

Indian Grocery Shopping list

Checklist

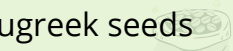
RICE

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



FRUITS

Apples
Bananas
Mangoes
Grapes
Oranges
Strawberry
Pineapple
Guava



OTHER ITEMS

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



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

