Gluten free on a budget shopping list

This shopping list includes everything needed for the 7-day meal planner, including optional extras and snacks, plus ingredients needed for the 'fakeaway' recipes. Vegetable oil, salt and pepper are basic store cupboard staples that are not included in the budget. Product weights may vary depending on which supermarket you choose.

Fresh foods

Bread
Gluten free breadcrumbs – 170g bag
Gluten free brown bread – 1 loaf (10 slices)
Gluten free Warburtons flatbread[1] – 1 pack of 4
Gluten free hamburger rolls – 1 pack of 4

Cheese
Cheddar cheese – 400g
Halloumi – 225g pack
Mozzarella – 150g
Soft cream cheese (snack) – 200g

Dairy and Non-Dairy Alternatives
Coconut yoghurt – 450g
Double cream – 150ml
Greek-style yoghurt – 1kg
Houmous (snack) – 200g
Mascarpone – 250g
Milk (semi-skimmed) – 1.13 litre (2 pints)
Unsalted butter - 250g

Eggs
Medium eggs – box of 12

Fruit
Apple – pack of 6
Avocado – 1 medium
Banana – pack of 7 medium
Berries – 200g

Meat
Prosciutto ham[2] – 4 slices
Chicken thighs (bone-in/ fillets[3]) – 1kg
Sausages (pork) – 1 pack of 6
Turkey mince (2% fat) – 500g

Vegetables and Salad
Aubergine – 1 whole
Basil – 30g bag
Carrot - 500g bag
Courgette – 2 whole
Cucumber[1] (snack) – 1 whole
Garlic - 2 whole bulbs
Ginger – 1 root
Lemon[1] – 2 whole
Lettuce (gem) – 1 pack of 2
Mint - 30g bag
Mushrooms (chestnut) – 300g
Onions (red) – 1kg bag
Parsley – 30g bag
Potato (baking) – 1 pack of 4
Potatoes (new) – 1kg bag
Red pepper – 2 whole
Rocket leaves – 60g bag
Salad leaves (mixed) – 120g bag
Spinach - 180g bag
Sweet potatoes – 1.1kg bag
Tomatoes (cherry) – 300g bag
Tomatoes (medium) – 1 pack of 6

Frozen foods

Basa (white[3]) fish fillets – 1 pack of 4
Frozen fruits (summer) - 500g
Peas (garden) – 1kg
Spinach – 900g

Store cupboard

Cartons, bottles and jars
Gravy granules – 170g
Honey – 340g
Mustard (wholegrain) – 165g
Soya milk (long-life UHT) – 1 litre
Stock cubes – 1 pack of 10
Sugar (caster) – 500g bag
Sundried tomatoes[2] – 1 jar of 280g
Tomato purée – 200g
Vinegar (balsamic) – 250ml
Vinegar[2] (apple cider/ white wine) – 350ml

Cereals, dried fruit and seeds
Chia seeds – 100g
Gluten free penne pasta – 500g bag
Gluten free porridge oats – 450g bag
Microwave wholegrain rice – 250g pouch
Mixed nuts and raisins (budget mix) – 200g

Pumpkin seeds – 100g
Sesame seeds[1] (black/ white[3]) – 100g
Sultanas – 500g
Sunflower seeds – 100g

Dried herbs and spices
Basil – 14g
Cinnamon – 36g
Coriander[1] – 36g
Cumin[1] – 43g
Curry powder – 80g
Ground nutmeg – 42g
Mixed herbs – 12g
Oregano – 12g
Paprika – 46g
Smoked paprika[1] – 45g

Flour and baking powders
Baking powder – 150g
Cornflour – 250g
Gluten free plain flour – 1kg bag
Gluten free self-raising flour – 1kg bag
Xanthan gum – 100g

Tins
Baked beans – 1 of 400g
Butter beans – 1 of 400g
Cannellini beans – 1 of 400g
Chickpeas – 1 of 400g
Green lentils – 1 of 390g
Salmon (pink/red[3]) – 1 of 212g
Sweetcorn – 1 of 198g
Tomatoes (chopped) – 4 of 400g

Key:

[1] Additional ingredients needed if you choose to make the 'Fakeaway' recipes in addition to the 7-day meal planner.
[2] Optional recipe extras that you can choose whether to include. Apple cider or white wine vinegar for Poached Egg on Toast with Avocado and Tomato. Prosciutto ham slices for Gluten and Yeast Free Pizza. Sun-dried tomatoes for Green Lentil Salad.
[3] Cheaper options, as of 2026 prices, include chicken thighs bone-in, white fish, white sesame seeds and tinned pink salmon.