

# Indian Grocery List

Rice / Grains / Pulses				Salt / Sugar / Spices			
S.No	Items	Qty Required	Amount	S.No.	Items	Qty Required	Amount
1	Rice - Meals			1	Iodized Salt		
2	Rice - Boiled			2	Rock Salt		
3	Rice - Basmati			3	Sugar		
4	Dosa Rice			4	Sugar Free		
5	SagoRice [SabuDana]			5	Crystal Sugar		
6	SplitRedGram [Toor Dal]			6	Jaggery [Gud]		
7	GreenGram [Moong Sabut]			7	Tamarind [Imli]		
8	Green Gram Split [Moong Dal]			8	DryChilli [SukhaMirchi]		
9	BlackGram [UradGota]			9	CorianderSeeds [Dhaniya]		
10	Black Gram Split [Urad Dal]			10	Fenugreek Seeds [Methi]		
11	BengalGram [Chana]			11	MustardSeeds [Sarson]		
12	Bengal Gram Split [Chana Dal]			12	SesameSeeds [ Til]		
13	HorseGram [Kulthi]			13	Peppercorn [Kali Mirch]		
14	RedLentil Dal [Masoor Dal]			14	Cumin [Jeera]		
15	GreenChickpea Chana [Hara Chana]			15	CarawaySeeds [ShahJeera]		
16	Fried Gram			16	PoppySeeds [KhusKhus]		
17	Black-EyedPea [Chowli]			17	Cardamom [Elaichi]		
18	Chickpeas Chana [Kabuli Chana]			18	Black Cardamom [Badi Elaichi]		
19	GroundNut [Moongfalli]			19	Clove [Lavang]		
20	KidneyBeans [Rajma]			20	Fennel [Saunf]		
21	TurkishGram [Mott/ Matki]			21	BayLeaf [Tez Patta]		
22	Wheat [Gehu]			22	Cinnamon [Dalchini]		

23	FingerMillet [Ragi]			23	Mace [Javitri]		
24	Green Peas Dry [SukhaMatar]			24	Fenugreek Leaves [Kasuri Methi]		
Flours (Atta) / Semolina (Rava) / Processed Grains				25	Nutmeg [Jaiphal]		
1	WheatFlour [Gehuka Atta]			26	StarAnise [Ananaska pool]		
2	RiceFlour [Chavalka Atta]			27	CaromSeeds [Ajwain]		
3	All-Purpose Flour [Maida]			28	WhitePepper [Safedmirchi]		
4	GramFlour [Besan]			29	Saffron [Kesar]		
5	Cornflour [Makkeka Atta]			30	Turmeric Sticks [Haldi Gota]		
6	Wheat Semolina [Upma Rava]			31	Turmeric Powder [Haldi]		
7	Rice Semolina [Rice/Idli Rava]			32	NigellaSeeds [Kalonji]		
8	Broken Wheat [Daliya]			33	CuminPowder [JeeraPowder]		
9	FingerMilletFlour[RagiFlour]			34	FenugreekPowder[DhaniyaPowder]		
10	BansiRava [Bangalore Rava]			35	Pepper Powder [Kalimirch Powder]		
11	BeatenRice [Poha]			36	Asafoetida [Heeng]		
12	PuffedRice [Murmura]			37	Dried Mango Powder [Amchur]		
13	Semolina [Semiya]			38	DriedGinger [Sonth]		
14	Roasted Rava			39	Garcinia [Kokum]		

Ground Spices / Masalas				Dairy / Frozen Food			
S.No	Items	Qty Required	Amount	S.No	Items	Qty Required	Amount
1	KesarMilk Powder			1	Milk		
2	Tea Masala			2	Milk Powder		
3	Garam Masala			3	Butter		
4	Kitchen King			4	Cheese		
5	Pav Bhaji Masala			5	Khova		
6	Cholle Masala			6	Fresh Cream		
7	Rajma Masala			7	Curds		
8	Sabzi Masala			8	Paneer		

9	Biryani/Pulav Masala			9	Ice Cream		
10	Fish Curry Masala			10	Frozen Peas		
11	Egg Curry Masala			11	Frozen Vegetables		
12	Chicken Masala			12	Frozen Ready-To-Eat		
13	Meat Masala			13	Frozen Chicken/Meat/Fish		
14	Jaljira Powder			Bread / Poultry / Cereals / Snacks			
15	Chat Powder			1	Bread		
16	Sambar Powder			2	Eggs/Chicken		
17	Rasam Powder			3	Mixtures		
Beverages				4	Biscuits		
1	Tea Leaves/Powder			5	Cake		
2	Coffee (Ground/Seeds)			6	Noodles		
3	Infant/Kids Drink			7	Pasta		
4	Soft Drink			8	Cornflakes		
5	Juice			9	Oats		
6	Chocolate/Flavoured Syrups			10	Muesli		
Accompaniments				Sweets / Dry Fruits			
1	Jams/Marmalades			1	Indian Sweets		
2	Sauce/Ketchup			2	Chocolates/Toffees/Candies		
3	Pickle			3	Pistachio [Pista]		
4	Condensed Milk			4	Almonds [Badam]		
5	Honey			5	Figs [Anjeer]		
6	Vinegar			6	Apricots [Khabani]		
7	Papad			7	Dates [Khajoor]		
Baking & Dessert Preparation				8	Raisins [Kismis]		
1	Baking Soda			9	Walnuts [Akhrot]		
2	Baking Powder			Anything Else			
3	Food Colour/Essence/Flavoring Agents						
4	Custard Powder						
5	Jelly Mix						
6	Cocoa Powder						

Oil/ Ghee							
1	Refined Oil						
2	Vegetable Oil						
3	Ghee						
4	Vanaspati						
5	Coconut Oil						
6	Pooja Oil						

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Cleaning/Bathroom Products				Nuts, Dry Fruits & Other Items			
S.No	Items	Qty Required	Amount	S.No	Items	Qty Required	Amount
1	Body Soap			1	Cashews		
2	Face Wash			2	Raisins		
3	Face Cream			3	Almonds		
5	Perfume (Men & Women)			5	Dates		
6	Shampoo			6	Peanuts		
7	Conditioners			7	Other nuts (like walnuts, pista, etc.)		
8	Moisturiser or Body Lotion			8	Yeast		
9	Sun Screen Lotion			Vegetables to Buy Weekly			
10	Hair Oil or Gel			S.No	Items	Qty Required	Amount
11	Toothpaste			1	Onion		
12	Toothbrush			2	Tomato		
13	Tongue Cleaner			3	Garlic		
14	Shaving Cream/Razors			5	Ginger		
15	Hand Sanitizer			6	Potatoes		
16	Dettol			7	Green Chilies		
17	Toilet Paper Roll			8	Lemon		
18	Kitchen Roll			9	Coriander Leaves		
19	Cotton Balls, Ear Buds			10	Mint Leaves		
20	Dish Washing Bar or Liquid			11	Curry Leaves		
21	Washing Machine Detergent			12	Coconut		
22	Bleach (For White Cloth)			13	Carrots		
23	Hand Wash Liquid			14	Other Vegetables		
24	Toilet Cleaner			15	Fruits		
25	Floor Cleaner						
26	Glass Cleaner						
27	Room Spray						
28	Air Freshner for Bathroom						
29	Harpic Tablets						
30	Garbage Bags						
31	Broom, Mop, Cleaning Brushes						
32	Pest Control (Mosquito Repellent, Buy Spray, Lines, Balls etc.)						
33	Tissue Paper						
34	Paper Plates						
35	Disposable Spoons						
36	Aluminium Foil						
37	Toothpicks						

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