

In The Kitchen

Thrive
BY FOOD



The Thrive by Food Kitchen

Top 10 Clean Kitchen Ingredients

The easiest way to begin eating clean is by stocking your kitchen with the cleanest ingredients – unprocessed and organic food.

Below is a list of the top ingredients I recommend, and the brands I recommend buying. Happy shopping! – *Kristin, Thrive by Food*

1. [Coconut Flour](#)
2. [Almond Flour](#)
3. [Palm \(Coconut\) Sugar](#)
4. [Ghee \(Clarified Butter\)](#)
5. [Raw Honey](#) (or buy local)
6. [Coconut Milk](#) (or [make it at home](#))
7. [Almond Milk](#) (or [make it at home](#))
8. [Extra Virgin Olive Oil](#)
9. [Himalayan Pink Sea Salt](#)
10. [Organic Green Tea](#)

Follow me on Instagram [@ThrivebyFood](#) for more tips and resources just like this!