
Gluten-Free Budget Planner

Costco Shopping Lists | Price Tracker | Meal Planning

- ✓ **Costco GF Shopping List**
70+ verified gluten-free products with prices
- ✓ **Price Tracker**
Track prices across stores and find the best deals
- ✓ **Weekly Meal Planner**
Plan meals, build grocery lists, and stay on budget
- ✓ **Monthly Budget Worksheet**
Set goals, track spending, and save more
- ✓ **Pantry Inventory Checklist**
Know what you have before you shop

LetsGoGlutenFree.com

Created by Katie & Paul Wilson | Free Download | Print & Reuse

How to Use This Planner

- 1 Print the pages you need each week (or the whole planner for a monthly binder).
- 2 Start with the Monthly Budget Worksheet below to set your GF grocery spending goal.
- 3 Use the Costco Shopping List to plan your bulk buying trips (pages 3-4).
- 4 Track prices over time with the Price Tracker (page 5) to spot the best deals.
- 5 Plan your weekly meals (pages 6-7) and build your grocery list from those meals.
- 6 Check the Pantry Inventory (page 8) before shopping to avoid buying duplicates.

Monthly GF Grocery Budget Worksheet

Month / Year: _____

Family Size: _____

Monthly Budget Goal: \$ _____

Weekly Spending Breakdown

Week	Costco	Grocery Store	Specialty/Online	Weekly Total
Week 1				
Week 2				
Week 3				
Week 4				
Extra				
MONTHLY TOTAL				\$

Budget vs. Actual

Total Budget: \$ _____

Total Spent: \$ _____

Difference (+ / -): \$ _____

Katie's Budget Tips for GF Families

- Buy GF staples (rice, oats, flour blends) in bulk at Costco — the per-unit cost is 30-50% less.
- Cook naturally GF meals (rice bowls, grilled proteins, salads) most nights to reduce specialty product spending.
- Stock up on Costco's Kirkland GF items when on sale — they're already the best value.
- Use the Price Tracker on page 5 to compare Costco vs. grocery store prices on your top 10 GF items.
- Plan meals around what's on sale, not the other way around. Flexibility saves the most money.

Costco Gluten-Free Shopping List — Page 2 of 2

Date: _____

Trip Budget: \$ _____

Bakery & Bread

Product	Size/Qty	Est. Price	Got It
<input type="checkbox"/> Canyon Bakehouse GF Bread	2-pack	~\$9.99	
<input type="checkbox"/> Schar GF Artisan Bread	2-pack	~\$8.49	
<input type="checkbox"/> Schar GF Ciabatta Rolls	6-ct	~\$7.99	
<input type="checkbox"/> Udi's GF Hamburger Buns	12-ct	~\$8.99	
<input type="checkbox"/> Against the Grain GF Baguettes	3-pack	~\$11.99	
<input type="checkbox"/> Simple Mills Almond Flour Crackers	17 oz	~\$8.99	

Pasta & Grains

Product	Size/Qty	Est. Price	Got It
<input type="checkbox"/> Kirkland Organic Quinoa	4.5 lbs	~\$9.99	
<input type="checkbox"/> Barilla GF Penne	2-pack 24 oz	~\$6.99	
<input type="checkbox"/> Tinkyada Brown Rice Pasta	3-pack	~\$8.99	
<input type="checkbox"/> Kirkland Jasmine Rice	25 lbs	~\$14.99	
<input type="checkbox"/> Banza Chickpea Pasta	2-pack	~\$7.99	
<input type="checkbox"/> Lundberg Organic Rice Cakes	2-pack	~\$7.49	

Snacks

Product	Size/Qty	Est. Price	Got It
<input type="checkbox"/> Kirkland GF Granola Bars (KIND)	24-ct	~\$14.99	
<input type="checkbox"/> Snyder's GF Pretzel Sticks	22 oz	~\$6.99	
<input type="checkbox"/> Skinny Pop Popcorn	28-ct	~\$11.99	
<input type="checkbox"/> Siete Grain-Free Tortilla Chips	2-pack	~\$8.99	
<input type="checkbox"/> Kirkland Mixed Nuts	2.5 lbs	~\$13.99	
<input type="checkbox"/> Made Good Granola Bars	24-ct	~\$12.99	
<input type="checkbox"/> Kirkland Organic Fruit Snacks	80-ct	~\$11.49	

Dairy & Eggs

Product	Size/Qty	Est. Price	Got It
<input type="checkbox"/> Kirkland Organic Eggs	2 dozen	~\$7.49	
<input type="checkbox"/> Kirkland Shredded Mozzarella	2.5 lbs	~\$9.99	
<input type="checkbox"/> Kirkland Butter (unsalted)	4-pack	~\$11.99	
<input type="checkbox"/> Organic Valley Cream Cheese	3-pack	~\$9.49	
<input type="checkbox"/> Kirkland Greek Yogurt	3 lbs	~\$6.49	

Subtotal This Page: \$ _____

Costco Gluten-Free Shopping List — Page 3 of 2

Date: _____

Trip Budget: \$ _____

Proteins (Fresh & Frozen)

Product	Size/Qty	Est. Price	Got It
<input type="checkbox"/> Kirkland Organic Chicken Breasts	6.5 lbs	~\$22.99	
<input type="checkbox"/> Kirkland Ground Beef 85/15	4 lbs	~\$18.99	
<input type="checkbox"/> Kirkland Salmon Fillets	3 lbs	~\$24.99	
<input type="checkbox"/> Kirkland Chicken Thighs	6 lbs	~\$14.99	
<input type="checkbox"/> Kirkland Bacon	4-pack	~\$16.99	
<input type="checkbox"/> Foster Farms Turkey Burgers	12-ct	~\$14.99	
<input type="checkbox"/> Columbus Sliced Turkey	2 lbs	~\$11.99	

Frozen Foods

Product	Size/Qty	Est. Price	Got It
<input type="checkbox"/> Kirkland Frozen Broccoli Florets	4 lbs	~\$7.49	
<input type="checkbox"/> Kirkland Stir Fry Vegetables	5.5 lbs	~\$8.99	
<input type="checkbox"/> Kirkland Frozen Blueberries	5 lbs	~\$11.99	
<input type="checkbox"/> Saffron Road GF Chicken Nuggets	2 lbs	~\$13.99	
<input type="checkbox"/> Udi's GF Frozen Pizza (2-pack)	2 ct	~\$14.99	
<input type="checkbox"/> Caulipower GF Pizza Crusts	3-pack	~\$12.49	

Baking & Pantry

Product	Size/Qty	Est. Price	Got It
<input type="checkbox"/> Bob's Red Mill GF 1-to-1 Flour	5 lbs	~\$12.99	
<input type="checkbox"/> Bob's Red Mill Almond Flour	3 lbs	~\$11.99	
<input type="checkbox"/> Kirkland Avocado Oil	2 L	~\$9.99	
<input type="checkbox"/> Kirkland Organic Coconut Oil	84 oz	~\$14.99	
<input type="checkbox"/> San-J Tamari (GF Soy Sauce)	2-pack	~\$8.99	
<input type="checkbox"/> Kirkland Organic Maple Syrup	33.8 oz	~\$12.99	
<input type="checkbox"/> Kirkland Honey	5 lbs	~\$14.99	

Beverages & Extras

Product	Size/Qty	Est. Price	Got It
<input type="checkbox"/> Kirkland Almond Milk (Organic)	6-pack	~\$9.99	
<input type="checkbox"/> Kirkland Organic Chicken Broth	6-pack	~\$11.49	
<input type="checkbox"/> Kirkland Marinara Sauce	3-pack	~\$8.49	
<input type="checkbox"/> Rao's Homemade Marinara	2-pack	~\$11.99	
<input type="checkbox"/> Kirkland Organic Peanut Butter	2-pack	~\$10.99	

ESTIMATED TRIP TOTAL: \$ _____ ACTUAL TOTAL: \$ _____ SAVED: \$ _____

Weekly GF Meal Planner — Week 1 & 2

Week of: _____ Grocery Budget: \$ _____

Day	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Grocery List for This Week

<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____

Weekly GF Meal Planner — Week 3 & 4

Week of: _____ Grocery Budget: \$ _____

Day	Breakfast	Lunch	Dinner	Snacks
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Grocery List for This Week

<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____
<input type="checkbox"/> _____	<input type="checkbox"/> _____	<input type="checkbox"/> _____

GF Pantry Inventory Checklist

Check what you have BEFORE you shop. Star items that need restocking.

Flours & Baking

- GF All-Purpose Flour Blend
- Almond Flour
- Coconut Flour
- Tapioca Starch
- Baking Powder (GF)
- Baking Soda
- Xanthan Gum
- Cornstarch

Dairy & Refrigerated

- Milk / Alt Milk
- Butter
- Cheese (shredded/block)
- Yogurt (check label)
- Cream Cheese
- Sour Cream
- GF Tortillas (refrigerated)
- Hummus

Grains & Pasta

- White/Brown Rice
- Quinoa
- GF Oats
- GF Pasta (penne, spaghetti)
- Rice Noodles
- Corn Tortillas
- GF Bread
- GF Crackers

Sauces & Condiments

- GF Soy Sauce (Tamari)
- Ketchup
- Mustard
- Mayonnaise
- Salsa
- GF Salad Dressing
- Olive Oil / Avocado Oil
- Vinegar (apple cider, white)

Proteins

- Chicken (fresh/frozen)
- Ground Beef/Turkey
- Salmon/Fish
- Eggs
- Canned Tuna
- Black Beans (canned)
- Chickpeas
- Deli Meat (verify GF)

Snacks & Treats

- GF Pretzels
- Rice Cakes
- Popcorn
- Nut Butter
- Trail Mix / Nuts
- GF Granola Bars
- Dark Chocolate
- Fruit Snacks

= Have It

= Need to Restock

Check this list every Sunday before planning your week!