

Monthly Grocery Bill

For: Urban, Middle-Class Family (India)

Item Category	Example Items	Monthly Cost (INR)
Grains	Rice, wheat flour	Rs. 1,000 - 1,500
Pulses & Legumes	Dal, chana, rajma	Rs. 700 - 1,200
Vegetables	Fresh seasonal vegetables	Rs. 1,500 - 2,000
Fruits	Bananas, apples, mangoes, etc.	Rs. 800 - 1,200
Milk & Dairy	Milk, curd, paneer, ghee	Rs. 1,200 - 2,000
Cooking Oil	Mustard, sunflower, etc.	Rs. 500 - 800
Spices & Condiments	Turmeric, chili, salt, pickles	Rs. 300 - 600
Snacks & Packaged Food	Biscuits, noodles, chips	Rs. 500 - 800
Beverages	Tea, coffee, soft drinks	Rs. 300 - 600
Household Items	Soaps, detergents, cleaning supplies	Rs. 600 - 1,000