For building the online grocery store application, I would recommend using the following technologies:

1. Front-End:
   - We will use either React.js or Vue.js to create the user interface, allowing customers to browse products, add them to the cart, and complete purchases.
   - Plain CSS will be used to style the application, providing a clean and responsive design.
2. Back-End: (Prototype built using C# and ASP.NET Core: github link)
   - We will build the back-end using C# and ASP.NET Core, providing a robust server-side foundation for the application.
   - The back-end will handle requests from the front-end, manage authentication with JWT, and interact with the MySQL database to retrieve and store data.
3. Database:
   - MySQL will store the data related to customers, products, shopping cart items, and orders.
   - We will design the necessary tables to support the required features, as mentioned in the previous database schema.
4. Authentication:
   - User authentication will be implemented using JSON Web Tokens (JWT) to securely manage user sessions and ensure authorized access to specific routes.
5. Hosting and Deployment:
   - The application will be hosted and deployed on a server or cloud platform that supports C# and .NET Core, allowing it to be accessible to users.

By adopting these technologies, the online grocery store application will offer a seamless shopping experience, enabling users to register, browse products, add items to their carts, and complete orders.