Here’s How a Registered Dietitian Would Spend $100 at Thrive Market

Lesley Chen • January 3, 2022

Photo: Stocksy/Pietro Karras

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f you think eating healthier is hard or expensive, Thrive Market is here to change your mind. The online market has thousands of organic and sustainable brands for any type of diet, and at wholesale prices (up to 30 percent off). A membership is $5/month, and for every paid membership, they donate a free membership to someone in need. And if you don’t make back your annual fee in savings, Thrive Market will credit your account, so it’s pretty much risk-free to sign up today.

Everything at Thrive Market is 100% non-GMO, and free of artificial flavors, artificial colors, artificial preservations, hydrogenated fats, and other unhealthy ingredients. You can get snacks, pantry staples, sauces, frozen meals, wine (!), and more delivered straight to your door. To help you narrow down your grocery list, we asked registered dietitians for their favorite foods to add to your kitchen without racking up a hefty grocery bill; here are their picks.

**Best Products at Thrive Market**

![That's It Probiotic Mini Fruit Bars](image)

That's It Probiotic Mini Fruit Bars — $18.00

Made with just two non-GMO ingredients, these mini fruit bars will satisfy your sweet tooth without giving you a sugar crash, and help your gut health. “These taste like a healthy fruit roll-up and are a delicious addition to kids lunches or part of a snack. I love that they are sweetened all naturally with fruit, with an ingredient list that is just mango and probiotics,” says Marissa Meshulam, a registered dietitian and founder of MPM Nutrition.