

Monthly Grocery Checklist

Grains & Bread

- Bread/Loaf
- Rice
- Pasta

Dairy & Eggs

- Milk
- Eggs
- Yogurt

Meat, Fish & Alternatives

- Chicken
- Fish
- Tofu/Paneer

Fruits

- Bananas
- Apples
- Seasonal Fruits

Vegetables

- Potatoes
- Onions
- Tomatoes
- Leafy Greens

Pantry Essentials

- Cooking Oil
- Sugar
- Salt
- Tea/Coffee

Snacks & Others

- Biscuits



Nuts



Spices

Notes / To Buy
