

MEAL PLANNING TEMPLATE

Planning your weekly meals and shopping with a list can help make sure you have nutritious gluten-free foods on hand all week long. Fill out this meal planning template and organize your grocery list (see reverse side) before you head to the store.



MONDAY	Breakfast _____ Lunch _____ Dinner _____ Snacks _____
TUESDAY	Breakfast _____ Lunch _____ Dinner _____ Snacks _____
WEDNESDAY	Breakfast _____ Lunch _____ Dinner _____ Snacks _____
THURSDAY	Breakfast _____ Lunch _____ Dinner _____ Snacks _____
FRIDAY	Breakfast _____ Lunch _____ Dinner _____ Snacks _____
SATURDAY	Breakfast _____ Lunch _____ Dinner _____ Snacks _____
SUNDAY	Breakfast _____ Lunch _____ Dinner _____ Snacks _____

GLUTEN-FREE GROCERY LIST TEMPLATE

TIP: When creating your meal plan, check the ingredients list to ensure there are no gluten-containing ingredients.

PRODUCE

Fresh fruits, vegetables and herbs are naturally gluten-free. Shop for a variety of colorful produce.

- ☐ _____
- ☐ _____
- ☐ _____

MEAT, POULTRY & SEAFOOD

Meat, poultry and seafood are naturally gluten-free. Read ingredients lists when choosing marinated, seasoned or breaded options.

- ☐ _____
- ☐ _____
- ☐ _____

DAIRY CASE

- ☐ Milk
- ☐ Butter
- ☐ Cheese
- ☐ Cottage cheese
- ☐ Eggs
- ☐ Yogurt

- ☐ _____
- ☐ _____
- ☐ _____

FROZEN FOODS

- ☐ Frozen fruits
- ☐ Frozen vegetables
- ☐ Frozen meals

- ☐ _____
- ☐ _____
- ☐ _____

CEREALS, BREADS & GRAINS

- ☐ Rice
- ☐ Quinoa
- ☐ Gluten-free oats
- ☐ Gluten-free bread
- ☐ Old El Paso™ Crunchy Taco Shells, Gluten-Free
- ☐ Gluten-free pasta
- ☐ Annie's™ Gluten Free Rice Pasta & Cheddar Mac
- ☐ Gluten Free Cheerios™ Cereal
- ☐ Gluten Free Chex™ Cereal

- ☐ _____
- ☐ _____
- ☐ _____

BEANS & LEGUMES

- ☐ Progresso™ canned beans
- ☐ Lentils
- ☐ Tofu

- ☐ _____
- ☐ _____
- ☐ _____

NUTS & SEEDS

- ☐ Almonds
- ☐ Peanut butter
- ☐ Chia seeds

- ☐ _____
- ☐ _____
- ☐ _____

BARs & SNACKS

- ☐ Popcorn
- ☐ Gluten-free crackers
- ☐ Gluten-free chips
- ☐ Salsa
- ☐ Hummus
- ☐ EPIC™ bars
- ☐ Larabar™

- ☐ _____
- ☐ _____
- ☐ _____

PANTRY STAPLES, CONDIMENTS AND SPICES

- ☐ Olive oil
- ☐ Balsamic vinegar
- ☐ Tamari
- ☐ Salad dressing
- ☐ Annie's™ Organic Yellow Mustard
- ☐ Gluten Free Gold Medal™ Oat Flour
- ☐ Muir Glen™ Organic Canned Tomatoes

- ☐ Canned soup
- ☐ Dried herbs and spices

- ☐ _____
- ☐ _____
- ☐ _____

BEVERAGES

- ☐ Coffee
- ☐ Orange juice

- ☐ _____
- ☐ _____
- ☐ _____

MISCELLANEOUS

- ☐ _____
- ☐ _____

- ☐ _____
- ☐ _____



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