

FOOD

Ember Mug

Price point: \$100-180
<https://ember.com/>



Temperature controlled mug for coffees, teas, ciders, broths, you name it! Operated by the app, you set your perfect temp for every cup.

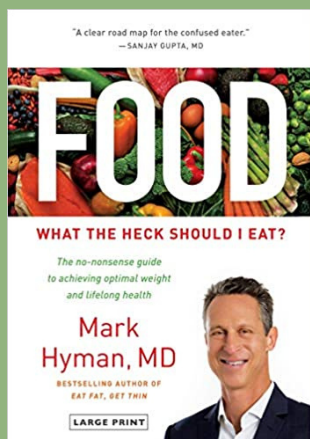
Thrive Market Membership

Price point: \$60/annually; \$10/monthly
<https://thrivemarket.com/>

Think Sam's Club meets Whole Foods. An online store filled with healthy products at discounted rates. Must be a member to purchase.



"What The Heck Should I Eat"



Price point: ~\$25
Amazon, Walmart.com, etc

In a confusing world of what to eat, author Dr. Mark Hyman shares nutritional facts for an optimal diet and real life stories of people who completely turned around their health.