

MASTER GROCERY LIST

Whole Grains

Hand Pounded Rice
 Broken Wheat (Dalia)
 Jowar (All Season)
 Tapioca (Sabudana)
 Bajra / Ragi (Winter)
 Semolina (Rawa)
 Rolled / Steel Cut Oats
 Beaten Rice (Poha)
 Brown / Red / Basmati Rice
 Amaranth (Rajgira)

Leafy & Green Vegetables

Spinach (Palak)	Shepu (Dill)	Peas / Beans
Fenugreek (Methi)	Lady Finger	Ivy Gourd
Snake Gourd (Parwal)	Ridge Gourd (Toori)	Spring Onion
Bottle Gourd (Lauki)	Apple Gourd (Tinda)	Coriander Leaves
Green / Purple Cabbage	Bitter Gourd / Drumstick	Mint Leaves

Healthy Fats / Milk

Ghee	Cow Milk	Groundnut Oil
Curd / Paneer	Coconut Oil	Soy Milk
Mustard Oil	Almond Milk	Sesame Oil
Coconut Milk		

Meat / Fish

Chicken / Shrimp / Eggs
 Pomfret (Paplet)
 Rawas (Indian Salmon)
 Mackerel (Bangda)
 Surmai (Seer Fish)

Dry Fruits / Nuts/Seeds

Almonds / Cashews
 Walnut / Pistachios
 Date Fruit / Dried Apricot
 Green / Black Raisins
 Groundnut / Fig (Anjeer)
 Roasted Chickpeas (Chana)
 Flax Seeds / Chia Seeds
 Pumpkin Seeds / Poppy Seeds
 Sunflower Seeds
 White & Black Sesame
 Garden Cress (Aliv Seeds)
 Tulsi Seeds (Sabja)

Salad / Vegetables

Onions	Suran	Sweet Potatoes
Cucumber	Lemon	Mushrooms
Beetroot	Potato	Brinjal / Tendli
Carrot	Pumpkin	Cauliflower
Radish	Turnip	Colocasia (Arbi)
Tomatoes	Ash Gourd (Petha)	Bell Peppers (Shimla Mirch)

Spices/Condiments

Ginger / Garlic
 Fennel Seeds / Elaichi
 Cloves / Nutmeg
 Star Anis / Cumin
 Cinnamon / Bay Leaf
 Turmeric / Hing
 Peppercorn / Curry Leaves
 Cardamom / Corriander
 Green/ Red Chillies
 Star Anise / Javitri
 Jaggery / Honey
 Chunda / Pickles / Chutneys

Fruits

Water Melon	Mango	Jackfruit
Grapes	Pear	Oranges
Sweet Lime	Chickoo	Plum
Peaches	Coconut	Banana
Amla	Papaya	Pineapple
Apples	Lithchi	Guava
Custard Apple	Muskmelon	Jamun
Berries	Pomegranate	

Pulses / Dal

Chole / Chawli
 Rajma (White & Red)
 Whole Masoor
 Green Gram
 Horse Gram (Kulith)
 Moong Dal
 Split Black Gram
 Urad Dal
 Toor Dal
 Split Bengal Gram
 Masoor Dal
 White & Black Chickpeas

Flour

Jowar	Rawa	Ragi
Rice	Bajra	Besan
Multigrain	Amaranth	Thalipeeth
Whole Wheat		