	☐
			☐	☐
			☐	☐
Snacks				
			☐	☐
			☐	☐
			☐	☐
			☐	☐
Dairy and eggs				
			☐	☐
			☐	☐
			☐	☐
			☐	☐

Before it goes in the cart

- Is there a gluten-free statement on the pack?
- Any wheat, barley, rye or malt in the ingredients?
- Will we use or freeze it in time?
- Is it cheaper per ounce than our regular store?

Costco Shopping List, continued

Total it up before checkout and again at home.

Date:

Trip budget: \$

ITEM	SIZE	PRICE	LABEL READ	IN CART
Meat, poultry and seafood				
			☐	☐
			☐	☐
			☐	☐
			☐	☐
Frozen				
			☐	☐
			☐	☐
			☐	☐
			☐	☐
Baking and pantry				
			☐	☐
			☐	☐
			☐	☐
			☐	☐
Drinks and extras				
			☐	☐
			☐	☐
			☐	☐
			☐	☐

Planned total: \$

Actual total: \$

Bulk-Buy Calculator

Find out whether the big pack is really the better buy.

How it works

1. Write down the price and the ounces for the bulk pack and for the pack you usually buy.
2. Divide each price by its ounces. That is the price per ounce.
3. The lower price per ounce is the better buy, as long as you will finish it.

Bulk pack against regular pack

ITEM	BULK PRICE	BULK OZ	PER OZ	REGULAR PRICE	REGULAR OZ	PER OZ	USE IN TIME
							☐
							☐
							☐
							☐
							☐
							☐
							☐
							☐
							☐
							☐
							☐
							☐
							☐
							☐
							☐
							☐
							☐

For items sold by count, such as eggs or bars, divide by the count instead of ounces.

Price Tracker

Track the products you buy most, such as bread, pasta and snacks, across your stores.

Store A:

Store B:

Store C:

GLUTEN-FREE PRODUCT	SIZE	COSTCO	STORE A	STORE B	STORE C	BEST DEAL

Notes

Weekly Meal and Prep Planner

Weeks 1 and 2. Plan the meals first, then write the grocery list.

Week 1

Week of: _____

Grocery budget: \$ _____

Prep ahead: _____

DAY	BREAKFAST	LUNCH	DINNER	SNACKS
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Week 2

Week of: _____

Grocery budget: \$ _____

Prep ahead: _____

DAY	BREAKFAST	LUNCH	DINNER	SNACKS
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Weekly Meal and Prep Planner

Weeks 3 and 4.

Week 3

Week of: _____ Grocery budget: \$ _____ Prep ahead: _____

DAY	BREAKFAST	LUNCH	DINNER	SNACKS
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Week 4

Week of: _____ Grocery budget: \$ _____ Prep ahead: _____

DAY	BREAKFAST	LUNCH	DINNER	SNACKS
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Pantry Inventory Checklist

Check what you have before you shop.

Two boxes per line: tick the first if you have it, the second if it needs restocking. Blank lines are for your own staples.

Flours and baking

Gluten-free flour blend	☐	☐
Almond flour	☐	☐
Coconut flour	☐	☐
Tapioca starch	☐	☐
Baking powder	☐	☐
Baking soda	☐	☐
Xanthan gum	☐	☐
Cornstarch	☐	☐
	☐	☐
	☐	☐

Grains and pasta

White or brown rice	☐	☐
Quinoa	☐	☐
Gluten-free oats	☐	☐
Gluten-free pasta	☐	☐
Rice noodles	☐	☐
Corn tortillas	☐	☐
Gluten-free bread	☐	☐
Gluten-free crackers	☐	☐
	☐	☐
	☐	☐

Proteins

Chicken	☐	☐
Ground beef or turkey	☐	☐
Salmon or other fish	☐	☐
Eggs	☐	☐
Canned tuna	☐	☐
Black beans	☐	☐
Chickpeas	☐	☐
Deli meat	☐	☐
	☐	☐
	☐	☐

Dairy and refrigerated

Milk or milk alternative	☐	☐
Butter	☐	☐
Cheese	☐	☐
Yogurt	☐	☐
Cream cheese	☐	☐
Sour cream	☐	☐
Gluten-free tortillas	☐	☐
Hummus	☐	☐
	☐	☐
	☐	☐

Sauces and condiments

Gluten-free tamari or soy sauce	☐	☐
Ketchup	☐	☐
Mustard	☐	☐
Mayonnaise	☐	☐
Salsa	☐	☐
Salad dressing	☐	☐
Olive or avocado oil	☐	☐
Vinegar	☐	☐
	☐	☐
	☐	☐

Snacks and treats

Gluten-free pretzels	☐	☐
Rice cakes	☐	☐
Popcorn	☐	☐
Nut butter	☐	☐
Trail mix or nuts	☐	☐
Gluten-free granola bars	☐	☐
Dark chocolate	☐	☐
Fruit snacks	☐	☐
	☐	☐
	☐	☐

This is a list of common staples to count, not a list of gluten-free products. Check the label on anything packaged, including sauces, deli meat, yogurt and oats.