

Indian Monthly Grocery List

SimpleIndianRecipes.com

<https://simpleindianrecipes.com/Home/Indian-Monthly-Grocery-Shopping-List.aspx>

#	Item	Quantity	Description	Other Information
Grains				
1	Boiled Rice	5-7 kg	for White Rice	
2	Idli Rice	5 kg	for Idli, Dosa, Adai Batter etc.	
3	Raw Rice	2 kg	for Aapam, Pongal etc.	
4	Basmati Rice	2 kg	for Biryani, Pulao etc.	
5	Brown Rice or Red Rice or Black Rice	1 kg	any one as needed	
6	Wheat Flour (Atta)	2 kg		
7	Maida	½ kg		
8	Rava	½ kg	for Upma, Rava Dosa, Kesari	
9	Ragi Flour	½ kg		
10	Rice Flour	1 kg		
11	Millet Varieties (Little Millet, Foxtail Millet, Barnyard Millet, Kodo Millet or Pearl Millet)	(½ + ½) kg	any two	
12	Pasta	½ kg	Any 1 or 2 shapes	
13	Noodles - 1 family pack	1 pack	family pack	
14	Pressed Rice (Aval, Poha)	½ kg	for Upma	
15	Sago (Javarisi, Sabudhana)	½ kg	for Upma or Payasam	
16	Gram Flour (Besan, Kadalai Maavu)	¼ kg	for Bajji, Dhokla or Homemade facemask	
17	Vermicelli	½ kg	for Upma or Payasam	
18	Instant Rice Sevai	½ kg		
19	Broken Wheat (Samba Godhumai, Lapsi)	½ kg	for Upma	
Pulses				
1	Urad Dal	2 kg		
2	Toor Dal	1 kg		
3	Moong Dal	½ kg		
4	Channa Dal	½ kg		
5	Chickpeas	½ kg		
6	Dried Green Peas	½ kg		
7	Green Gram or Black Chickpeas (any one)	¼ kg		
8	Black Eye Beans, Red Kidney Beans, Whole Masoor, Whole Urad, Double Beans, Green Peas Dal, Masoor Dal or Red Chowli (any two)	¼ kg		
9	Frozen Green peas	1 pack		
10	Frozen Corn	1 pack		
Oils				
1	Sunflower Oil or Vegetable Oil	1 L	for regular cooking and frying	
2	Rice Bran Oil or Groundnut Oil	1 L	for regular cooking and frying	
3	Sesame Oil	½ L	for idli, dosa & variety rice	
4	Coconut Oil	¼ L	for traditional South Indian recipes	
5	Olive Oil	¼ L	for continental food	
6	Ghee	200 gms		
7	Butter	200 gms	for baking	
Spices & Condiments				
1	Salt	1 kg		
2	Crystal Salt	1 kg		
3	Sugar	1 kg		
4	Jaggery	¼ kg		

5	Palm Jaggery	¼ kg	or Naatu Chakkarai for making porridges	
6	Tea	100 gms		
7	Coffee	100 gms		
8	Health Drinks	1 pack		
9	Chocolate Syrup/ Caramel Syrup / Strawberry Syrup	1 bottle		
10	Tamarind	¼ kg		
11	Asafoetida	1 box		
12	Dry Red Chillies	¼ kg		
13	Mustard Seeds	100 gms		
14	Cumin Seeds	100 gms		
15	Fennel Seeds	100 gms		
16	Fenugreek Seeds	100 gms		
17	Peppercorns	100 gms		
18	Poppy Seeds	50 gms		
19	Sesame Seeds (White or Black)	50 gms		
20	Carom Seeds	50 gms		
21	Dry Ginger	50 gms		
22	Cardamom	25 gms		
23	Cinnamom	25 gms		
24	Star anise	1 pack		
25	Cloves	1 pack		
26	Bay Leaf	1 pack		
27	Papad & Vadagams	1 or 2 packs		
28	Pickle	1 bottle		
29	Ginger Garlic Paste	1 pack		
30	Turmeric Powder	100 gms		
31	Sambar Powder	100 gms		
32	Chicken Masala	100 gms		
33	Red Chilli Powder	200 gms		
34	Coriander Powder	200 gms		
35	Garam Masala Powder	100 gms		
36	Black Pepper Powders	50 gms		
37	Cumin Powders	50 gms		
38	Idli Podi	100 gms		
39	Garlic Powder, Rasam Powder, Vathakuzhambu Paste etc.		if needed	
40	Other Spice Mixes (Channa Masala, Pav Bhaji Masala, Gobi 65 Mix)		if needed	
41	Citric Acid, Nigella Seeds, Ajinomoto, Dry Ginger etc.		if needed	
42	Soy Sauce	1 bottle		
43	Tomato Ketchup	1 bottle		
44	Chilli Sauce	1 bottle		
45	Vinegar	1 bottle		
46	Mayonnaise	1 bottle	for sandwiches	
47	Jam - 1 bottle	1 bottle		
48	Cheese Spread	1 pack		
49	Cheese Slices	1 pack	for burger, sandwiches	
50	Cheese Block	1 block	for Homemade Pizza	
51	Plain Curd or Flavoured Yogurt		if needed	
52	Butter	200 gms		
53	Paneer	200 gm5		
54	Fresh Cream	1 pack		
55	Honey	1 bottle		

Nuts, Dry Fruits & Baking Items

1	Cashews	50 gms		
2	Raisins	50 gms		
3	Almonds	50 gms		
4	Dates	100 gms		
5	Peanuts	100 gms	for chutney	
6	Other nuts (like walnuts, pista, etc.)		as needed	
7	Other Dry Fruits (dried gooseberries, figs etc.)		as needed	
8	Yeast	1 box	for aapam or bread	
9	Baking Soda (Cooking Soda)	1 pack		
10	Baking Powder	1 pack		
11	Cocoa Powder	1 pack		
12	Vanilla Extract	1 bottle		
13	Condensed Milk	1 tin		

Snacks

1	Cereal Boxes	2 pack	for instant breakfast	
2	Bread	2 packs	as needed like Sandwich Bread, Sweet Bread, Pav Buns, Burger Buns, Hotdog Buns, Pizza Base etc.	
3	Flavoured Yogurt		if needed	
4	Biscuits, Cakes and Cookies	6-10 packs	as needed	
5	Fried Packed Snacks	4-5 packs	as needed	
6	Popcorn Packs	2		

Cleaning Products

1	Dish Washing Bar or Liquid	500 gms		
2	Washing Machine Detergent	1 kg		
3	Bleach (for white clothes)	1 bottle		
4	Instant Starch		if needed	
5	Fabric Blue, Fabric Softener, Cuff Cleaners etc.		if needed	
6	Laundry Soap	2 bars		
7	Hand Wash Liquid	1 bottle		
8	Toilet Cleaner	1 bottle		
9	Floor Cleaner	1 bottle		
10	Glass Cleaner	1 bottle		
11	All purpose cleaner (or Soap Oil) - 1 bottle (to clean kitchen counter tops, tiles, sink etc.)	1 bottle		
12	Room Spray	1 bottle		
13	Air Freshner for Bathroom	1 or 2		
14	Harpic Tablets	1 pack		
15	Garbage Bags	2 packs		
16	Broom, Mop, Cleaning Brushes		as needed	
17	Pest Control (Mosquito Repellent, Buy Spray, Lines, Balls etc.)		as needed	

Toiletries

1	Body Soap	5 bars		
2	Face Powder	1 bottle		
3	Deodorants (mens and ladies)	1 each		
4	Perfume (mens and ladies)	1 each		
5	Shampoo	1 bottle		
6	Conditioner	1 bottle		
7	Moisturiser or Body Lotion	1 bottle		
8	Sun Screen Lotion	1 bottle		
9	Hair Oil or Gel	1 bottle		

10	Toothpaste	1		
11	Toothbrush		if needed	
12	Tongue Cleaner		if needed	
13	Shaving Cream	1 box		
14	Shaving Razors	1 pack		
15	Hand Sanitizer	1 bottle		
16	Dettol	1 bottle		
17	Other Cosmetics		as needed	
18	Sanitary Napkins	1 pack		
19	Toilet Paper Roll	4-6 packs		
20	Kitchen Roll	1		
21	Cotton Balls, Ear Buds		if needed	

Other Disposables (If Needed)

1	Tissue Paper	1 pack		
2	Paper Plates	1 pack		
3	Paper Cups	1 pack		
4	Disposable Spoons	1 pack		
5	Aluminium Foil	1 roll		
6	Ziploc Bags	1 pack		
7	Toothpicks	1 pack		

Vegetables (To Buy Weekly)

1	Onion	2 kg		
2	Tomato	2 kg		
3	Small Onions	1 kg		
4	Garlic	½ kg		
5	Ginger	½ kg		
6	Green Chillies	100 gms		
7	Potatoes	1 kg		
8	Lemon	5		
9	Coriander Leaves	1 bunch		
10	Mint Leaves	1 bunch		
11	Curry Leaves	1 bunch		
12	Coconut	2		
13	Carrots	½ kg		
14	Other Vegetables - any 4 or 5 per week	½ kg each		
15	Fruits - any 3 or 4 varieties	1 kg each		

Miscellaneous

1	Batteries		if needed	
2	Light Bulbs		if needed	
3	Car Cleaners		if needed	