

## TNN's Shopping List

Flours	Nuts	Fats	Natural Sweetness	Spices
Almond meal	Almonds	Coconut oil	Rice malt syrup	Cinnamon
Hazelnut meal	Hazelnuts	Macadamia oil	Medjool dates	Nutmeg
Coconut flour	Macadamias	Olive oil	Natvia	Turmeric
Buckwheat flour	Cashews	Nut butter e.g. almond, cashew		Chilli flakes
Tapioca flour	Walnuts	Grass-fed butter		Mixed herbs
Dairy Substitutes	Seeds	Cacao & Coconut	Quinoa	Other
Unsweetened nut milk	Pepitas	Cacao powder	Quinoa seeds	Gluten free baking powder
Coconut milk	Sunflower seeds	Cacao nibs	Quinoa flakes	Sea salt
Coconut cream	Chia seeds	Coconut flakes		Eggs
Coconut yoghurt	Tahini	Shredded coconut		Apple cider vinegar