

ALL PRICES USD • WHILE SUPPLIES LAST!



May

DELIVERY SPECIALS



25% OFF RETAIL



May Specials Pantry Can Pack

Chopped Spinach, Potato Dices, Fuji Apples, Blackberries, Tomato Dices, Sour Cream, Chicken Slices, and Tomato Sauce

~~\$182.84~~ **\$137.13**

25% OFF RETAIL



May Family Can Fruit & Veggie Pack

Fuji Apples, Blackberries, Chopped Spinach, and Potato Dices

~~\$198.18~~ **\$148.64**

UP TO 30% OFF RETAIL



Chopped Spinach

Family Size: ~~\$41.16~~ **\$30.87 SAVE 25%**
Case: ~~\$246.96~~ **\$172.87 SAVE 30%**

Pantry Can: ~~\$20.81~~ **\$15.61 SAVE 25%**
10-Pack: ~~\$208.10~~ **\$145.67 SAVE 30%**

FD **GF** **NG**

UP TO 30% OFF RETAIL



Potato Dices

Family Size: ~~\$41.16~~ **\$30.87 SAVE 25%**
Case: ~~\$246.96~~ **\$172.87 SAVE 30%**

Pantry Can: ~~\$21.75~~ **\$16.31 SAVE 25%**
10-Pack: ~~\$217.50~~ **\$152.25 SAVE 30%**

FD **GF** **NG**

UP TO 25% OFF RETAIL



Fuji Apples

Family Size: ~~\$45.52~~ **\$36.42 SAVE 20%**
Case: ~~\$273.12~~ **\$204.84 SAVE 25%**

Pantry Can: ~~\$21.40~~ **\$17.12 SAVE 20%**
10-Pack: ~~\$214.00~~ **\$160.50 SAVE 25%**

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UP TO 25% OFF RETAIL



Blackberries

Family Size: ~~\$70.34~~ **\$56.27 SAVE 20%**
Case: ~~\$422.04~~ **\$316.53 SAVE 25%**

Pantry Can: ~~\$21.28~~ **\$17.02 SAVE 20%**
10-Pack: ~~\$212.80~~ **\$159.60 SAVE 25%**

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UP TO 25% OFF RETAIL



Chicken Slices

Family Size: ~~\$119.52~~ **\$95.62 SAVE 20%**
Case: ~~\$717.12~~ **\$537.84 SAVE 25%**

Pantry Can: ~~\$25.87~~ **\$20.70 SAVE 20%**
10-Pack: ~~\$258.70~~ **\$194.03 SAVE 25%**

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UP TO 25% OFF RETAIL



Tomato Dices

Pantry Can: ~~\$20.58~~ **\$16.46 SAVE 20%**
10-Pack: ~~\$205.80~~ **\$154.35 SAVE 25%**

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UP TO 25% OFF RETAIL



Sour Cream

Pantry Can: ~~\$22.93~~ **\$18.34 SAVE 20%**
10-Pack: ~~\$229.30~~ **\$171.98 SAVE 25%**

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UP TO 25% OFF RETAIL



Tomato Sauce

Pantry Can: ~~\$28.22~~ **\$22.58 SAVE 20%**
10-Pack: ~~\$282.20~~ **\$211.65 SAVE 25%**

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25% OFF RETAIL



Dinner Variety Pack

~~\$91.93~~ **\$68.95 SAVE 25%**

FD **GF** **NG**

Limited Time!

Get them while they last!

UP TO 20% OFF RETAIL



Kale

Family Size: ~~\$36.93~~ **\$31.39 SAVE 15%**
Case: ~~\$221.58~~ **\$177.26 SAVE 20%**

Pantry Can: ~~\$13.99~~ **\$11.89 SAVE 15%**
10-Pack: ~~\$139.90~~ **\$111.92 SAVE 20%**

FD **GF** **NG**

UP TO 20% OFF RETAIL



Green Bell Peppers

Family Size: ~~\$38.81~~ **\$32.99 SAVE 15%**
Case: ~~\$232.86~~ **\$186.29 SAVE 20%**

Pantry Can: ~~\$21.05~~ **\$17.89 SAVE 15%**
10-Pack: ~~\$210.50~~ **\$168.40 SAVE 20%**

FD **GF** **NG**

UP TO 20% OFF RETAIL



Zucchini

Family Size: ~~\$31.75~~ **\$26.99 SAVE 15%**
Case: ~~\$190.50~~ **\$152.40 SAVE 20%**

Pantry Can: ~~\$15.52~~ **\$13.19 SAVE 15%**
10-Pack: ~~\$155.20~~ **\$124.16 SAVE 20%**

FD **GF** **NG**

Recipes



Chicken and Potato Hash with Tomatoes and Spinach



Super Green and Fruit Salad



Creamy Tomato Sauce with Parmesan

Contact Me for Best Prices!

NAME: _____

FD Freeze Dried, **N** Nutrilock, **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 5/31/2023. 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.

Chicken and Potato Hash with Tomatoes and Spinach

Total Time: 20 minutes

Yield: 4 servings

INGREDIENTS:

- 2 tablespoons olive oil
- 1 small yellow onion, diced
- 2 garlic cloves, minced
- 2 cups Thrive Life Chicken Slices, rehydrated
- 2 cups Thrive Life Potato Dices, rehydrated
- Coarse salt and ground pepper
- 1 teaspoon dried thyme leaves
- 2 tablespoons water
- 1 cup Thrive Life Tomato Dices, rehydrated
- 2 cups Thrive Life Chopped Spinach
- 1 teaspoon fresh lemon juice

INSTRUCTIONS:

1. Heat 2 tablespoons of olive oil in a large skillet over medium-high heat. Add the diced onions and cook, stirring occasionally, until softened (about 2 minutes). Add the minced garlic and cook briefly, stirring continuously.
2. Add the rehydrated Chicken Slices and Potato Dices to the skillet and stir frequently until they are browned. Pour in 2 tablespoons of water and scrape up any browned bits from the bottom of the skillet with a wooden spoon. Continue to cook, stirring frequently.
3. If necessary, reduce heat, then add salt, pepper, and dried thyme leaves to the skillet, and cook for an additional 5 minutes.
4. Finally, add the rehydrated Tomato Dices and Chopped Spinach to the skillet, and cook for about 2 minutes, stirring continuously. Season to taste with salt, pepper, and fresh lemon juice.



Super Green and Fruit Salad

Total Time: 15 minutes

Yield: 6 servings

INGREDIENTS:

- 5 ounces of power green salad
- 1 cup Thrive Life Fuji Apples
- 2 cups Thrive Life Blackberries
- ½ cup feta cheese
- ½ cup toasted pecan pieces
- Apple Cider Vinaigrette

INSTRUCTIONS:

1. Place pecan pieces on a rimmed baking sheet and bake for 8-10 minutes in the oven at 350 degrees.
2. Place all salad ingredients in a bowl and toss gently with enough dressing (Apple Cider Vinaigrette) to coat. Serve immediately and enjoy!



Creamy Tomato Sauce with Parmesan

Total Time: 2 minutes

Yield: 2 servings

INGREDIENTS:

- ½ cup of Thrive Life Tomato Sauce Mix
- 2 cups water
- 1 cup Thrive Life Tomato Dices
- 2 tablespoons Thrive Life Sour Cream Powder
- ½ cup grated Parmesan cheese

INSTRUCTIONS:

1. In a saucepan over medium heat, combine ½ cup of Tomato Sauce Mix with 2 cups of water. Whisk until powder is thoroughly mixed. Add 1 cup of Tomato Dices and reduce the heat to let simmer for 2 minutes. Stir in 2 tablespoons of Sour Cream Powder and continue simmering.
2. Finally, add ½ cup of grated Parmesan cheese and mix until the cheese is melted and the sauce is creamy.

Tip: Use with your favorite pasta!

