Kirana Saman List

Grocery Checklist - tick karo, kharido, relax karo

Date: _____ Budget: _____ Dukaan: _____

Anaaj & Atta (Grains & Flour)

- [ ] Atta (Wheat Flour) .....
- [ ] Basmati Chawal .....
- [ ] Regular Chawal .....
- [ ] Maida .....
- [ ] Suji / Rava .....
- [ ] Besan .....
- [ ] Poha .....
- [ ] Daliya .....
- [ ] Sabudana .....
- [ ] Seviyan (Vermicelli) .....

Dal & Dalhan (Pulses)

- [ ] Arhar / Toor Dal .....
- [ ] Moong Dal (Dhuli) .....
- [ ] Moong Sabut .....
- [ ] Masoor Dal .....
- [ ] Chana Dal .....
- [ ] Urad Dal .....
- [ ] Rajma .....
- [ ] Kabuli Chana (Chole) .....
- [ ] Kala Chana .....
- [ ] Lobia .....

Masale (Spices)

- [ ] Haldi .....
- [ ] Lal Mirch Powder .....
- [ ] Dhaniya Powder .....
- [ ] Jeera .....
- [ ] Rai / Sarson .....
- [ ] Garam Masala .....
- [ ] Kali Mirch .....
- [ ] Hing .....
- [ ] Ajwain .....
- [ ] Saunf .....
- [ ] Elaichi .....
- [ ] Laung / Dalchini .....
- [ ] Tej Patta .....
- [ ] Kasuri Methi .....
- [ ] Chaat Masala .....
- [ ] Amchur .....
- [ ] Sabzi Masala .....
- [ ] Chai Masala .....

Tel, Ghee, Namak & Cheeni

- [ ] Sarson / Refined Tel .....
- [ ] Desi Ghee .....
- [ ] Namak (Salt) .....
- [ ] Sendha Namak .....
- [ ] Cheeni (Sugar) .....
- [ ] Gur (Jaggery) .....
- [ ] Mishri .....
- [ ] Shahad (Honey) .....

Chai-Nashta (Tea & Snacks)

- [ ] Chai Patti
- [ ] Coffee
- [ ] Biscuits
- [ ] Namkeen
- [ ] Rusk
- [ ] Maggi / Noodles
- [ ] Oats / Cornflakes
- [ ] Jam / Sauce
- [ ] Bournvita / Horlicks
- [ ] Papad
- [ ] Achar
- [ ] Mungfali (Peanuts)

Doodh-Dahi & Fresh (Dairy)

- [ ] Doodh (Milk)
- [ ] Dahi (Curd)
- [ ] Paneer
- [ ] Butter
- [ ] Bread
- [ ] Anda (Eggs)
- [ ] Cheese
- [ ] Chaach / Lassi

Sabzi & Phal (Veg & Fruits)

- [ ] Pyaaz (Onion)
- [ ] Aloo (Potato)
- [ ] Tamatar (Tomato)
- [ ] Adrak (Ginger)
- [ ] Lehsun (Garlic)
- [ ] Hari Mirch
- [ ] Dhaniya Patta
- [ ] Nimbu (Lemon)
- [ ] Seasonal Sabzi
- [ ] Seasonal Phal

Dry Fruits (Meva)

- [ ] Kaju
- [ ] Badam
- [ ] Kishmish
- [ ] Akhrot
- [ ] Khajoor
- [ ] Makhana
- [ ] Pista
- [ ] Nariyal (Coconut)

Ghar Saaf-Safai (Household)

- [ ] Detergent Powder
- [ ] Dishwash Bar / Liquid
- [ ] Floor Cleaner
- [ ] Toilet Cleaner
- [ ] Phenyl
- [ ] Garbage Bags
- [ ] Tissue / Napkin
- [ ] Matchbox / Lighter
- [ ] Agarbatti / Kapoor
- [ ] Aluminium Foil
- [ ] Scrub / Sponge
- [ ] Mosquito Repellent

Personal Care

- [ ] Nahane ka Sabun
- [ ] Shampoo
- [ ] Toothpaste
- [ ] Toothbrush
- [ ] Hair Oil
- [ ] Face Wash
- [ ] Hand Wash
- [ ] Shaving Cream / Razor
- [ ] Talcum / Deo
- [ ] Body Lotion / Cream

Aur Kuch? (Extra Items)

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