

Low FODMAP Budget Grocery Builder

Use this sheet before a grocery run. The goal is not to buy every low-FODMAP food. The goal is to build a week that is affordable, repeatable, and still connected to reintroduction and personalization.

1. Choose Two Anchor Meals

Meal	Protein	Starch	Produce	Flavor	Notes
Anchor meal 1					
Anchor meal 2					

2. Build the Budget Cart

Cart section	Pick 1-3 items	Cost check	Serving-size check
Protein			
Starch			
Produce			
Flavor			
Snack or backup			

3. Specialty Product Triage

Product	Does it solve a real meal problem?	Can a cheaper staple do the job?	Buy, skip, or wait?

4. Review Before Checkout

- Did I buy food for repeat meals, not just individual products?
- Did I avoid assuming gluten-free automatically means low FODMAP?
- Did I check labels for onion, garlic, inulin, chicory, honey, high-fructose corn syrup, and sugar alcohols?
- Did I leave room for reintroduction or personalization once symptoms are stable enough?
- Do I need dietitian or clinician support because the diet is getting too small?