



ALL PRICES USD • WHILE SUPPLIES LAST!



# JANUARY

DELIVERY SPECIALS



25%  
OFF



## January Specials Pantry Can Pack

Grilled Chicken Dices, Cheddar  
Cheese, Instant Black Beans, Instant  
Brown Rice, Onion Slices, Broccoli,  
Blueberries, Blackberries  
**\$171.42 \$128.57**

25%  
OFF



## January Family Can Fruit & Veggie Pack

Broccoli, Onion Slices,  
Blackberries, Blueberries  
**\$200.26 \$150.20**

25%  
OFF



### Blackberries

Family Size: **\$58.99 \$44.24**  
Case: **\$335.99 \$251.99**  
Pantry Can: **\$22.99 \$17.24**  
10-Pack: **\$211.9 \$158.39**  
FD GF NG

25%  
OFF



### Broccoli

Family Size: **\$39.89 \$29.92**  
Case: **\$227.29 \$170.47**  
Pantry Can: **\$16.19 \$12.14**  
10-Pack: **\$153.09 \$114.82**  
FD GF NG

20%  
OFF



### Blueberries

Family Size: **\$59.59 \$47.67**  
Case: **\$339.29 \$271.43**  
Pantry Can: **\$22.59 \$18.07**  
10-Pack: **\$214.59 \$171.67**  
FD GF NG

20%  
OFF



### Onion Slices

Family Size: **\$41.79 \$33.43**  
Case: **\$237.99 \$190.39**  
Pantry Can: **\$16.59 \$13.27**  
10-Pack: **\$157.59 \$126.07**  
FD GF NG

20%  
OFF



### Grilled Chicken Dices

Family Size: **\$92.39 \$73.91**  
Case: **\$526.69 \$421.35**  
Pantry Can: **\$37.69 \$30.15**  
10-Pack: **\$358.19 \$286.55**  
FD GF NG

20%  
OFF



### Cheddar Cheese

Family Size: **\$74.49 \$59.59**  
Case: **\$424.49 \$339.59**  
Pantry Can: **\$29.79 \$23.83**  
10-Pack: **\$282.69 \$226.15**  
FD GF NG

20%  
OFF



### Instant Black Beans

Pantry Can: **\$14.89 \$11.91**  
10-Pack: **\$141.39 \$113.11**  
FD GF NG

20%  
OFF



### Instant Brown Rice

Pantry Can: **\$10.69 \$8.55**  
10-Pack: **\$101.69 \$81.35**  
FD GF NG

**Quit stacking! Our variety of storage is the perfect quick fix for your organization needs.**

25%  
OFF



### Cansolidator Cupboard

**\$49.19 \$36.89**

25%  
OFF



### Cansolidator Pantry

**\$57.19 \$42.89**

25%  
OFF



### Cansolidator Pantry Plus

**\$78.29 \$58.72**

25%  
OFF



### Variety Can System

**\$680.19 \$510.14**

25%  
OFF



### Pantry Can System

**\$680.19 \$510.14**

25%  
OFF



### Family Can System

**\$680.19 \$510.14**

**Check out our recipes on the back!**



Grilled Chicken Buddha Bowl



Vegetarian Broccoli & Cheese Quiche

**Contact Me for Best Prices!**

NAME: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

FD Freeze Dried, GF Gluten-Free Certified, NG Non-GMO.

\*Free shipping on delivery service orders over \$99 (5% shipping in Alaska, Hawaii & Puerto Rico).  
Discounts on monthly special items are available only on delivery orders. One-time orders pay retail price. Sale ends 1/31/2023.  
All seasonal and sale items are available while supplies last.

Thrive Life's freeze dried foods are the freshest on the market and long-lasting, meaning you'll never have to throw away another moldy onion or mushy strawberry! The unopened shelf life for all our fruits, veggies, dairy and meats is 25 years. For specific information, visit our product pages at [thrivelife.com](http://thrivelife.com).

# Grilled Chicken Buddha Bowl

Beat the winter blues with this earthy meal that's packed full of nutrition. Topped with fruits and vegetables, this healthy grilled chicken buddha bowl is the perfect mix between savory and sweet. Serve your toppings buffet style or layer each bowl individually. The possibilities are endless!

**Total Time:** 25 min

**Yield:** 6 bowls

## INGREDIENTS:

**3 cups Thrive Life Instant Brown Rice**

**1 1/2 cups Thrive Life Grilled Chicken Dices**

**1 1/2 cups Thrive Life Instant Black Beans**

**2 cups Thrive Life Blackberries**

**2 cups Thrive Life Blueberries**

**2 cups mixed greens**

**1/4 cup crumbled feta cheese (optional)**

**Your favorite sauce (we suggest Tahini)**

## INSTRUCTIONS:

1. Reconstitute black beans according to the instructions on the can.

2. Rehydrate Thrive Life Brown Rice, Grilled Chicken Dices, Blackberries, and Blueberries according to package instructions.

3. To assemble, divide the rice and mixed greens among 6 bowls. Top with your rehydrated Grilled Chicken Dices, Black Beans, Blackberries, and Blueberries. Drizzle your favorite dressing, top with feta, and serve.



# Vegetarian Broccoli & Cheese Quiche

Warm and comforting, this broccoli cheese quiche is a winter must-have. Add your favorite Thrive Life meats and vegetables to make it your own. Your family's new favorite recipe is just minutes away.

**Total Time:** 45 min

**Yield:** 6 servings

## INGREDIENTS:

**2 cups Thrive Life Broccoli**

**5 large eggs**

**3/4 cup milk (we used whole milk)**

**1/2 teaspoon salt**

**1/4 teaspoon pepper**

**1 cup Thrive Life Cheddar Cheese**

**1/4 cup Thrive Life Onion Slices**

**1/4 cup basil**

**1 9-inch whole wheat pie crust**

**Tip: Buy store-bought crust to save extra time—no need to pre-bake the crust.**

## INSTRUCTIONS:

1. Preheat oven to 375°F (190°C).

2. Roll out pie crust, if not already shaped, and chill until ready to use.

3. In a large bowl, whisk together the eggs, milk, salt and pepper. Stir in Thrive Life's Broccoli, Cheddar Cheese, Onion Slices, and basil. Pour into the prepared pie shell.

4. Bake quiche for 35-40 minutes, until eggs are set in the center. Check on quiche starting at 25 minutes and tent with foil if the crust is browning too quickly.

5. Let stand for 5 minutes before serving.

Thrivealized Recipe inspired by Kristine's Kitchen Blog



## RECIPE TIP:

Thrive Broccoli is already cut and trimmed, so you can quickly add it to your favorite soups, casseroles, salads, and much more!

