

Indian Grocery List

Rice / Grains / Pulses				Salt / Sugar / Spices			
S.No	Items	Qty Required	Amount	S.No.	Items	Qty Required	Amount
1	Rice - Meals			1	Iodized Salt		
2	Rice - Boiled			2	Rock Salt		
3	Rice - Basmati			3	Sugar		
4	Dosa Rice			4	Sugar Free		
5	SagoRice [SabuDana]			5	Crystal Sugar		
6	SplitRedGram [Toor Dal]			6	Jaggery [Gud]		
7	GreenGram [Moong Sabut]			7	Tamarind [Imli]		
8	Green Gram Split [Moong Dal]			8	DryChilli [SukhaMirchi]		
9	BlackGram [UradGota]			9	CorianderSeeds [Dhaniya]		
10	Black Gram Split [Urad Dal]			10	Fenugreek Seeds [Methi]		
11	BengalGram [Chana]			11	MustardSeeds [Sarson]		
12	Bengal Gram Split [Chana Dal]			12	SesameSeeds [Til]		
13	HorseGram [Kulthi]			13	Peppercorn [Kali Mirch]		
14	RedLentil Dal [Masoor Dal]			14	Cumin [Jeera]		
15	GreenChickpea Chana [Hara Chana]			15	CarawaySeeds [ShahJeera]		
16	Fried Gram			16	PoppySeeds [KhusKhus]		
17	Black-EyedPea [Chowli]			17	Cardamom [Elaichi]		
18	Chickpeas Chana [Kabuli Chana]			18	Black Cardamom [Badi Elaichi]		
19	GroundNut [Moongfalli]			19	Clove [Lavang]		
20	KidneyBeans [Rajma]			20	Fennel [Saunf]		
21	TurkishGram Matki [Mott/ Matki]			21	BayLeaf [Tez Patta]		
22	Wheat [Gehu]			22	Cinnamon [Dalchini]		

23	FingerMillet [Ragi]			23	Mace [Javitri]		
24	Green Peas Dry [SukhaMatar]			24	Fenugreek Leaves [Kasuri Methi]		
Flours (Atta) / Semolina (Rava) / Processed Grains				25	Nutmeg [Jaiphal]		
1	WheatFlour [Gehuka Atta]			26	StarAnise [Ananaska pool]		
2	RiceFlour [Chavalka Atta]			27	CaromSeeds [Ajwain]		
3	All-Purpose Flour [Maida]			28	WhitePepper [Safedmirchi]		
4	GramFlour [Besan]			29	Saffron [Kesar]		
5	Cornflour [Makkeka Atta]			30	Turmeric Sticks [Haldi Gota]		
6	Wheat Semolina [Upma Rava]			31	Turmeric Powder [Haldi]		
7	Rice Semolina [Rice/Idli Rava]			32	NigellaSeeds [Kalonji]		
8	Broken Wheat [Daliya]			33	CuminPowder [JeeraPowder]		
9	FingerMilletFlour[RagiFlour]			34	FenugreekPowder[DhaniyaPowder]		
10	BansiRava [Bangalore Rava]			35	Pepper Powder [Kalimirch Powder]		
11	BeatenRice [Poha]			36	Asafoetida [Heeng]		
12	PuffedRice [Murmura]			37	Dried Mango Powder [Amchur]		
13	Semolina [Semiya]			38	DriedGinger [Sonth]		
14	Roasted Rava			39	Garcinia [Kokum]		

Ground Spices / Masalas				Dairy / Frozen Food			
S.No	Items	Qty Required	Amount	S.No	Items	Qty Required	Amount
1	KesarMilk Powder			1	Milk		
2	Tea Masala			2	Milk Powder		
3	Garam Masala			3	Butter		
4	Kitchen King			4	Cheese		
5	Pav Bhaji Masala			5	Khova		
6	Cholle Masala			6	Fresh Cream		
7	Rajma Masala			7	Curds		
8	Sabzi Masala			8	Paneer		

9	Biryani/Pulav Masala			9	Ice Cream		
10	Fish Curry Masala			10	Frozen Peas		
11	Egg Curry Masala			11	Frozen Vegetables		
12	Chicken Masala			12	Frozen Ready-To-Eat		
13	Meat Masala			13	Frozen Chicken/Meat/Fish		
14	Jaljira Powder			Bread / Poultry / Cereals / Snacks			
15	Chat Powder			1	Bread		
16	Sambar Powder			2	Eggs/Chicken		
17	Rasam Powder			3	Mixtures		
Beverages				4	Biscuits		
1	Tea Leaves/Powder			5	Cake		
2	Coffee (Ground/Seeds)			6	Noodles		
3	Infant/Kids Drink			7	Pasta		
4	Soft Drink			8	Cornflakes		
5	Juice			9	Oats		
6	Chocolate/Flavoured Syrups			10	Muesli		
Accompaniments				Sweets / Dry Fruits			
1	Jams/Marmalades			1	Indian Sweets		
2	Sauce/Ketchup			2	Chocolates/Toffees/Candies		
3	Pickle			3	Pistachio [Pista]		
4	Condensed Milk			4	Almonds [Badam]		
5	Honey			5	Figs [Anjeer]		
6	Vinegar			6	Apricots [Khabani]		
7	Papad			7	Dates [Khajoor]		
Baking & Dessert Preparation				8	Raisins [Kismis]		
1	Baking Soda			9	Walnuts [Akhrot]		
2	Baking Powder			Anything Else			
3	Food Colour/Essence/Flavoring Agents						
4	Custard Powder						
5	Jelly Mix						
6	Cocoa Powder						

Oil/ Ghee							
1	Refined Oil						
2	Vegetable Oil						
3	Ghee						
4	Vanaspati						
5	Coconut Oil						
6	Pooja Oil						