



Grocery Shopping Guide

Gluten Free



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.

Total cost of shopping guide (feeding 6 people): \$324.42

Cost per person: \$54.07

These prices are comprised of:

Type	Cost	Per person
Staple items	\$66.25	\$11.04
Everyday essentials	\$47.71	\$7.95
Other meals and snacks	\$78.69	\$13.12
Dinner plan	\$131.77	\$21.96

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
Fish sauce	250ml	\$2.20	12 (20ml)	\$0.18
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</i>				
Cheese*	1kg	\$10.60	40 (25g)	\$0.27
Milk*	3L	\$5.52	12 (250ml)	\$0.46
Butter*	500g	\$5.40	100 (5g)	\$0.05
Eggs	20	\$7.90	20	\$0.40
Cage free eggs	18	\$9.00	18	\$0.50
<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

Vegemite	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>				
Instant rice noodles	55g	\$1.25	1	\$1.25
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
Ham	300g	\$4.50	6	\$0.75
Salami	100g	\$3.00	6	\$0.50
Mayonnaise/aioli	1 bottle (250ml)	\$2.00	10	\$0.20
Salad dressing	1 bottle (300ml)	\$2.00	12	\$0.17

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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
Mince*	500g	\$8.00
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

*Prices tend to change a lot

Total cost: \$18.64

Price per person: \$3.11

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
Fish sauce	0.5 (2 tsp)	\$0.09
Sweet chili sauce	4 (4 tbsp)	\$0.40

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Total cost: \$9.91

Price per person: \$1.65

Day Three: Burritos

Shopping list

Item	Quantity	Price
Wraps	3 packs (4 per pack)	\$18.00
Chilli beans	1 can (420g)	\$2.70
Chicken breast*	500g	\$6.50
Lettuce*	1 lettuce (half)	\$4.00
Cucumber*	1 cucumber (half)	\$2.30
Tomato*	2 tomatoes	\$3.00
Sour cream	300g tub	\$3.40
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: \$41.65

Price per person: \$6.94

Day Four: Cottage Pie

Shopping list

Item	Quantity	Price
Mince*	500g	\$8.00
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

*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
Cheese*	4 (1 cup, grated)	\$1.08

*Prices tend to change a lot

Total cost: \$17.92

Price per person: \$2.99

Day Five: Corn Fritters w/ Salad

Shopping list

Item	Quantity	Price
Corn kernels	2 cans (420g each)	\$2.40
Bacon	400g	\$5.90
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
Eggs	1 egg	\$0.40 / \$0.50
Flour	¾ cup	\$0.54
Baking powder	1 tsp	\$0.05
Cheese*	4 (1 cup, grated)	\$1.08

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Total cost: \$19.92

Price per person: \$3.32

Day Six: Chicken and Chickpea Curry

Shopping list

Item	Quantity	Price
Frozen vegetables	1 bag (750g)	\$3.50
Chicken breast*	500g	\$6.50
Coconut cream	2 cans (400ml each)	\$6.00
Chickpeas	1 can (400g)	\$1.20
Curry paste	1 jar (220g use half)	\$4.25
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
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: \$23.73

Price per person: \$3.96