

# **Final Home Grocery Shopping List**

## **■ Final Home Grocery Shopping List (Rechecked)**

### **Coconut & Products**

- [ ] Coconut powder
- [ ] Coconut water
- [ ] Desiccated coconut
- [ ] Dried coconut
- [ ] Fresh coconut

### **Condiments & Miscellaneous**

- [ ] Cocoa powder
- [ ] Coffee powder
- [ ] Tea leaves

### **Dairy & Alternatives**

- [ ] Almond milk
- [ ] Butter
- [ ] Buttermilk
- [ ] Cheese
- [ ] Coconut milk
- [ ] Curd / Yogurt
- [ ] Ghee
- [ ] Milk
- [ ] Paneer
- [ ] Soy milk

### **Fruits**

- [ ] Apple
- [ ] Banana
- [ ] Berries
- [ ] Chikoo
- [ ] Grapes
- [ ] Guava
- [ ] Jackfruit
- [ ] Kiwi
- [ ] Mango
- [ ] Muskmelon / Cantaloupe
- [ ] Orange

- [ ] Papaya
- [ ] Pear
- [ ] Pineapple
- [ ] Pomegranate
- [ ] Sapota (Chikoo)
- [ ] Watermelon

## **Grains & Cereals**

- [ ] Bajra (pearl millet)
- [ ] Barley
- [ ] Basmati rice
- [ ] Broken wheat (dalia)
- [ ] Brown rice
- [ ] Corn flour
- [ ] Foxtail millet
- [ ] Gram flour (Besan)
- [ ] Idli rava
- [ ] Idli rice
- [ ] Jowar (sorghum)
- [ ] Little millet
- [ ] Maida (refined flour)
- [ ] Mixed millet flour
- [ ] Oats
- [ ] Poha (flattened rice)
- [ ] Quinoa
- [ ] Ragi (finger millet)
- [ ] Rava / Semolina
- [ ] Red rice
- [ ] Rice
- [ ] Rice flour
- [ ] Vermicelli
- [ ] Wheat
- [ ] Whole wheat flour

## **Herbal & Natural Products**

- [ ] Aloe vera gel
- [ ] Ashwagandha powder
- [ ] Camphor
- [ ] Multani mitti (Fuller's earth)
- [ ] Neem powder or leaves

- [ ] Spirulina powder
- [ ] Triphala powder
- [ ] Tulsi leaves

## **Non-Food / Household**

- [ ] Cleaning brush
- [ ] Cotton balls / pads
- [ ] Glass jar (storage)
- [ ] Muslin cloth / clean cloth
- [ ] Steel vessel

## **Nuts, Seeds & Dry Fruits**

- [ ] Almonds
- [ ] Cashews
- [ ] Chia seeds
- [ ] Dates
- [ ] Flaxseeds
- [ ] Fox nuts (Makhana)
- [ ] Pistachios
- [ ] Poppy seeds
- [ ] Pumpkin seeds
- [ ] Raisins
- [ ] Sesame seeds
- [ ] Sunflower seeds
- [ ] Walnuts

## **Oils & Fats**

- [ ] Almond oil
- [ ] Castor oil (for external use)
- [ ] Coconut oil
- [ ] Cooking oil (neutral)
- [ ] Groundnut oil
- [ ] Mustard oil
- [ ] Olive oil (extra virgin)
- [ ] Parboiled rice
- [ ] Plastic wrap / foil
- [ ] Sesame oil
- [ ] Sunflower oil
- [ ] Virgin coconut oil

## **Pulses & Legumes**

- [ ] Black chickpeas (Desi chana)
- [ ] Chana dal (Bengal gram)
- [ ] Chickpeas (Kabuli chana)
- [ ] Cowpeas / Black-eyed peas
- [ ] Green Peas
- [ ] Green peas (dried/fresh)
- [ ] Horse gram (Kulthi)
- [ ] Masoor dal (Red lentils)
- [ ] Moong dal (Green gram)
- [ ] Peanuts
- [ ] Rajma (Kidney beans)
- [ ] Sandalwood powder
- [ ] Soya beans
- [ ] Soya chunks
- [ ] Toor dal (Arhar dal)
- [ ] Urad dal (Black gram)

## **Salts, Acids & Sweeteners**

- [ ] Honey
- [ ] Iodized salt
- [ ] Jaggery
- [ ] Lemon
- [ ] Lemon / Lime
- [ ] Rock/Sea/Pink salt (any)
- [ ] Sugar
- [ ] Sweet Lime
- [ ] Tamarind
- [ ] Vinegar (apple cider or white)

## **Spices, Herbs & Masalas**

- [ ] Asafoetida (Hing)
- [ ] Basil leaves
- [ ] Bay leaf
- [ ] Biryani masala
- [ ] Black pepper
- [ ] Capsicum / Bell pepper
- [ ] Cardamom
- [ ] Carom seeds (Ajwain)

- [ ] Chaat masala
- [ ] Cinnamon
- [ ] Cloves
- [ ] Coriander leaves (Dhania)
- [ ] Coriander powder
- [ ] Coriander seeds
- [ ] Cumin powder
- [ ] Cumin seeds (Jeera)
- [ ] Curry Leaves
- [ ] Curry leaves
- [ ] Dried red chillies
- [ ] Dry mango powder (Amchur)
- [ ] Fennel seeds
- [ ] Fenugreek leaves (Methi)
- [ ] Fenugreek seeds
- [ ] Garam masala
- [ ] Garlic
- [ ] Ginger
- [ ] Green chillies
- [ ] Kasuri methi (dried fenugreek leaves)
- [ ] Lemongrass
- [ ] Mint leaves
- [ ] Mint leaves (Pudina)
- [ ] Mustard powder
- [ ] Mustard seeds
- [ ] Parsley
- [ ] Pepper powder
- [ ] Red chilli powder
- [ ] Rose water
- [ ] Sambar powder
- [ ] Star anise
- [ ] Thyme
- [ ] Turmeric powder
- [ ] Vanilla essence
- [ ] Oregano

## **Vegetables**

- [ ] Amaranth leaves (Thotakura)
- [ ] Ash Gourd

- [ ] Beetroot
- [ ] Bitter Gourd
- [ ] Bottle Gourd
- [ ] Brinjal
- [ ] Brinjal / Eggplant
- [ ] Broccoli
- [ ] Cabbage
- [ ] Capsicum
- [ ] Carrot
- [ ] Cauliflower
- [ ] Celery
- [ ] Cucumber
- [ ] Drumstick
- [ ] French Beans
- [ ] Green Beans
- [ ] Ivy Gourd
- [ ] Leeks
- [ ] Lettuce
- [ ] Mushroom
- [ ] Okra
- [ ] Onion
- [ ] Potato
- [ ] Pumpkin
- [ ] Radish
- [ ] Ridge Gourd
- [ ] Snake Gourd
- [ ] Spinach
- [ ] Spring onions
- [ ] Tomato
- [ ] Tomato ketchup / Sauce
- [ ] Zucchini