

Grocery List

Banana	1
coconut flour	1
eggs	1
cinnamon	1
Red rice	4
pumpkin	5
eggplant	3
beetroot	4
curry leaves	5
coconut milk	7
Guava	1
chili powder	1
salt	3
Tofu	2
spinach	4
garlic	8
olive oil	4

chili flakes	2
Gotukola leaves	1
boiled sweet potato	1
Pumpkin seeds	1
grated coconut	1
Carrot	6
beans	5
cabbage	6
soy sauce	5
Grilled fish	1
manioc	1
Cucumber	1
yogurt	1
chickpeas	1
mint	1
Chciken	1
Leaks	1
Cabbage	1
noodles	

	1
Onion	1
Kurakkan flour	2
water	2
fish	1
gotukola	1
Low-fat cottage cheese	1
tomato	2
parsley	1
Brown rice	3
potato	1
onion	1
vinegar	1
Whole-grain flour	1
mixed vegetables	1
green chili	1
egg	2
carrot	2
coconut	2

Green gram (mung beans)	1
Rolled oats	1
fresh mango	1
Apple	1
peanut butter (natural)	1