

## GROCERY LIST

### CEREALS & MILLETS (Energy + satiety)

(Rice is assumed)

- Whole wheat flour (atta) & breads
- Millets (for variety – rotate, not all at once):
  - Korralu (Foxtail millet)
  - Udalalu (Barnyard millet)
  - Samalu (Little millet)
  - Sajja (Pearl millet)
  - Ragi (Finger millet)

You don't need to keep all of these at the same time. These are just options from which you can choose a few based on what you like and rotate them whenever you want, while still maintaining the same healthy routine.

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### PROTEIN SOURCES (Most important for weight loss)

(All dals are assumed to be in the kitchen)

- keep fresh paneer or tofu available
- Any sprouts are good, specifically go with mung bean sprouts
- Rajma, cholae (keep a stock so you can make soulful rice bowls)
- Non-veg (buy fresh)
- if eating keep a stock of eggs in the fridge
- keep roasted makhana for snacking as high protein source

Try to include one protein source in every main meal.

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### VEGETABLES (Volume + fiber)

No restrictions or rules

- Buy seasonal local and fresh vegetables
- keep bulk stock of salad vegetables so you don't run out in the middle of the week (carrots, cucumbers etc)
- include at least one leafy green in the whole day for micronutrients
- Fill the 1/4<sup>th</sup> plate with vegetables for bulk and filling of stomach

Vegetables can be repeated, no need for daily variety.

no vegetable needs to be avoided.

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### FRUITS (For sweet cravings)

- Choose local and seasonal fruits, or whatever is available or affordable
  - (no need for exotic or expensive fruits)
  - One fruit per day is enough, preferably as a mid-morning snack
  - Eat fruits whole, not as juices
- Do not strain or blend
- Avoid fruit juices, even homemade
- Do not peel the skin unless necessary
  - (most fiber is in the skin)
  - Avoid eating fruits late at night

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### NUTS & SEEDS (Portion-controlled)

- Keep a stock of flax seeds, sunflower seeds, sesame seeds, pumpkin seeds (both for snacking and also these are the same seeds used in seed cycling)
- walnuts, almonds, cashews, pista (anything affordable keep in stock)
- make a trail mix with above mentioned nuts and seeds with added dates, raisins, anjeer (dried figs). This can be a very good evening snack and great for micronutrients

Stick to one small handful per day and avoid nut butters.

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### BASIC EXTRAS

- Try shifting to cold pressed oils for cooking rather than refined oils for better fatty acid profile
- use air frying, steaming, instead of deep frying things
- always track what you have eaten honestly at the end of the day

You don't need to be perfect.

Keeping these basics around you will make healthy choices easier. Start with what's available and build gradually.

ALL THE BEST

@naturehopeco