

GROCERY ITEMS

NOTE

You are not required to buy every item. This is a general list of all grocery out of which your diet plan will be formed.

Please buy as advised by the Dietitian or as prescribed in your diet plan.

This list can also be used as a general healthy food items list for all in your family.

Flours/grains/millet

- Barley (jaun)
- Sorghum (jowar)
- Raagi (Finger millet)
- Bajra (for winters only)
- Wheat
- Amaranth (rajgiri)
- Kuttu (buckwheat, during fast)
- Poha
- Oats
- Rice (white/brown)
- Dalia (cracked wheat)
- Quinoa

Oils

- Ghee
- Mustard oil (cold pressed)
- Coconut oil (raw virgin cold pressed)
- Olive oil (raw virgin cold pressed)
- Seed oil (locally available)

NO REFINED OILS

Seeds

- Fenugreek (methi)
- Coriander (dhaniya)
- Flaxseed
- Sunflower
- Watermelon
- Pumpkin
- Sesame
- Chia
- Sabja (basil)
- Cumin (jira)
- Carrom (ajwain)

Nuts/Dry fruit

- Almonds
- Walnuts
- Cashew
- Peanut
- Foxnut (makhana)
- Figs
- Prunes
- Dates
- Black raisin
- Kesar

For international clients:

- Hazelnut
- Brazil nut
- Pecan

Powders

- Wheat grass
- Moringa
- Spirulina
- Psyllium husk
- Triphala
- Nutmeg



Pulses

All seasonal

Fruits

All seasonal

Vegetables

All seasonal

Spices/condiments

All common Indian spices

Vinegar

- ACV
- Jamun
- Coconut

All with 'mother'

Teas

- Green tea
- Jasmine tea
- Peppermint tea
- Chamomile tea
- Lemon grass tea

Sugar alternatives

- Jaggery
- Honey
- Stevia
- Erythritol

Salt

- Rock salt (Sendha namak or pink Himalayan salt)
- Sea salt (normal white salt)
- Black salt

Dairy

- Paneer (cottage cheese)
- Curd/yogurt
- Milk (only if organic)

Milk

- Almond milk
- Coconut milk
- Soya milk

Meat/Poultry

- Eggs
- Chicken
- Fish

