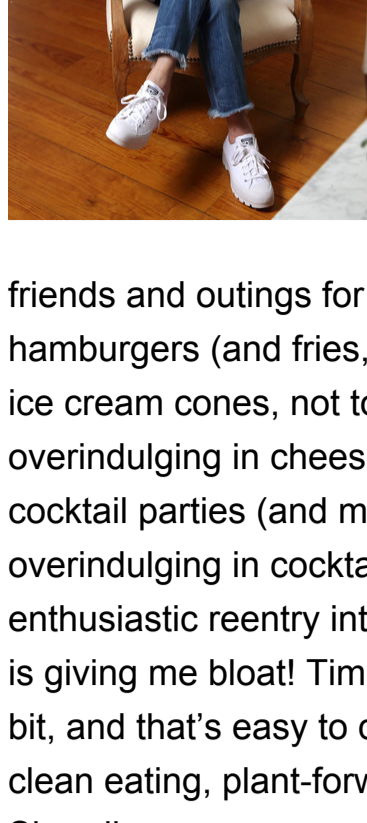


the e list

An Excruciatingly Opinionated Guide to the Connecticut Shoreline

- FUN
- CALENDAR
- EAT
- DISCOVER
- TRAVEL
- TOWN GUIDES

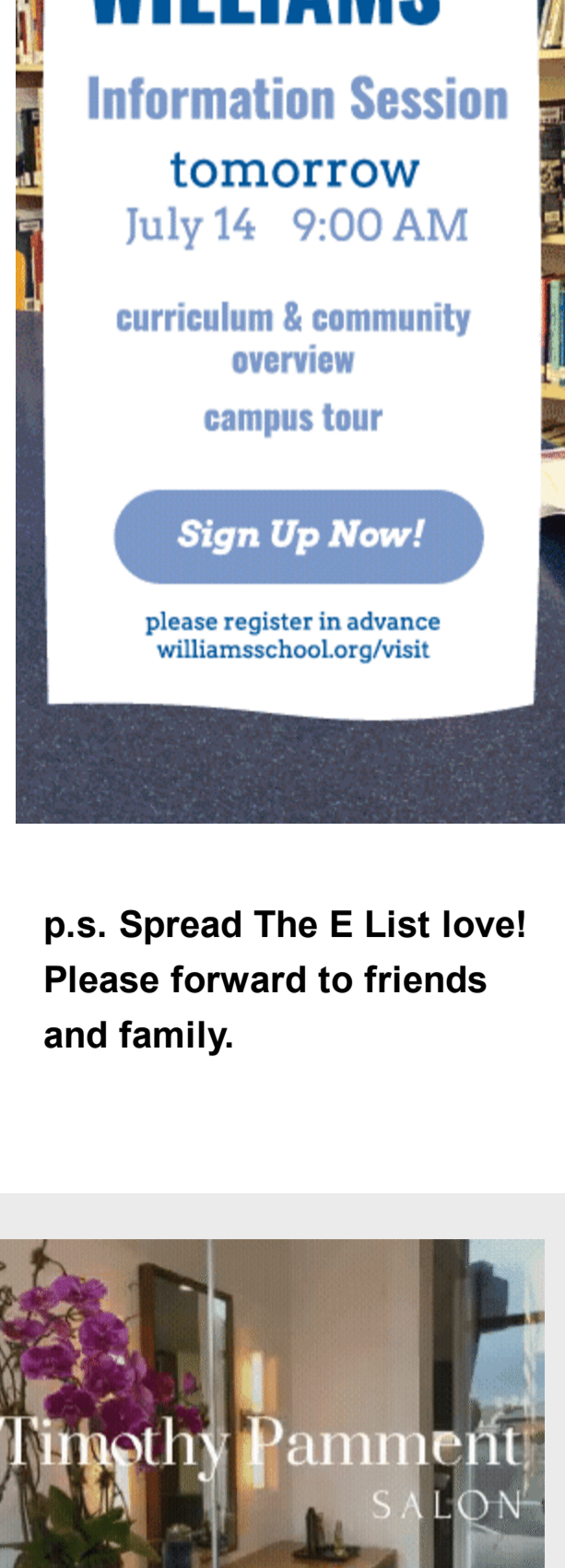


It's only a month into summer, and already I've gained back some of the weight I lost over Covid! With opportunities to finally see

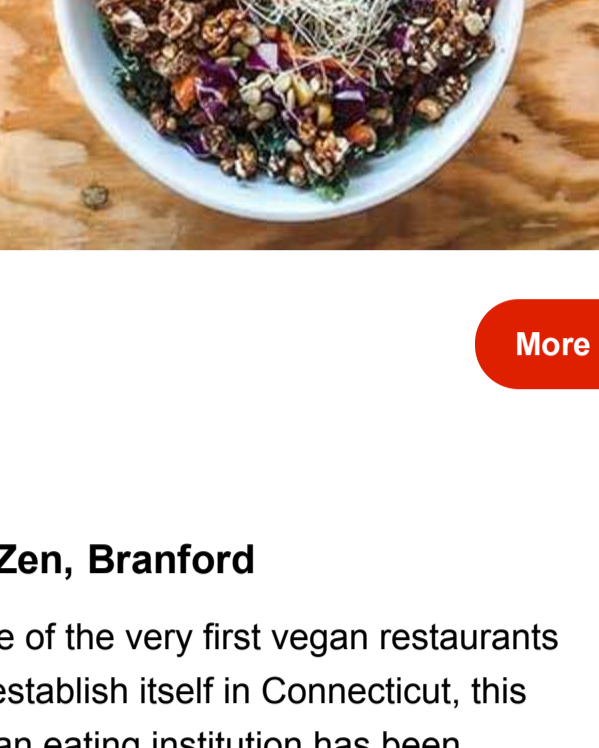
friends and outings for lobster rolls, hamburgers (and fries, of course), and ice cream cones, not to mention overindulging in cheese and crackers at cocktail parties (and maybe overindulging in cocktails, too!), my enthusiastic reentry into a "normal" world is giving me bloat! Time to reign it in a bit, and that's easy to do with so many clean eating, plant-forward options on the Shoreline.

I asked Chelsea Wade, our social media manager and notorious whole food devotee, to write a roundup of the best healthy restaurants and take-out. Here you go!

Love, Erica



p.s. Spread The E List love! Please forward to friends and family.



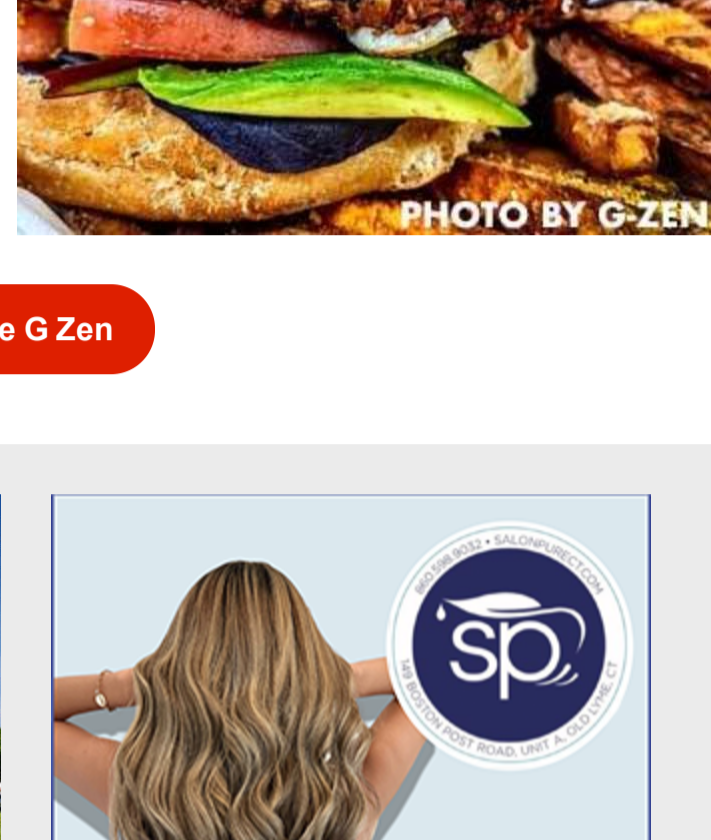
Right Path Organic Cafe, New London

If I lived just a smidge closer to New London, this organic, plant-based cafe would be my daily go-to for smoothies, lunch, and coffee...

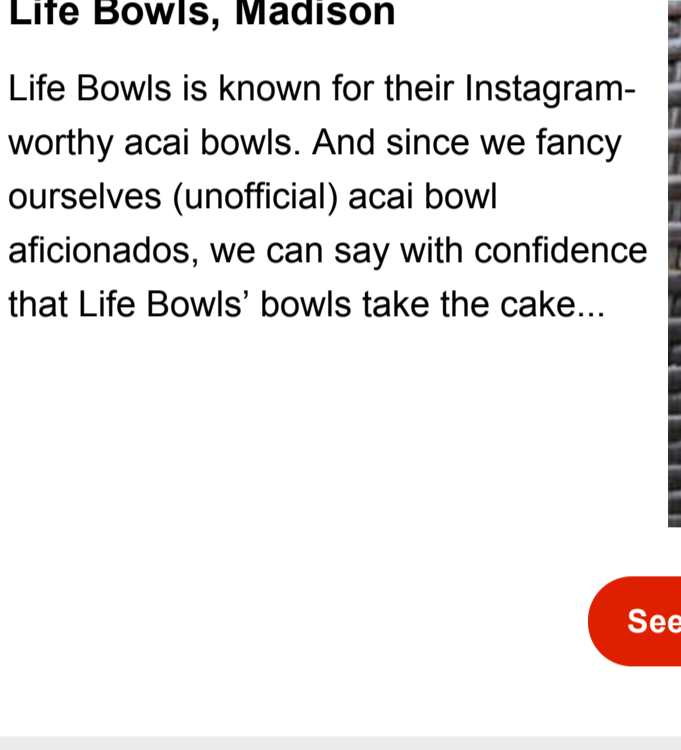
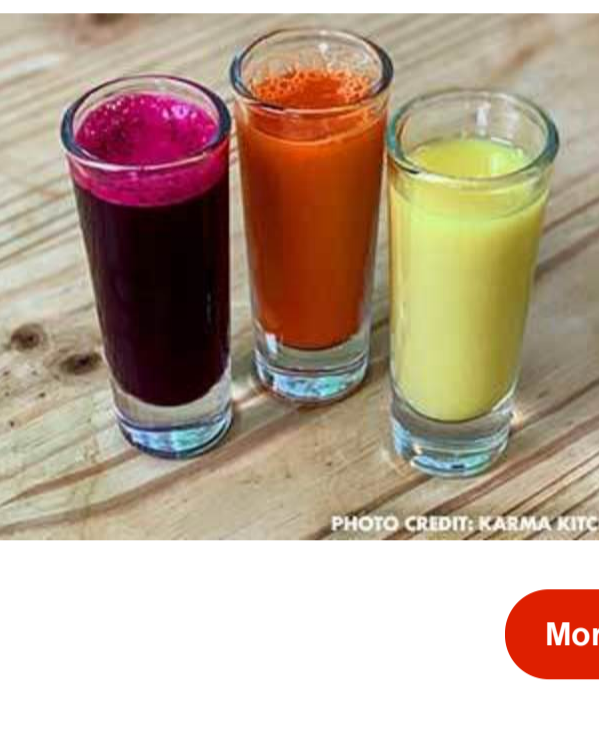
[More Right Path](#)

G-Zen, Branford

One of the very first vegan restaurants to establish itself in Connecticut, this clean eating institution has been around since 2010...



[More G Zen](#)



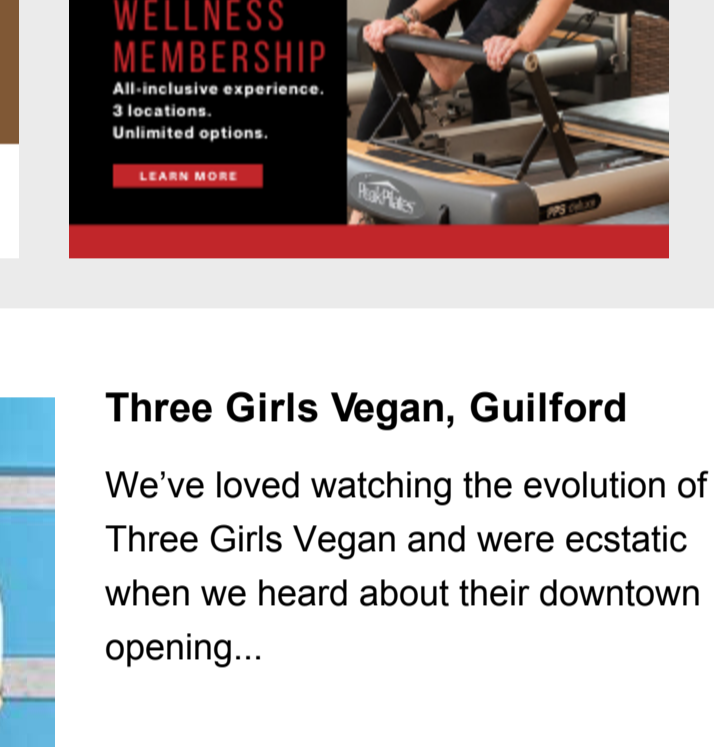
Karma Kitchen, Mystic

Karma Kitchen in downtown Mystic prides themselves on their cold-pressed juices and house-prepared cleanses, with each elixirs' ingredients sourced locally and organic when possible...

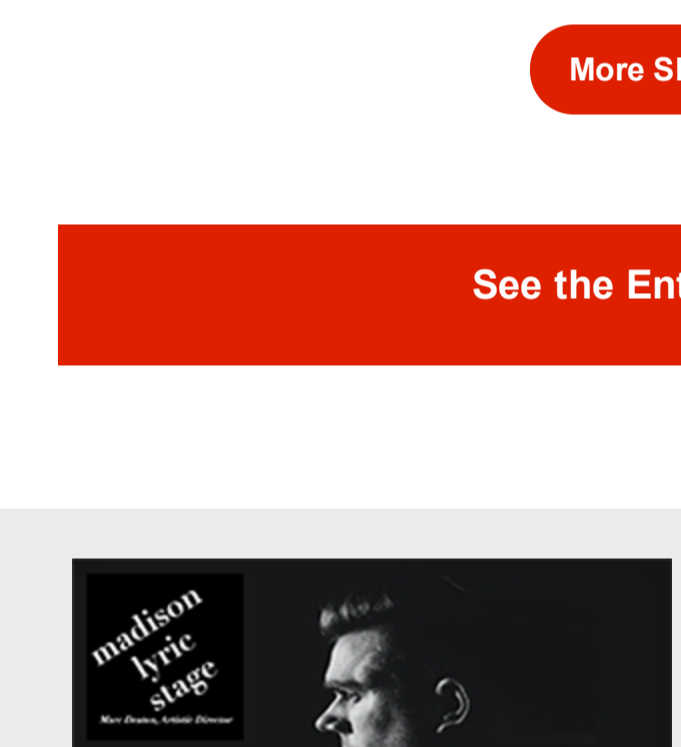
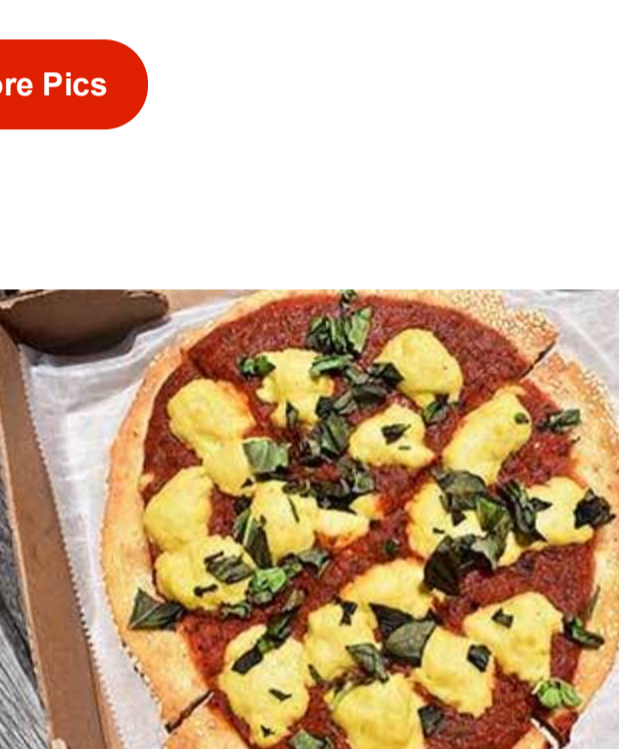
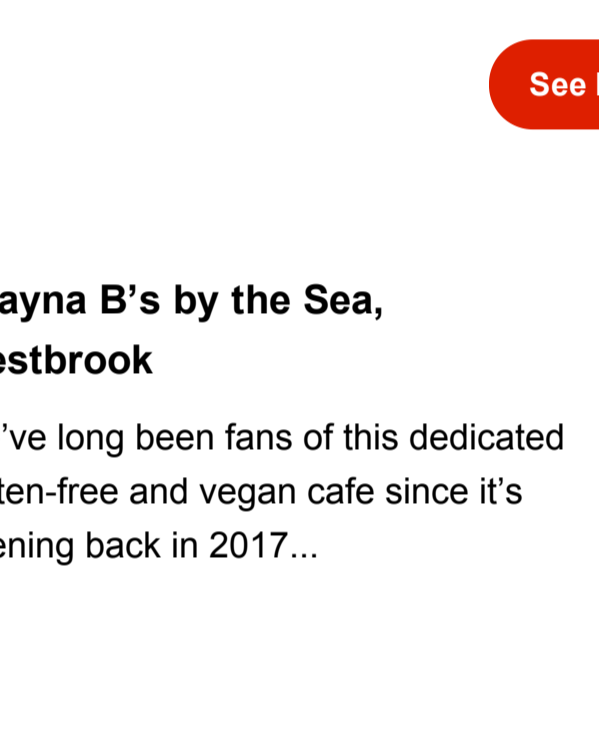
[More Karma](#)

Life Bowls, Madison

Life Bowls is known for their Instagram-worthy acai bowls. And since we fancy ourselves (unofficial) acai bowl aficionados, we can say with confidence that Life Bowls' bowls take the cake...



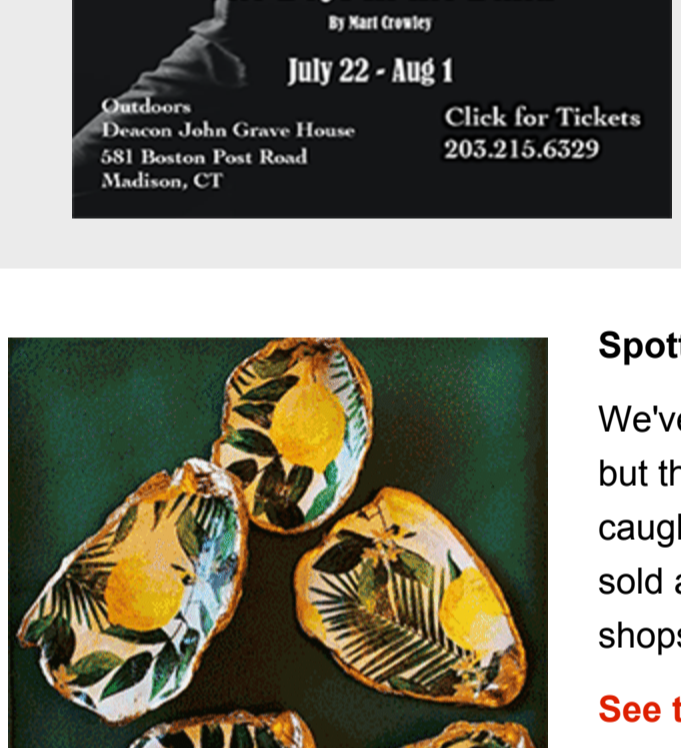
[See More](#)



Three Girls Vegan, Guilford

We've loved watching the evolution of Three Girls Vegan and were ecstatic when we heard about their downtown opening...

[See More Pics](#)



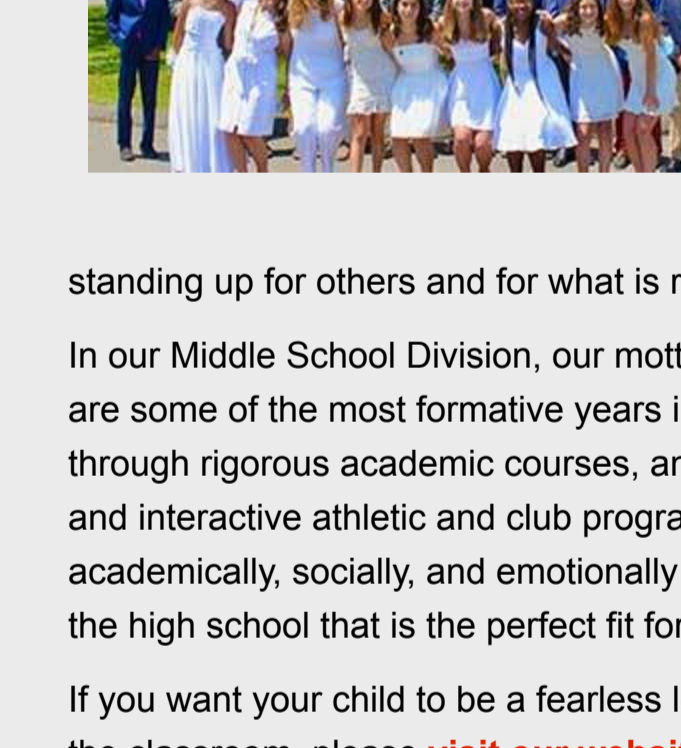
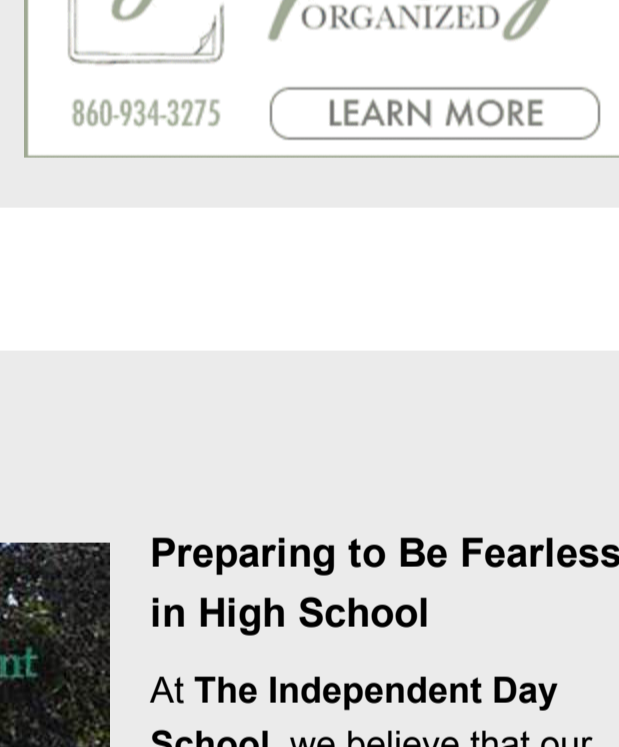
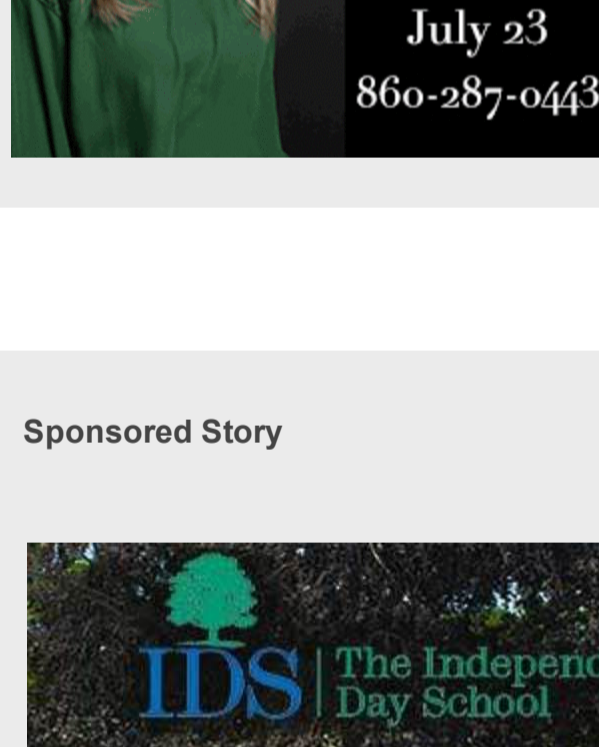
Shayna B's by the Sea, Westbrook

We've long been fans of this dedicated gluten-free and vegan cafe since it's opening back in 2017...



[More Shayna B's](#)

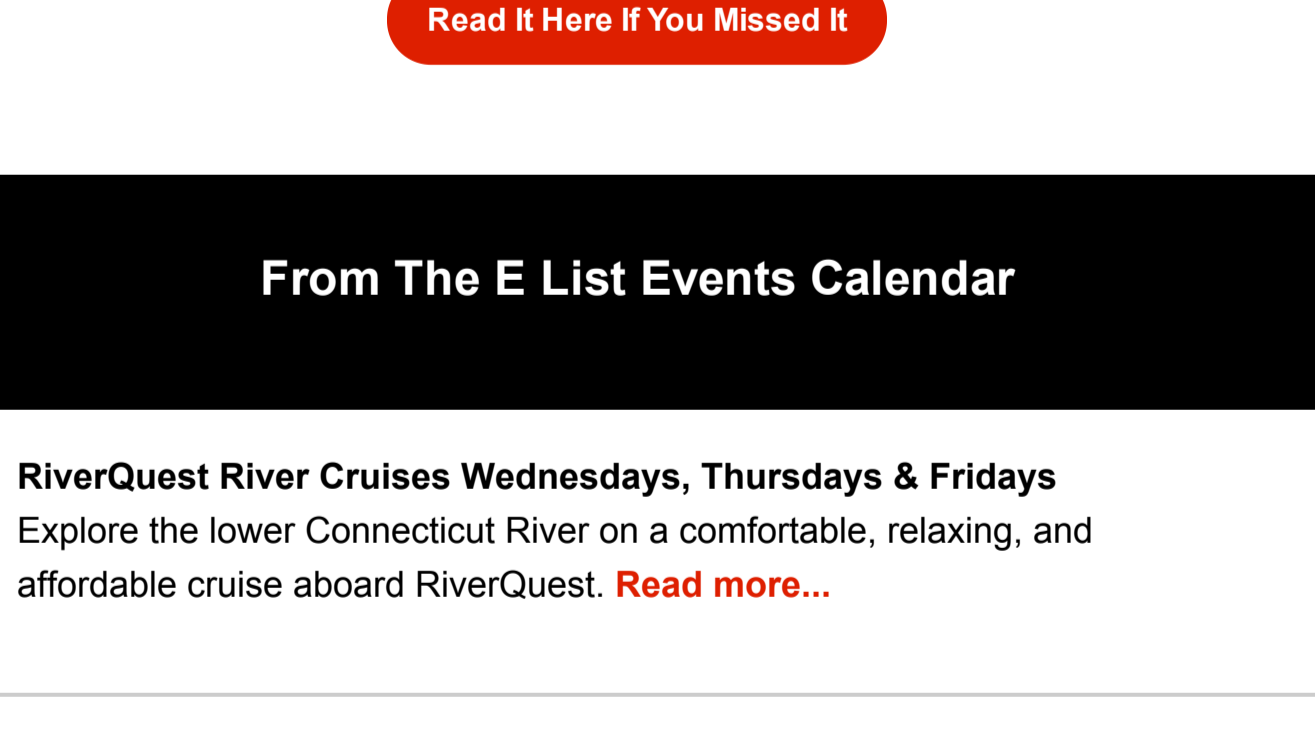
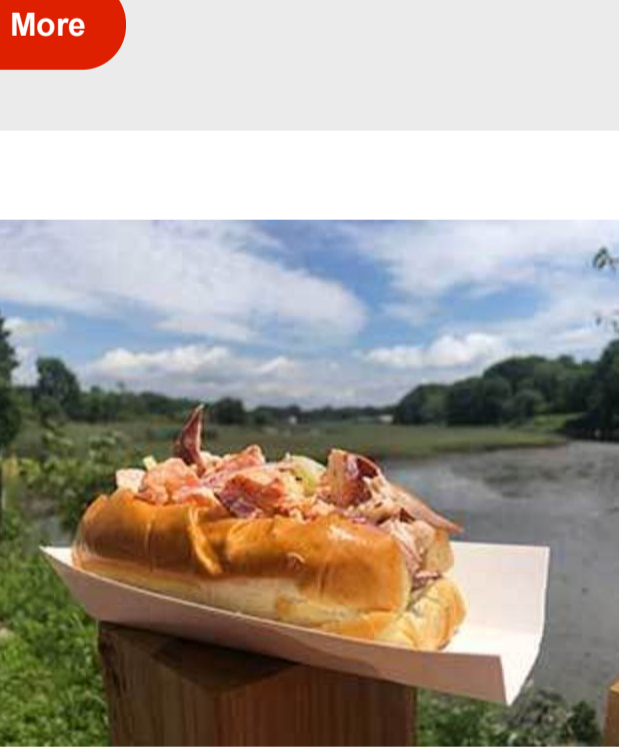
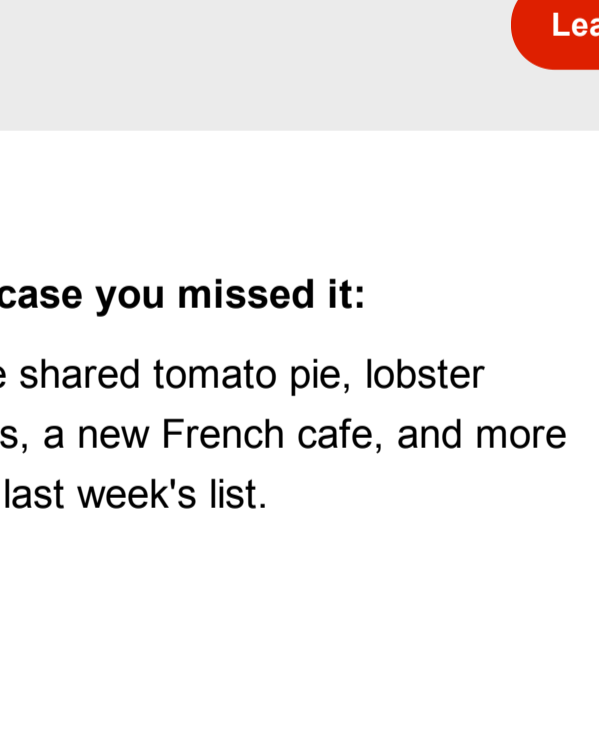
[See the Entire List Here](#)



Spotted!

We've seen lots of painted oyster shells out there but these super intricate, hand-painted treasures caught our eye! Made by Gemma By the Sea and sold at Fromage in Old Saybrook and other local shops.

[See the collection here.](#)



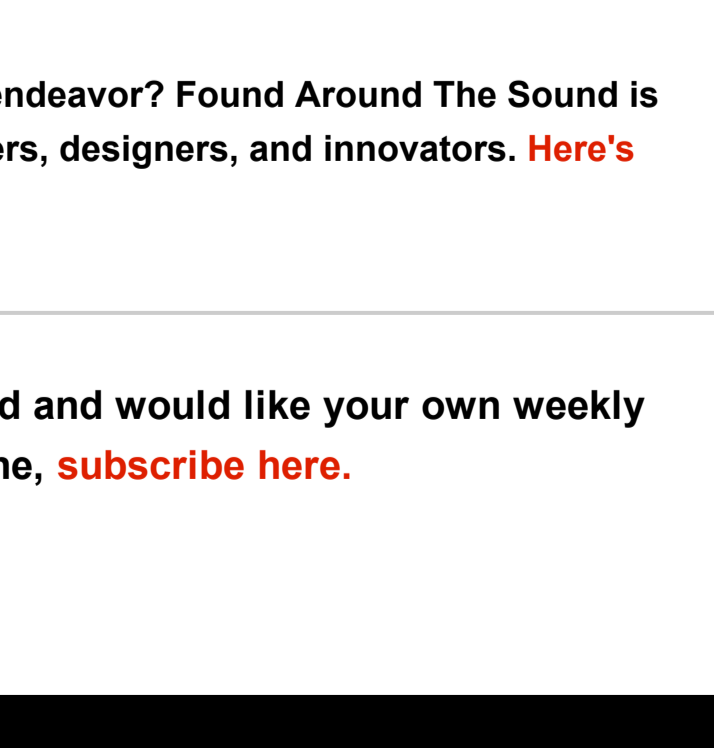
Preparing to Be Fearless in High School
At The Independent Day School, we believe that our students should be taught to be Fearless Learners. Fearless in trying new clubs and activities, fearless in learning new subjects, and being fearless in always standing up for others and for what is right.

In our Middle School Division, our motto is more prevalent than ever. These are some of the most formative years in an individual's life, and here at IDS, through rigorous academic courses, an established advisory program, and fun and interactive athletic and club programs, our students are prepared academically, socially, and emotionally for when they graduate and head off to the high school that is the perfect fit for them.

If you want your child to be a fearless learner and to grow both in and out of the classroom, please **visit our website** to learn more about IDS and to inquire about the upcoming school year!

[Learn More](#)

In case you missed it:
 We shared tomato pie, lobster rolls, a new French cafe, and more on last week's list.



[Read It Here If You Missed It](#)

From The E List Events Calendar

RiverQuest River Cruises Wednesdays, Thursdays & Fridays
 Explore the lower Connecticut River on a comfortable, relaxing, and affordable cruise aboard RiverQuest. [Read more...](#)

A Time of Hope, 7/16 - 7/18
 Head to Bushnell Park for the return of Hartford's Festival of Jazz. [Read more...](#)

Sixth Annual National Bridal Sale Event, 7/17 - 7/24
 Join The White Dress By the Shore for this national event and find your dream dress for less. [Read more...](#)

Field House Farm Dinner, 7/17
 Head to the farm for a four to five-course meal with Chef David Borselle, complimentary wine pairing, and exclusive desserts by Hen & Heifer bakery. [Read more...](#)

Looking for more to do? Find workshops, concerts, yoga classes, and more on The E List Calendar:

[BROWSE THE CALENDAR](#)

p.s. from Erica

a guide to makers, designers + innovators on the CT Shoreline

Have you heard about our latest endeavor? Found Around The Sound is a monthly spotlight on local makers, designers, and innovators. [Here's our July edition.](#)

If you received this from a friend and would like your own weekly guide to the best of the Shoreline, [subscribe here.](#)

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