

Meal Plan Grocery List - Shopping Schedule

WEEKLY PURCHASES (Every 7 Days)

Fresh Proteins

- ☐ **Eggs** - 18-24 pieces (3-4 eggs daily for males, 2-3 for females)
- ☐ **Paneer** - 1kg (150g daily for males, 100g for females)
- ☐ **Fresh curd/yogurt** - 1L container
- ☐ **Cottage cheese** - 500g container

Fresh Vegetables & Greens

- ☐ **Spinach** - 500g bunch
- ☐ **Tomatoes** - 1kg
- ☐ **Onions** - 1kg
- ☐ **Cucumber** - 1kg
- ☐ **Bell peppers** - 500g (mixed colors)
- ☐ **Coriander leaves** - 2 bunches
- ☐ **Mint leaves** - 1 bunch
- ☐ **Green chilies** - 100g
- ☐ **Ginger** - 200g piece
- ☐ **Lettuce** - 1 head
- ☐ **Mushrooms** - 250g

Fresh Fruits

- ☐ **Berries** - 500g (strawberries/blueberries)
- ☐ **Bananas** - 6-8 pieces
- ☐ **Lemons** - 8-10 pieces
- ☐ **Seasonal fruits** - 1kg mixed

Dairy Alternatives

- ☐ **Almond milk** - 1L carton (unsweetened)

BI-WEEKLY PURCHASES (Every 14 Days)

Longer-Lasting Vegetables

- ☐ **Carrots** - 1kg

- ☐ **Cauliflower** - 2 medium heads
- ☐ **Broccoli** - 1kg
- ☐ **Green beans** - 500g
- ☐ **Capsicum** - 500g
- ☐ **Garlic** - 500g
- ☐ **Avocado** - 4-6 pieces

Proteins with Longer Shelf Life

- ☐ **Tofu** - 4 blocks (500g each)
- ☐ **Greek yogurt** - 2 large containers (1kg each)

Bread & Fresh Grains

- ☐ **Whole wheat bread** - 2-3 loaves
- ☐ **Multigrain bread** - 2 loaves

Canned/Packaged Items

- ☐ **Canned chickpeas** - 4 cans (400g each)
- ☐ **Canned kidney beans** - 3 cans
- ☐ **Canned black beans** - 2 cans

MONTHLY PURCHASES (Every 30 Days)

Dry Grains & Cereals

- ☐ **Quinoa** - 2kg bag
- ☐ **Oats** - 2kg bag
- ☐ **Rice** - 2kg (brown/white)
- ☐ **Poha** - 1kg bag
- ☐ **Whole wheat flour** - 5kg bag
- ☐ **Besan** - 1kg bag

Dry Legumes & Lentils

- ☐ **Moong dal** - 1kg
- ☐ **Masoor dal** - 1kg
- ☐ **Chana dal** - 1kg
- ☐ **Mixed dal** - 500g
- ☐ **Dry chickpeas** - 1kg
- ☐ **Dry kidney beans** - 500g

- ☐ **Dry black beans** - 500g
- ☐ **Moong beans** (for sprouting) - 500g

Nuts & Seeds

- ☐ **Almonds** - 1kg
- ☐ **Walnuts** - 500g
- ☐ **Chia seeds** - 500g
- ☐ **Flax seeds** - 500g
- ☐ **Pumpkin seeds** - 250g
- ☐ **Sunflower seeds** - 250g
- ☐ **Mixed nuts** - 500g
- ☐ **Makhana** - 500g

Oils & Cooking Essentials

- ☐ **Olive oil** - 1L bottle
- ☐ **Coconut oil** - 500ml jar
- ☐ **Cooking oil** - 1L bottle

Protein Supplements

- ☐ **Whey protein powder** - 2kg container

Pantry Staples

- ☐ **Honey** - 500ml jar
- ☐ **Stevia** - 1 pack
- ☐ **Soy sauce** - 500ml bottle
- ☐ **Tahini** - 250ml jar
- ☐ **Nutritional yeast** - 250g
- ☐ **Vanilla extract** - 100ml
- ☐ **Granola** - 1kg (low sugar)
- ☐ **Dates** - 500g

QUARTERLY/AS NEEDED (Every 3 Months)

Spices & Seasonings

- ☐ **Turmeric powder** - 500g
- ☐ **Red chili powder** - 250g
- ☐ **Coriander powder** - 250g

- ☐ **Cumin powder** - 250g
- ☐ **Garam masala** - 100g
- ☐ **Chole masala** - 100g
- ☐ **Chaat masala** - 100g
- ☐ **Black pepper powder** - 100g
- ☐ **Cumin seeds** - 250g
- ☐ **Mustard seeds** - 100g
- ☐ **Asafoetida (Hing)** - 50g
- ☐ **Salt** - 1kg
- ☐ **Black salt** - 250g

Beverages

- ☐ **Green tea** - 100 tea bags
- ☐ **Regular tea** - 500g

Condiments

- ☐ **Pickles** - 2-3 jars (variety)



ESTIMATED WEEKLY COSTS

Weekly Fresh Items: \$40-60 **Bi-weekly Items:** \$30-45 (per purchase) **Monthly Bulk Items:** \$80-120 (per purchase) **Quarterly Spices:** \$25-40 (per purchase)



SHOPPING TIPS

Weekly Shopping Day

- **Best Day:** Saturday/Sunday for freshest produce
- **Priority:** Leafy greens, proteins, fruits
- **Storage:** Wash and prep vegetables immediately

Bi-weekly Shopping

- **Schedule:** Every other Tuesday/Wednesday
- **Focus:** Frozen/canned backups, longer-lasting vegetables
- **Check:** Expiry dates on dairy products

Monthly Shopping

- **Schedule:** First week of each month
- **Focus:** Bulk dry goods, pantry restocking
- **Storage:** Airtight containers for grains and lentils

Cost Optimization

- **Bulk buying:** 20-30% savings on monthly items
- **Seasonal produce:** Buy in-season fruits/vegetables
- **Store brands:** Often 15-20% cheaper for staples
- **Meal prep:** Reduces food waste by 25-30%