



*Groceries*  
**SHOPPING LIST**  
**FOR HEALING FOODS**

**Embarking on a journey to prioritise your health and well-being often begins with the choices you make at the grocery store.**

**By stocking up on nutrient-rich foods that nourish your body and support healing, you can lay the foundation for a healthier lifestyle.**

**Whether you're aiming to boost your immune system, improve digestion, or increase energy levels, this comprehensive shopping list is your guide to selecting wholesome ingredients that promote vitality and wellness.**



# FRUITS



- APPLES:** Crisp and refreshing fruits packed with fibre and antioxidants.
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- BERRIES (STRAWBERRIES, BLUEBERRIES, RASPBERRIES):**

Vibrant and nutrient-rich fruits known for their high antioxidant content.

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- CITRUS FRUITS (ORANGES, LEMONS, LIMES):**

Tangy fruits bursting with vitamin C for immune support.

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# FRUITS

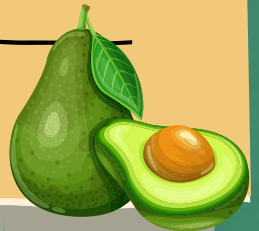


- AVOCADOS:** Creamy and nutrient-dense fruits loaded with healthy fats and fibre.
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- MANGOES:**  
Sweet and juicy tropical fruits packed with vitamins and antioxidants.
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- BANANAS:**  
Convenient and versatile fruits rich in potassium for heart health.
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- GUAVAS:**  
Fiber-rich fruits with immune-boosting vitamin C content.
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# VEGETABLES



- LEAFY GREENS :**  
(SPINACH, KALE, SWISS CHARD)  
Nutrient-packed greens rich in vitamins and minerals.

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- CRUCIFEROUS VEGETABLES**  
(BROCCOLI, CAULIFLOWER, BRUSSELS SPROUTS):  
Cancer-fighting vegetables high in fibre and antioxidants.

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- ROOT VEGETABLES**  
(CARROTS, SWEET POTATOES, BEETS):  
Nutrient-dense vegetables packed with vitamins and minerals.

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# VEGETABLES



- BELL PEPPERS:**  
Colourful vegetables rich in vitamin C and antioxidants.
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- TOMATOES:**  
Juicy and versatile vegetables loaded with lycopene and vitamin C
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- OKRA ( LADYFINGER):**  
Low-calorie vegetable high in fibre and vitamin C.
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- EGGPLANT (BRINJAL):**  
Versatile vegetable with heart-healthy nutrients and antioxidants.
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# WHOLE GRAINS



**QUINOA**

Protein-rich ancient grain with a nutty flavour and versatile culinary uses.

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**BROWN RICE:**

Nutrient-dense whole grain with fibre for digestive health.

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**WHOLE WHEAT PASTA:**

Fiber-rich pasta alternative with a hearty texture.

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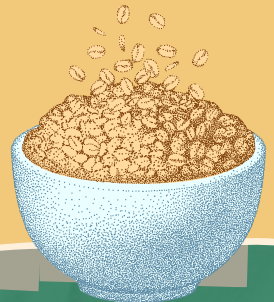
# WHOLE GRAINS



- OATS:**  
Nutritious whole grains packed with fibre and essential nutrients.
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- BARLEY:**  
Nutty and chewy grain known for its heart-healthy properties.
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- MILLETS:**  
Gluten-free grains rich in fibre, minerals, and antioxidants.
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# PROTIEN SOURCES



**LEAN POULTRY (CHICKEN BREAST, TURKEY):**  
High-protein meats with low fat content.

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**FATTY FISH (SALMON, MACKEREL, SARDINES):**  
Omega-3-rich seafood with heart-healthy benefits.

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**LEGUMES (BEANS, LENTILS, CHICKPEAS):**  
Plant-based protein sources high in fibre and antioxidants.

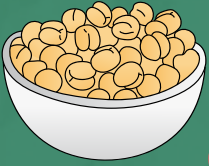
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**TOFU:**  
Versatile plant-based protein made from soybeans.

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# PROTIEN SOURCES



**NUTS & SEEDS (ALMONDS, WALNUTS, CHIA SEEDS):**

Nutrient-dense snacks packed with healthy fats & protein.

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**LENTILS (DAL):**

Protein-packed legumes rich in iron and fibre.

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**PANEER:**

Indian cottage cheese rich in protein & calcium.

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**CHICKPEAS (CHANA):**

Versatile legumes high in protein and fibre content.

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# DAIRY & ALTERNATIVES



**GREEK YOGURT:**

Creamy and protein-rich yogurt with probiotics for gut health.

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**ALMOND MILK:**

Dairy-free milk alternative with a creamy texture and nutty flavour.

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**COTTAGE CHEESE:**

Low-fat dairy option packed with protein & calcium.

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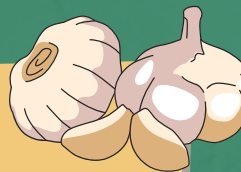
**COCONUT MILK:**

Dairy-free alternative packed with healthy fats and vitamins.

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# HERBS AND SPICES



- TURMERIC:**  
Golden spice with anti-inflammatory and antioxidant properties.

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- GINGER:**  
Aromatic root with digestive and anti-nausea benefits.

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- GARLIC:**  
Pungent bulb with immune-boosting and heart-healthy properties.

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# HERBS AND SPICES



- CINNAMON:**  
Warm and fragrant spice with blood sugar-regulating effects.

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- ROSEMARY:**  
Fragrant herb known for its anti-inflammatory and memory-enhancing properties.

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- CUMIN (JEERA):**  
Aromatic spice known for aiding digestion and enhancing flavour.

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- CORIANDER (DHANIA):**  
Herb with fresh and citrusy flavour, rich in antioxidants.

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# HEALTHY FATS



**EXTRA VIRGIN OLIVE OIL:**

Heart-healthy oil rich in monounsaturated fats and antioxidants.

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**COCONUT OIL:**

Versatile oil with a high smoke point and unique flavour.

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**AVOCADO OIL:**

Nutrient-rich oil with a mild flavour and high smoke point.

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# HEALTHY FATS



**GHEE:**

Clarified butter with a high smoke point and rich flavour

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**FLAXSEEDS:**

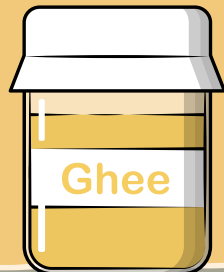
Nutrient-packed seeds rich in omega-3 fatty acids and fibre.

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**HEMP SEEDS:**

Nutty and protein-rich seeds with omega-3 and omega-6 fatty acids.

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# CONDIMENTS & EXTRAS



- HONEY OR MAPLE SYRUP:**  
Natural sweeteners rich in antioxidants and minerals.
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- BALSAMIC VINEGAR:**  
Flavourful vinegar with a sweet & tangy taste.
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- MUSTARD:**  
Condiment with a pungent flavour and potential health benefits.
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- LOW-SODIUM SOY SAUCE OR TAMARI:**  
Umami-rich sauces for seasoning and flavouring.
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# CONDIMENTS & EXTRAS



- NUTRITIONAL YEAST:**  
Vegan seasoning with a cheesy flavour and added vitamins.
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- TAMARIND:**  
Tangy fruit used as a souring agent in Indian cuisine.
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- JAGGERY:**  
Natural sweetener rich in minerals and antioxidants.
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- CHAAT MASALA:**  
Flavourful spice blend for adding tanginess to dishes.
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# BEVERAGES



- GREEN TEA:**  
Antioxidant-rich with potential health benefits.

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- HERBAL TEAS (CHAMOMILE, PEPPERMINT):**  
Caffeine-free options with soothing properties.

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- SPARKLING WATER:**  
Refreshing and hydrating carbonated water.

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- COCONUT WATER:**  
Naturally hydrating beverage with electrolytes and minerals.

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- FRESHLY SQUEEZED JUICES:**  
Nutrient-packed beverages in moderation for added vitamins.

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# MISCELLANEOUS



- DARK CHOCOLATE:**  
Indulgent treat rich in antioxidants & flavonoids.

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- DRIED FRUITS (RAISINS, APRICOTS, DATES):**  
Sweet and portable snacks with natural sugars & fibre.

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- WHOLE GRAIN CRACKERS OR BREAD:**  
Fiber-rich options for snacks or meals.

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- HUMMUS:**  
Creamy and protein-rich dip made from chickpeas.

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- NUT BUTTER (PEANUT BUTTER, ALMOND BUTTER):**  
Nutrient-dense spreads with healthy fats and protein.

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# PRACTICAL POINTERS FOR GROCERY SHOPPING



## 1) PLAN AHEAD:

Make a list based on your meal plans to streamline shopping.

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## 2) EXPLORE DIVERSITY:

Try new foods for a variety of nutrients and flavors.

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## 3) READ LABELS:

Choose minimally processed foods with natural ingredients.

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## 4) SHOP THE PERIMETER:

Focus on fresh produce, lean proteins, and whole grains.

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## 5) STOCK UP ON STAPLES:

Keep pantry essentials like grains, legumes, and healthy fats.

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The  
BeachHOUSE  
Goa