



Grocery Shopping Guide

Gluten Free and Vegan



This grocery shopping guide is intended to help you and your flatmates set up the pantry, and learn about meal planning.

This guide bases its quantities on a 6 person flat, cooking 6 nights per week. The food prices were taken from www.shop.countdown.co.nz and are subject to change.

The purpose of this guide is to give you an estimated cost of purchasing staple pantry items, everyday essentials, and a weekly meal plan when you need to be gluten free and vegan.

Total cost of shopping guide (feeding 6 people): \$359.27

Cost per person: \$59.88

These prices are comprised of:

Type	Cost	Per person
Staple items	\$64.05	\$10.68
Everyday essentials	\$36.48	\$6.08
Other meals and snacks	\$92.13	\$15.36
Dinner plan	\$166.61	\$27.77

Pantry staples

Item	Quantity	Price	Servings/pack	Price/serving
<i>Everyday staples</i>				
Salt	300g	\$1.69	150 (2g)	\$0.01
Black pepper	50g	\$3.00	25 (2g)	\$0.12
Cooking oil	2L	\$6.69	133 (15ml)	\$0.05
Rice	5kg	\$8.80	28 (175g)	\$0.31
Stock cubes	10pk	\$3.90	10	\$0.39
<i>Baking needs</i>				
Flour	750g	\$4.00	-	-
Sugar	3kg	\$5.60	-	-
Baking soda	500g	\$2.30	-	-
Baking powder	400g	\$3.99	-	-
Cocoa	375g	\$5.20	-	-
<i>Herbs and spices</i>				
Mixed herbs	15g	\$2.10	30 (0.5g)	\$0.07
Coriander	30g	\$2.10	16 (1.8g)	\$0.13
Cumin	40g	\$2.10	19 (2.1g)	\$0.11
Chili powder	40g	\$2.10	30 (1.4g)	\$0.07
Paprika	30g	\$2.00	13 (2.3g)	\$0.15
<i>Sauces</i>				
Soy sauce	250ml	\$3.69	16 (15ml)	\$0.23
Sweet chili sauce	730ml	\$4.79	49 (15ml)	\$0.10

Other everyday essentials

Item	Quantity	Price	Servings per pack	Price per serving
<i>Dairy and poultry substitutes</i>				
Cheese	200g	\$7.99	8	\$1.00
Soy Milk	1L	\$2.50	4 (250ml)	\$0.63
Margarine	500g	\$2.00	50	\$0.04
Egg replacer	200g	\$6.80	66 (3g)	\$0.10
<i>Other</i>				
Potatoes*	5kg	\$10.00	33 (150g)	\$0.30
Onions*	1.5kg	\$2.50	9 (160g)	\$0.28
Crushed garlic	250g	\$2.39	25 (10g)	\$0.09
Crushed ginger	230g	\$2.30	46 (5g)	\$0.05

*Prices tend to change a lot

These are items that you may need to purchase weekly or semi-regularly to help keep your kitchen stocked up. They are ingredients and items that are useful across a variety of different meals and recipes.

Other meals and snacks

Item	Quantity	Price	Servings per pack	Price per serving
<i>Breakfast food</i>				
Weetbix	375g	\$7.19	12	\$0.60
Muesli	400g	\$7.00	10	\$0.70
Bread	650g	\$7.30	7	\$1.04
<i>Spreads</i>				
Jam	500g	\$2.70	33 (15g)	\$0.08
Peanut butter	375g	\$2.10	18 (20g)	\$0.12
Vegetemite	235g	\$5.50	47 (5g)	\$0.12

<i>Fruit</i>				
Apples*	1kg	\$4.50	10 (approx.)	\$0.45
Bananas*	1kg	\$2.80	9 (approx.)	\$0.31
Oranges/mandarins*	1kg	\$4.00	6 (approx.)	\$0.67
Pears*	1kg	\$4.80	5 (approx.)	\$0.96
<i>Lunch food</i>				
Wraps	4pk	\$6.00	2	\$3.00
Lettuce*	1 head	\$4.00	6	\$0.67
Cucumber*	1	\$2.30	6	\$0.38
Tomato*	500g	\$5.75	4	\$1.44
Vege burger	340g	\$9.00	4	\$2.25
Tempeh	250g	\$7.00	2.5	\$2.80
Mayonnaise/aioli	1 jar (235g)	\$6.99	12	\$0.58
Salad dressing	1 bottle (250ml)	\$3.20	10	\$0.32

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It's important to remember to include lunches, breakfasts, and snacks on the grocery list. It can be easy to get carried away with meal planning and forget about the other things you'll need for the week.

If you are stuck about what sort of things to buy, then this is a good standard list for you to get started.

Meal Plan

This sample meal plan is for 6 people cooking 6 nights per week. If you cook by yourself, then you can cook in bulk to save time and money. Each recipe includes a combination of staple ingredients and other ingredients you will need to buy.

Day One: Spaghetti Bolognese

Shopping list

Item	Quantity	Total price
Spaghetti	1 pack (340g)	\$4.00
Canned tomatoes	2 cans (400g each)	\$1.60
Canned lentils	1 can (400g)	\$1.09
Plant based mince	375g x 2	\$16.60
Frozen spinach	500g bag (use half)	\$2.00
Carrots*	2 carrots	\$1.00

*Prices tend to change a lot

Staple ingredients required

Item	Number of servings	Price
Onion*	1 onion	\$0.28
Salt	3 (1 tsp)	\$0.03
Pepper	0.5 (0.5 tsp)	\$0.06
Cooking oil	1 (15ml)	\$0.05
Mixed herbs	2 (2 tsp)	\$0.14
Paprika	2 (2 tsp)	\$0.30
Crushed garlic	1 (1 tsp)	\$0.09

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Total cost: \$27.24

Price per person: \$4.54

Day Two: Stir Fry

Shopping list

Item	Quantity	Price
Frozen vegetables	1 bag (750g)	\$3.50
Tofu	300g	\$4.89

Staple ingredients required

Item	Number of servings	Price
Onion*	1 onion	\$0.28
Cooking oil	1 (15ml)	\$0.05
Crushed garlic	1 (1 tsp)	\$0.09
Crushed ginger	0.5 (0.5 tsp)	\$0.03
Soy sauce	2.5 (3 tbsp)	\$0.58
Sweet chili sauce	4 (4 tbsp)	\$0.40

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Total cost: \$9.82

Price per person: \$1.64

Day Three: Burritos

Shopping list

Item	Quantity	Price
Wraps	3 packs (4 per pack)	\$18.00
Chilli beans	1 can (420g)	\$2.70
Textured soy protein	200g (use ¼ - ½)	\$5.39
Lettuce*	1 lettuce (half)	\$4.00
Cucumber*	1 cucumber (half)	\$2.30
Tomato*	2 tomatoes	\$3.00
Dairy free greek yogurt	700ml jar (use half)	\$12.00
Canned tomatoes	1 can (400g)	\$0.80

*Prices tend to change a lot

Staple ingredients required

Item	Number of servings	Price
Onion*	1 onion	\$0.28
Salt	3 (1 tsp)	\$0.03
Pepper	0.5 (0.5 tsp)	\$0.06
Cooking oil	1 (15ml)	\$0.05
Mixed herbs	2 (2 tsp)	\$0.14
Paprika	2 (2 tsp)	\$0.30
Crushed garlic	1 (1 tsp)	\$0.09

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Total cost: \$49.14

Price per person: \$8.19

Day Four: Cottage Pie

Shopping list

Item	Quantity	Price
Plant based mince	375g x 2	\$16.60
Frozen vegetables	1 bag (750g)	\$3.50
Canned tomatoes	2 cans (400g each)	\$1.60
Kidney beans	1 can (400g)	\$1.70
Lentils	1 can (400g)	\$1.09

Staple ingredients required

Item	Number of servings	Price
Onion*	1 onion	\$0.28
Salt	3 (1 tsp)	\$0.03
Pepper	0.5 (0.5 tsp)	\$0.06
Cooking oil	1 (15ml)	\$0.05
Mixed herbs	2 (2 tsp)	\$0.14
Paprika	2 (2 tsp)	\$0.30
Crushed garlic	1 (1 tsp)	\$0.09
Cheese	4 (100g)	\$4.00

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Total cost: \$29.44

Price per person: \$4.91

Day Five: Corn Fritters w/ Salad

Shopping list

Item	Quantity	Price
Corn kernels	2 cans (420g each)	\$2.40
Vegetarian sausages	300g x 2	\$16.00
Lettuce*	1 head of lettuce (use half)	\$4.00
Cucumber*	1 cucumber (use half)	\$2.30
Tomato*	2 tomatoes	\$3.00

*Prices tend to change a lot

Staple ingredients required

Item	Number of servings	Price
Salt	1.5 (0.5 tsp)	\$0.02
Pepper	0.25 (0.25 tsp)	\$0.03
Cooking oil	2 (30ml)	\$0.10
Egg replacer	1 tsp	\$0.10
Flour	¾ cup	\$0.54
Baking powder	1 tsp	\$0.05
Cheese	4 (100g)	\$4.00

Total cost: \$32.54

Price per person: \$5.42

Day Six: Chickpea Curry

Shopping list

Item	Quantity	Price
Frozen vegetables	1 bag (750g)	\$3.50
Coconut cream	2 cans (400ml each)	\$6.00
Chickpeas	2 cans (400g each)	\$2.40
Curry paste	1 jar (220g use half)	\$4.25
Canned tomatoes	1 can (400g)	\$0.80

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Staple ingredients required

Item	Number of servings	Price
Onion*	1 onion	\$0.28
Salt	3 (1 tsp)	\$0.03
Pepper	0.5 (0.5 tsp)	\$0.06
Cooking oil	1 (15ml)	\$0.05
Coriander	1 (1 tsp)	\$0.13
Cumin	1 (1 tsp)	\$0.11
Chili powder	0.5 (0.5 tsp)	\$0.04
Paprika	2 (2 tsp)	\$0.30
Stock cubes	1 cube	\$0.39
Crushed garlic	1 (1 tsp)	\$0.09

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Total cost: \$18.43

Price per person: \$3.07