

Grocery List

| | |
|---------------|----|
| Rice | 2 |
| coconut milk | 5 |
| onion | 6 |
| chili | 8 |
| Brown rice | 6 |
| potato | 1 |
| cabbage | 5 |
| tomato | 2 |
| garlic | 10 |
| Carrot | 6 |
| beetroot | 1 |
| olive oil | 2 |
| vinegar | 1 |
| beans | 4 |
| soy sauce | 5 |
| Banana | 2 |
| coconut flour | 2 |

| | |
|--------------|---|
| eggs | 2 |
| cinnamon | 2 |
| Red rice | 1 |
| fish | 1 |
| gotukola | 4 |
| curry leaves | 2 |
| Cucumber | 1 |
| yogurt | 1 |
| chickpeas | 1 |
| mint | 3 |
| Tofu | 1 |
| spinach | 3 |
| chili flakes | 1 |
| Rolled oats | 2 |
| fresh mango | 2 |
| mushroom | 3 |
| bitter gourd | 3 |
| Paneer | 2 |
| green chili | |

| | |
|-------------------------|---|
| | 2 |
| lime | |
| | 3 |
| lentils | |
| | 3 |
| carrot | |
| | 2 |
| Chia seeds | |
| | 1 |
| mango slices | |
| | 1 |
| Chciken | |
| | 2 |
| Leaks | |
| | 2 |
| Cabbage | |
| | 2 |
| noodles | |
| | 2 |
| Onion | |
| | 2 |
| Apple | |
| | 1 |
| peanut butter (natural) | |
| | 1 |
| Chicken | |
| | 1 |
| lettuce | |
| | 1 |
| cucumber | |
| | 1 |
| String hoppers | |
| | 1 |
| coconut | |
| | 1 |
| Roasted peanuts | |
| | 1 |

fresh coconut slices