

# Indian Grocery Shopping list

## Checklist

### RICE

Basmati rice  
Sona masuri  
Biryani rice (Kaima)  
Boiled rice (red Matta)  
Gobindobhog rice  
Raw rice  
Idili/Dosa rice



### WHOLE SPICES

Mustard seeds  
Cumin seeds  
Corriander seeds  
Fennel seeds  
Fenugreek seeds  
Black pepper corns  
Cardamom  
Cinnamon  
Cloves  
Nutmeg  
Star anise  
Mace  
Red chilli  
Bay leaf  
Sesame seeds



### CONDIMENTS

Vinegar  
Tomato ketchup  
Hot sauce  
Soy sauce  
Mayonnaise  
Juices  
Soda  
Coffee  
Tea



### OILS

Coconut oil  
Rice bran oil  
Mustard oil  
Vegetable oil  
Ghee  
Butter



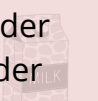
### FLOUR

Wheat flour/ Atta  
Rice flour  
Maize flour  
Bajra/ millet flour  
Ragi flour



### SPICE POWDER

Turmeric powder  
Corriander powder  
Cumin powder  
Red chilli powder  
Kashmiri chilli powder  
Fennel seed powder  
Black pepper powder  
Garam masala powder  
Ginger powder  
Mango powder  
Sambar powder  
Rasam powder  
Salt



### VEGETABLES

Onions  
Potatoes  
Garlic  
Shallot  
Ginger  
Green chilies  
Tomatoes  
Lemon  
Ash guard  
Ladies finger  
Fresh beans  
Cabbage  
Coconuts



### DAL /LENTILS

Toor dal  
Chana dal  
Mung dal  
Green gram  
Chick peas/ kabuli  
kala chana  
Beans  
Kidney beans  
Urad dal  
Red cowpea



### DAIRY

Milk  
Butter  
Paneer  
Cheese  
Dips  
Eggs  
Yogurt  
Coconut milk  
Fresh cream



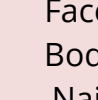
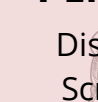
### FROZEN FOOD

Fish  
Chicken  
Meat  
Frozen fruits  
Frozen vegetables  
Frozen meals



### HOUSEHOLD/ PERSONAL

Dish soap  
Scrubber  
Sponges  
Detergent  
Bath Soap  
Kitchen towel  
Aluminum foil  
Plastic wrap  
Tissues  
All purpose cleaner  
Disinfectant  
Toilet cleaner  
Bathroom cleaner  
Shampoo  
Conditioner  
Face wash  
Face cream  
Body lotion  
Nail cutter  
Ear buds



### FRUITS

Apples  
Bananas  
Mangoes  
Grapes  
Oranges  
Strawberry  
Pineapple  
Guava



### OTHER ITEMS

Semolina/  
Rava  
Vermicelli  
Sago  
Broken rice  
Broken Wheat  
Bread  
Biscuits  
Rusk

