

Grocery List



PROTEINS

Paneer
Soy Chunks
Kala chana
Chick Peas
Mung Beans
Lentiles
Rajma
Curd

FATS

Almonds
Walnuts
Peanuts
Makhana
Peanut Butter
Chia seeds
Flax seeds
Coconut/Groundnut oil
Desi ghee
Olive oil
Avocado

PRODUCE

Cucumber
Dhania
Carrots
Chilli
Tomatoes
Capsicum
Broccoli
Cauliflower
Cabbage
Blueberries
Strawberries
Apple, Guava,
Melons

STARCHY CARBS

Potatoes
White Rice
Quinoa
Multigrain Atta
Sourdough Bread
Ragi Batter
Oats
Millets

Grocery List

SPICES

Salt
Chilli powder
Turmeric
Garlic powder
Ginger powder
Dhania Powder
Garam Masala
Curry leaves
Bay Leaves
Mustard seeds
Jeera (Cumin)
Methi
Fennel seeds



MISC


Black coffee
Green tea
Herbal teas
Monk fruit sweetener
Coconut water

BETTER SNaCKS

Peanuts
Peanuts Chat
Almonds
Walnuts
Roasted chana
Roasted Fox Nuts
Peanut butter toast
Coconut Dried
One Fruit + nuts
High protein dark
chocolate
Protein Shake
Protein Bar

Important *guidelines*



-  Stock up on proteins.
- Keep a list of protein sources handy in your kitchen, and ensure every meal has at least one source of protein.
- Avoid stocking up - Namkeen, Biscuits, chocolates, ice creams, etc. Order them as needed once a week or so.
- Start your day with overnight soaked nuts.
Avoid having tea/coffee on an empty stomach.
- You can replace caffeinated morning drinks with spice based drinks such as Jeera water, turmeric water, black pepper tea, etc

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Thank You

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