

## Grocery List for LPR Recovery Diet

### Produce (Vegetables)

- Potatoes (*Alu*)
- Carrots (*Gajar*)
- Sweet Potatoes (*Sakhar Khand*)
- Spinach (*Paalungo ko Saag*)
- Cauliflower (*Kauli*)
- Broccoli (*Brokauli*)
- Chayote Squash (*Iskush*)
- Bottle Gourd (*Lauka*)
- Green Beans (*Bodi*)
- Green Peas (*Kerau*)

### Produce (Fruits)

- Ripe Bananas (*Kera*)
- Ripe Papaya (*Mewaa*)
- Apples (*Shayau*)
- Pears (*Nashpaati*)
- Watermelon (*Tarbooza*)
- Muskmelon (*Kharbooza*)

### Grains, Flours, and Cereals

- Brown Rice
- Oats (plain, not flavored)
- Buckwheat Flour (*Phaapar ko pitho*)
- Millet Flour (*Kodo ko pitho*)
- Brown Rice Flakes (*Chiura*)

### Dals (Lentils)

- Split Red Lentils (*Musuro ko Dal*)
- Split Yellow Moong Beans (*Pahelo Mung ko Dal*)

### Lean Protein (Non-Vegetarian Options)

- Skinless Chicken Breast
- River Fish (*Macha*)
- Eggs

## Herbs & Spices

- Fresh Ginger (*Aduwa*)
- Turmeric Powder (*Besar*)
- Fresh Coriander / Cilantro (*Dhaniya*)
- Salt

**Important Reminder: What NOT to Buy** To ensure the diet is effective, please strictly avoid purchasing any of the following items:

- **Spices:** Chili (*Khursani*), Garlic (*Lashun*), Onion (*Pyaz*), Black Pepper, *Timmur*, or any mixed *masalas*.
- **Acidic Items:** Tomatoes (*Golebheda*), Lemons (*Kaagati*), Limes, Vinegar, or any pickles (*Achar*).
- **Fats & Oils:** Ghee, cooking oil, butter, or fatty meats.
- **Dairy:** Yogurt (*Dahi*), cheese, or full-fat milk.
- **Beverages:** Coffee, tea (*Chiya*), alcohol, sodas, or any carbonated drinks.