



Your Store  
For the Finest  
Quality Ingredients  
**GRAINS & PULSES**

## ABOUT US

Kimera Home is a Retail and Online initiative with a vision to proffer the finest quality Home & Lifestyle products at affordable prices & your convenience.

Our products are handpicked to hearten your lifestyle with health and happiness. In the era of eco-friendly and nature-conscious consumers, we intend to deliver a delightful experience with an inherent sense of authenticity. Our superior quality products are chosen by our team of experts from their personal experience, with contemporized age-old wisdom and inputs from several homemakers and kitchen experts.

We value trust and honesty, that enable us to build lifetime relationships with our customers. We make sure that our products and ingredients are responsibly sourced, put through rigorous trials with zero compromise on quality. Endless hours and efforts are spent on selecting and curating our products, taking root in our culture, constantly evolving to modern day needs, to enjoy every occasion of life!



## OUR VALUES

Living the KIMERA LIFE by ...

- Creating the culture of true love, care & mutual trust.
- Giving our best efforts in everything we do with passion and the highest level of commitment to quality.
- Striving for the best, with an evolving mindset, being curious and exploring new horizons, while holding on to our roots.
- Leading a life with dignity and respect, while caring for mother earth.
- Success & performance follows when you are benevolent, remaining true to human values.



## OUR VISION

Nurturing Happy Lifestyles.

Life is good, and our endeavor is to make it even better, for greater good of people.

Kimera Home started with a living dream to celebrate life, connecting people and help them lead a healthy & happy lifestyle!

Authentic relationships and genuine contributions to the community at large is our core belief and hence, every customer, sourcing partner, business associate and our employees are a part of our family in our shared success.

Get to know us and you will see, we are so much more than what we just offer and sell. We ensure that everything we do is through the lens of humanity—from our commitment to the highest-quality products, to the way we engage with our customers and communities to do good.

## OUR MISSION

To nurture happy lifestyles through our initiatives and every product that we select, endorse, and offer to our family members, partners & community.



## GRAINS & PULSES

We offer you superior quality and handpicked staples with wide and specially selected range to choose from. These are something you should include in your daily diet to get the amazing health benefits and nutrients they contain to improve your health and prepare delicious recipes.



### PIGEON PEA LENTIL

*Toor Dal*

This lentil is yellow in colour, flat on one side and oblong in shape. It has a mild nutty flavour. It is high in dietary fiber, great source of protein and amino acids. Use it to make dals, sambhar, can be used with vegetables or grind it to flour.

#### Health Benefits

- Regulates blood pressure
- Prevents anemia
- Anti-inflammatory properties
- Boosts energy
- Strengthens immune system
- Aids digestion
- Good for heart health



### GREEN GRAM LENTIL

*Mung Dal*

Green gram is a small, round, olive green dal that is off-white coloured from inside. It has a slight sweet flavour, soft texture and is easy to digest. It is low in fat and high in protein and fiber. Use it to make parathas, vada, soups, dosa, etc.

#### Health Benefits

- Packed with healthy nutrients
- Contains antioxidants
- Reduces blood pressure
- Helps in weight loss
- Good for skin and eyes
- Good source of magnesium



## BENGAL GRAM LENTIL

*Chana Dal*

This dal is yellow in colour, round on one side and flat on the other. It is packed with flavour, protein, fiber and other nutrients making it a perfect combination of flavour and nutrition. Use it to make dals, curries, sweets, tikkis, etc.

### Health Benefits

- |                             |                                   |
|-----------------------------|-----------------------------------|
| • Improves insulin response | • Good for strong bones and teeth |
| • Good for diabetes         | • Maintains pH level              |
| • Lowers blood pressure     | • Boosts energy                   |
| • Helps in weight loss      | • Keeps heart healthy             |



## MASOOR LENTIL

*Masoor Dal*

Masoordal is power packed with nutrients and has numerous benefits. It is good source of fiber, potassium and antioxidants. Use it to make dals, soups, parathas, etc.

### Health Benefits

- |                                |                           |
|--------------------------------|---------------------------|
| • Stabilizes blood sugar level | • Promotes weight loss    |
| • Anti-ageing properties       | • Aids digestion          |
| • Nourishes teeth and bones    | • Good for heart and skin |
| • Maintains good vision        | • Manages diabetes        |



## BLACK GRAM LENTIL

*Urad Dal*

Urad dal also known as split black gram is small, off white and somewhat cylindrical in shape. It is one of the richest source of protein and vitamin B. It is also used in ayurvedic medicine. Use it in various Culinary preparations such as dosas, papads, vada, etc.

### Health Benefits

- |                                 |                        |
|---------------------------------|------------------------|
| • Improves digestion            | • Improves bone health |
| • Protects heart                | • High in folic acid   |
| • Strengthens nervous system    | • Boosts immunity      |
| • Reduces pain and inflammation | • Rich in iron         |
| • Helps manage diabetes         |                        |



## WHITE PEAS

*Safed Vatana*

White peas are smaller in size and white in colour. It helps to reduce cholesterol levels. It is a good source of minerals, vitamin B and protein. Use it to make chaats, patties, dals, curries, etc.

### Health Benefits

- |                        |                              |
|------------------------|------------------------------|
| • Rich in iron         | • Manages blood sugar levels |
| • Aids digestion       | • High in protein            |
| • Helps in weight loss |                              |



## CHICKPEA BROWN

*Mosambi Chana*

Mosambi chana is wholesome and nutritious with nutty flavour, dark brown colour and rough outer coating. It is an excellent source of iron, folate, phosphorus and protein. Use it to make curries, salads, soups, etc.

### Health Benefits

- |                              |                                |
|------------------------------|--------------------------------|
| • Prevents Anemia            | • Treats digestive disorders   |
| • Boosts energy              | • Good for skin and hair       |
| • Helps in weightloss        | • Aids digestion               |
| • Reduces blood sugar levels | • Maintains cholesterol levels |



## CKICKPEA (KABULI) Medium & Regular

*Kabuli Chana*

Kabuli chana is large, hard, beige coloured and has a nutty and creamy flavour. It is easy to digest. Use it to prepare hummus, chole sabji, chaats, biryani, tikkis, salads, etc.

### Health Benefits

- |  |                       |
|--|-----------------------|
| • Good for bones                       | • Aids digestion      |
| • Prevents spikes in blood sugar level | • Good for heart      |
| • High in fiber                        | • Good source of iron |
| • Rich in protein                      | • Boosts immunity     |
| • Rich in vitamin B9, and minerals     |                       |



## KIDNEY BEANS SHARMILI

*Rajma Sharmili*

These red, organ shaped beans have a soft, buttery interior texture when cooked. They are an excellent plant-based source of protein, also rich in various minerals, vitamins, fiber and antioxidants. It can be used in soups, curries, rice-based dishes, etc.

### Health Benefits

- |                                  |                              |
|----------------------------------|------------------------------|
| • Rich in protein                | • Low in fat and cholesterol |
| • Good for heart health          | • Contains antioxidants      |
| • Helps to reduce risk of cancer | • Good for liver health      |



## KIDNEY BEANS KASHMIRI

*Rajma Kashmiri*

These red, organ shaped beans have a soft, buttery interior texture when cooked. They are an excellent plant-based source of protein, also rich in various minerals, vitamins, fiber and antioxidants. It can be used in soups, curries, rice-based dishes, etc.

### Health Benefits

- |  |  |
|--|--|
| • Anti-ageing properties               | • Helps to prevent cancer                |
| • Helps to improve memory power        | • Rich in fiber                          |
| • Healthy option for diabetic patients | • Rich source of magnesium and potassium |
| • Helps to prevent osteoporosis        |  |



## KIDNEY BEANS PINK

*Rajma Pink*

These red, organ shaped beans have a soft, buttery interior texture when cooked. They are an excellent plant-based source of protein, also rich in various minerals, vitamins, fiber and antioxidants. It can be used in soups, curries, rice-based dishes, etc.

### Health Benefits

- Lowers cholesterol
- Good for diabetes
- Regulates blood sugar
- Strengthens bones
- Prevents cancer
- Good for heart



## BLACK GRAM BEAN

*Urad*

Black gram bean is a little black seed with a white interior. It is very nutritious as it is rich in protein, calcium, niacin, thiamine and riboflavin. Use it to make dals, soups, curries, and side dishes.

### Health Benefits

- Improves digestion
- Boosts energy
- Good for bones
- Good for diabetes
- Reduces pain and inflammation
- Good for health
- Rich in iron



## MOTH BEAN

*Matki*

These beans appear slightly darker or brownish in colour and are oblong in shape. It is an excellent source of B vitamins, iron, potassium and zinc. Use it to make usal, pulao, sabzi, curries, tikkis, etc.

### Health Benefits

- Boosts blood circulation
- Aids digestion
- Improves eye sight
- Builds immune system
- Prevents constipation
- Good source of protein
- Lowers stress



## BLACK EYED BEANS

Regular, Mini & Gawthi  *Chowali*

These slightly curved seeds have a cream coloured base and a blackish circular mark at the centre of the seed. These seeds are a very good source of folate, copper, magnesium, phosphorus, zinc, iron, potassium & few vitamins. These dried beans can be soaked for few hours and used in various applications like curries, salads, soups, etc. These beans have a earthy flavour and a creamy consistency.

### Health Benefits

- Good source of fiber
- Great source of potassium
- Lowers cholesterol
- Low in fat
- Contains antioxidants
- Contains protein
- Good for heart health
- Good source of iron
- Aids weight loss



## BLACK PEAS

*Kala Vatana*

These are dark greenish black coloured peas which are small and round. They contain cholesterol-lowering fiber and also vitamins and minerals. Use it in curries, sabzi, chats, etc.

### Health Benefits

- Helps lower cholesterol
- Good source of potassium
- Rich in vitamins, minerals and protein
- Lowers blood pressure
- Aids digestion



## GREEN PEAS

*Hara Vatana*

They are small, green spherical seeds. They are slightly sweet in taste. A good source of Vitamin C and E, zinc and other antioxidants that strengthen your immune system. Use it to make pulao, paratha, patties, soups, kebabs, etc.

### Health Benefits

- Builds immunity
- Reduces cholesterol level
- Good for eyes and skin
- Controls blood sugar
- Relieves constipation
- Good for heart health
- Good for bones
- Prevents cancer
- Aids weight loss



## MASOOR WHOLE

*Sabut masoor*

These beans appear slightly darker or brownish in colour and are oblong in shape. It is an excellent source of B vitamins, iron, potassium and zinc. Use it to make usal, pulao, sabzi, curries, tikkis, etc.

### Health Benefits

- Stabilizes blood sugar levels
- Maintains healthy vision
- Anti-ageing properties
- Good for blood and skin
- Nourishes teeth and bones
- Good for diabetes



## BASMATI RICE

*Basmati*

It is a long grain rice that is characterized by a light nutty flavour and a floral aroma. It expands more than twice its dry length during cooking. It is a good source of vitamins and minerals such as iron, thiamine, vitamin D and calcium. Use it to make biryani, pulao, serve alongside curries, gravies, etc.

### Health Benefits

- Aids digestion
- Prevents cancer
- Controls blood pressure
- Regulates blood pressure
- Good for brain health



## INDRAYANI RICE

*Indrayni*

This medium sized grain is known to help increase metabolism and maintain gut health. It is an excellent source of vitamins and minerals. It has a mild flavour. Use it to make biryani, khichdi, pulao, etc.

### Health Benefits

- High in fiber, manganese
- Contains good cholesterol
- Low sodium
- Aids digestion
- Regulates and lowers blood pressure
- Rich in antioxidants



## KOLAM RICE Premium, Wada & Surti Kolam

*Kolam*

It is a fine rice which gives smooth texture on cooking and can be used as an everyday substitute of basmati, as it increases in volume when cooked. It is loaded with fiber and various nutrients. Perfect for various rice based preparations, idlis, dosas, etc.

### Health Benefits

- Good for digestion
- Rich in nutrients
- Contains protein
- Maintains healthy diet
- Controls blood pressure



## AMBEMOHAR RICE Premium & Regular Ambemohar

*Ambemohar*

This short grain rice is fragile, small and round. It is considered as one of the most fragrant variety of rice. Along with its pleasing aroma, this rice is a rich source of energy and essential vitamins. Use it to make dosas, kheer, cooked rice, murmure, sweets, etc.

### Health Benefits

- Reduces cholesterol
- Contains soluble fiber
- Good for digestion
- Contains natural oils
- Regulates and lowers blood pressure



## BROWN RICE Brown Kolam Rice & Brown Basmati Rice

Brown rice is a much healthier option to the regular white polished rice. Brown rice has the bran layer intact which contains fiber, vitamins & minerals. It has a slight nutty taste and a chewy texture. It provides various health benefits and can be used in various preparations by replacing regular rice.

### Health Benefits

- Helps lower cholesterol
- Low glycemic index
- Good for heart health
- High in soluble fiber
- Helps to reduce migraine headaches



## PARBOILED RICE

■ *Ukda Chawal*

Parboiled rice is glassy, translucent & has a tint of amber colour. It is partially precooked, the process involves soaking, steaming and then drying the rice along with its husk intact. This process makes it easier to remove the husk. The rice becomes fluffier and sticky on cooking. It is used in various rice preparations and also widely used for making idli batter.

### Health Benefits

- Rich in iron
- Great source of antioxidants
- Low in glycemic index
- Easy to digest
- Rich in minerals and vitamins



## IDLI RICE

■ *Idli Chawal*

This short grain rice is used extensively to prepare idlis. The grains of this rice have a sine on their surface. The idlis made using this rice turns out to be softer and tastier than the idlis made using regular rice.

### Health Benefits

- Rich source of vitamins
- Helps to boost immune system
- Easy to digest



## IDLI SEMOLINA

■ *Idli Rava*

Idli Rava is obtained by grinding a specific variety of rice to a coarse texture. The rice is first soaked, dried and then ground. It can be used to prepare various South - Indian dishes and has a flavour similar to the regular rice.

### Health Benefits

- Good source of calcium and potassium
- Improves bone health
- Good source of energy
- Good for weight loss
- Low in fat
- Rich in iron



## SEMOLINA (FINE & COARSE)

■ *Suji / Rava*

It is a gritty, coarse textured flour usually made from durum wheat. It is very high in complex carbohydrates and fairly high in potassium, phosphorus, calcium and fiber. Use it to make upma, idlis, sheera, halwa, kheer, chakali, snacks, ladoos, etc.

### Health Benefits

- Has anti-ageing properties
- Improves digestive health
- Controls cholesterol levels
- Boosts Immunity
- Maintains balanced diet
- Prevents anemia



## SAGO (REGULAR & MINI)

*Sabudana*

It is a small, round white coloured pearl like grain obtained from tapioca root. It is high in carbs yet low in fats making it a healthier choice for weight gain. Use it for making fasting recipes, papads, snacks, etc.

### Health Benefits

- Gluten free
- Regulates blood pressure
- Easy to digest
- Reduces risk of heart diseases
- Promotes strong bones
- Fights birth defects
- Helps in weight gain
- Aids in muscle growth



## AMARANTH

*Rajgira*

These small but power packed grains are a great source of proteins, carbohydrates and lipids and various other nutrients. Use it to prepare healthy snacks, pancakes, etc.

### Health Benefits

- Helps in preventing heart attacks
- Good for hair
- Promotes growth of muscles
- Supports patients suffering from Celiac disease
- Prevents cataracts
- Aids digestion
- Helps to control diabetes
- Has anti-carcinogenic properties



## BARLEY *Jau*

It has a slight nutty flavour and various health benefits. Use it in your soups, breads, healthy products, etc.

### Health Benefits

- Promotes intestinal health
- Protects against cancer
- Good for weight loss
- Lowers cholesterol
- Great source of antioxidants
- Good for diabetes
- Strengthens immune system
- Reduces blood pressure
- Protects against heart diseases



## QUINOA

This is a great source of fiber and protein. Compared with traditional cereals, quinoa contains all nine essential amino acids, making it one of the few plant sources for complete protein.

### Health Benefits

- Good source of magnesium
- Assists metabolism
- High protein content
- Contains vitamins and minerals
- Has low Glycemic Index
- Helps in weight loss



## BROKEN WHEAT

*Dalia*

Broken wheat has a slightly nutty, delightful, grainy taste and is packed with vitamins, minerals and fiber. It is easy to cook and can be added to many dishes, including salads, stews and breads.

### Health Benefits

- Aids sleep
- Speeds growth
- Good for diabetes
- Aids digestion
- Builds strong bones
- Boosts immunity
- Aids weight loss
- Good for heart health
- Improves blood circulation



## WHOLE GREEN GRAM

*Whole Mung*

Whole green gram is a small round bean which is olive green in colour and has a off white interior. It has a slight sweet taste and is easy to digest. The texture of this bean becomes soft on cooking. It is a very good source of protein and various other nutrients. These can also be sprouted and consumed for maximum health benefits. Use it in your salads, curries, chaats, veggies, etc.

### Health Benefits

- Aids weight loss
- Lowers blood pressure
- Helps fight cancer
- Good for skin
- Boosts immunity
- Protects against infection



## FLATTENED RICE - THIN / THICK

*Patla/Jada Poha*

Flattened Rice is obtained by pounding raw, toasted or parboiled rice grains to flat flakes. It has a mild nutty flavour. It is low in calories and a good source of various nutrients. It is widely used for making a very well known Maharashtrian dish - 'Kande Pohe'. It can be used in various dishes like snacks, desserts, etc.

### Health Benefits

- Great source of instant energy
- Good for heart health
- Gluten-free
- Helps to improve bone health
- Controls blood sugar levels
- Rich in iron
- Great source of healthy carbohydrates
- Easy to digest



## SPLIT GREEN GRAM LENTIL

*Mung Chilte*

It is also known as split moong beans or green moong dal. It is small-round, olive coloured bean that is splitted and has yellowish to off white interior. It is easy to digest and provides various health benefits. It has a mild sweet taste and a soft texture on cooking. Use it in salads, curries, veggies, snacks, etc.

### Health Benefits

- Rich in vitamin B9
- Packed with healthy nutrients
- Contains antioxidants
- Reduces blood pressure
- Helps in weight loss
- Good for skin and eyes
- Good source of magnesium





**Nurturing Happy Lifestyles!**



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