

Sample Grocery Shopping List

- Apples
- Oranges
- Bananas
- Grapes
- Strawberries
- Turnips
- Spinach
- Cabbage
- Carrots
- Okra
- Ginger
- Garlic
- Cilantro/coriander
- Hot peppers
- Onions
- Potatoes
- Chick peas/garbanzo beans
- Salt
- Black pepper
- Turmeric powder
- Curry powder
- Fennel
- Sugar
- Rice
- Lentils
- Chicken
- Oil
- Tea
- Coffee
- Cereal
- Eggs
- Yogurt
- Milk
- Bread