

Final Home Grocery Shopping List

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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