



ఆహారమే ఔషధం కావాలి

ఔషధం ఆహారమై ఉండాలి

ఆహార యోగ

The Natural & Organic Store

విషదహిత ఆహార ఉత్పత్తుల నిలయం

We are Yella Reddy Sama & Sunitha Reddy, NRI. Presently, we have been doing natural SBNF Farming from 2014 at Marimucchala village, Kondapaka Mandal, Siddipet district (100km away from Hyderabad). Initially, we have faced many issues to get the right food later we have decided and started an organic store in the name of Ahaayoga in 2016 to sell the farmer's products. We produce The majority of the items such as A2 Milk (Gir Cow), Ghee, Vegetables, Rice, and millets and we procure few nature items from reliable sources.

Our goal is to supply naturally grown items to the customers. We have been running Farmer's YouTube Channel and the purpose would be to discuss issues on Agriculture and support farmers with proven solutions.

Our channel also helps to motivate entrepreneurs in agriculture.

For more details, please visit
<https://www.youtube.com/user/samaredd>



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Products

Item	Quantity	Price
organic Gir cow hand churned ghee	1kg	3500
wooden cold pressed flower oil	1 Litre	360
wooden cold pressed Peanut oil	1 Litre	340
wooden cold pressed Sesame oil	1 Litre	450
wooden cold pressed Kurdi Coconut oil	1lt	540
Toor dal	1kg	160
Greangram dal.	1kg	160
Green gram whole	1kg	130
Urad dal split	1kg	160
Jaggery (organic).	1kg	110
Honey multi	1kg	360
Ground nuts	1kg	170
Turmeric	1kg	320
Red chilly powder	1kg	320
Flax seeds	100gr	35
Jeera	100gr	50
Mustard seed	100gr	25
Fenugreek seed	100gr	25
Till white	1kg	240
Gingelly seeds	100gr	35
Jowar white	1kg	60
Jowar yellow	1kg	85
Korralu (foxtail millet)	1kg	99
Samalu (little millet)	1kg	110
Udalu (barnyard millet)	1kg	110
Arikalu (kodo millet)	1kg	110
Andu korralu (brown top)	1kg	220
Ragulu (finger millet)	1kg	70



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Products

Item	Quantity	Price
RNR rice single polish	1kg	85
RNR brown rice	1kg	90
Maisur malliga desi rice	1kg	85
Kullakar rice	1kg	130
Black rice	1kg	140
Chitti mutyalu	1kg	150
Sidda sannalu	1kg	90
RNR white rice	1kg	85
Navarra rice	1kg	135
Whole wheat	1kg	80
White jowar ravva	500gr	60
Yellow jowar ravva	500gr	90
Multi millet ravva	500gr	60
Multi millet atta	900gr	100
Jowar atta	900gr	70
Wheat atta	900hr	80
Ragi floar	500gr	40
Palm Jaggery	1kg	375
Jowar idly ravva	500gr	60
Multi millet idli ravva	500gr	60
Ragi ravva	500gr	60
Korra ravva	500gr	65
Sama ravva	500gr	70
Udala ravva	500gr	70
Arika ravva	500gr	70
Andu korra ravva	509gr	90
Kura karam podi	250gr	125
Thati bellam chocolates	3pcs	10
Rock salt	1kg	90
Mineral sugar	1kg	140

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Homemade Pickles



Mango 250gms

Retail Rs.95

₹



Tomato 250gms

Retail Rs.95



Ginger 250gms

Retail Rs.100

₹



Amla 250gms

Retail Rs.100



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Homemade Organic Papads



Name	Net weight	Price
Badam premium	250gr	220
Kaju jumbo	250gr	230
Kaju masala jumbo	250gr	260
Kaju salted	250gr	260
Walnut premium	250gr	350
Pista salted	250gr	350
Pista without shell	250gr	380
Kismis	250gr	100
Black kismis	250gr	100
Blueberry's	250gr	220
Sunflower seeds roasted	250gr	100
Pumpkin seeds	250gr	175
Roasted sunflower ,pumpkin , watermelon seeds 3bin one	250gr	175
Karjur premium	500gr	200
Dry dates white	250gr	120
Dry dates black	250gr	120
Apricot premium	200gr	150
Cranberry	250gr	350
Flaxy seeds	250gr	60
Amla candy	250gr	160
Amla pachak	100hr	85
Moringa papad	80gr	30
Flaxy palad	80gr	40
Tomato	250gr	60



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Homemade Organic Papads



Name	Net weight	Price
Vellulli	250gr	60
Ullipaya	250gr	60
Endumirchi	250gr	60
Vamu	250gr	60
Jeera	250gr	60
Pacchikaram	250gr	60
Carret	250gr	60
Beatrout	250gr	60
Pudina	250gr	60
Soamp	250gr	60

We can supply above food items anywhere in INDIA
and abroad.

Courier charges are applied based on your location



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జైసా అన్న - వైసా మన్న

అన్నమయ కోశా

జైసా ఆహార - వైసా విచార్

ప్రకృతి వైపునకు ప్రయాణం



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