

ALL PRICES USD • WHILE SUPPLIES LAST!



DELIVERY SPECIALS

25% OFF RETAIL

July Specials Pantry Can Pack

Pulled Pork, Butternut Squash, Banana Slices, Blueberries, Broccoli, Onion Slices, Tomato Dices, Blackberries, & Instant Black Beans

~~\$194.87~~ **\$146.12**

25% OFF RETAIL

July Family Can Fruit & Veggie Pack

Banana Slices, Blueberries, Broccoli, Onion Slices

~~\$193.36~~ **\$145.02**

UP TO 30% OFF RETAIL

Pulled Pork

Family Size: ~~\$82.34~~ **\$61.76 SAVE 25%**
 Case: ~~\$494.04~~ **\$345.83 SAVE 30%**

Pantry Can: ~~\$32.46~~ **\$24.35 SAVE 25%**
 10-Pack: ~~\$324.60~~ **\$227.22 SAVE 30%**

FD GF NG

UP TO 30% OFF RETAIL

Butternut Squash

Family Size: ~~\$47.75~~ **\$35.81 SAVE 25%**
 Case: ~~\$286.50~~ **\$200.55 SAVE 30%**

Pantry Can: ~~\$17.28~~ **\$12.96 SAVE 25%**
 10-Pack: ~~\$172.80~~ **\$120.96 SAVE 30%**

FD GF NG

UP TO 25% OFF RETAIL

Banana Slices

Family Size: ~~\$48.58~~ **\$38.86 SAVE 20%**
 Case: ~~\$291.48~~ **\$218.61 SAVE 25%**

Pantry Can: ~~\$19.16~~ **\$15.33 SAVE 20%**
 10-Pack: ~~\$191.60~~ **\$143.70 SAVE 25%**

FD GF NG

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%**

FD GF NG

UP TO 25% OFF RETAIL

Blueberries

Family Size: ~~\$61.28~~ **\$49.02 SAVE 20%**
 Case: ~~\$367.68~~ **\$275.76 SAVE 25%**

Pantry Can: ~~\$30.34~~ **\$24.27 SAVE 20%**
 10-Pack: ~~\$303.40~~ **\$227.55 SAVE 25%**

FD GF NG

UP TO 25% OFF RETAIL

Broccoli

Family Size: ~~\$38.81~~ **\$31.05 SAVE 20%**
 Case: ~~\$232.86~~ **\$174.65 SAVE 25%**

Pantry Can: ~~\$16.93~~ **\$13.54 SAVE 20%**
 10-Pack: ~~\$169.30~~ **\$126.98 SAVE 25%**

FD GF NG

UP TO 25% OFF RETAIL

Onion Slices

Family Size: ~~\$44.69~~ **\$35.75 SAVE 20%**
 Case: ~~\$268.14~~ **\$201.11 SAVE 25%**

Pantry Can: ~~\$21.87~~ **\$17.50 SAVE 20%**
 10-Pack: ~~\$218.70~~ **\$164.03 SAVE 25%**

FD GF NG

UP TO 25% OFF RETAIL

Tomato Dices

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

FD GF NG

UP TO 25% OFF RETAIL

Instant Black Beans

Pantry Can: ~~\$14.93~~ **\$11.94 SAVE 20%**
 10-Pack: ~~\$149.30~~ **\$111.98 SAVE 25%**

GF NG

25% OFF RETAIL

Meals Weekend Adventure Pack

~~\$78.05~~ **\$58.54 SAVE 25%**

Cheesy Chicken
 Creamy Beef with Rotini Pasta
 Southwestern Style Chicken
 Breakfast Skillet
 Apple Cinnamon Granola

25% OFF RETAIL

Limited Time Variety Pack

Celery, Cheese Sauce, Zucchini, Granny Smith Apples, Green Bell Peppers, Cucumbers

~~\$123.81~~ **\$92.86**

UP TO 30% OFF RETAIL

Discontinued Items

Cranberries, Cauliflower, Confetti Cake Bites, & Shrimp

Recipes

Coca Cola Pork Street Tacos

Smoked Sausage, Broccoli, & Butternut Squash Medley

Contact Me for Best Prices!

NAME: _____

FD Freeze Dried, GF 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 7/31/2023. 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 thriveville.com.

Coca Cola Pork Street Tacos

Feast on flavorful Coca-Cola-marinated pulled pork tacos—a tasty combination of Thrive Life Pulled Pork rehydrated in Coca Cola and salsa bursting with fresh flavors.

Total Time: 40 minutes

Yield: 6-8 tacos

INGREDIENTS:

Pulled Pork

- 2 cups Thrive Life Pulled Pork
- 1 can of Coca Cola
- 1 clove garlic, minced
- 1 tsp. salt
- ½ tsp. black pepper
- ¼ tsp. cayenne pepper

Black Bean & Corn Salsa

- 1 cup Thrive Life Instant Black Beans (rehydrated)
- 1 can whole kernel corn (keep liquid)
- 1 cup Thrive Life Tomato Dices
- ½ cup Thrive Life Onion Slices
- 1 clove garlic, minced
- 2 tbsp. lime juice
- cilantro leaves (optional)
- salt and pepper to taste

6-8 small corn tortillas

½ cup cotija cheese

INSTRUCTIONS:

1. Rehydrate Thrive Life Black Beans following the directions on the can, and chill in the fridge.
2. In a 1-quart storage container, combine pulled pork, Coca Cola, garlic, salt, black pepper, and cayenne pepper. Marinate for at least 30 minutes.
3. Make salsa by combining black beans, corn with juice, tomatoes, onions, lime juice, cilantro, salt, and pepper. Stir until mixed thoroughly.
4. Heat pulled pork in a saucepan over medium heat for 10 minutes. While the pork is heating up, warm the tortillas on a griddle over medium heat.
5. Place meat and salsa on a corn tortilla shell. Sprinkle with cheese and serve.



Smoked Sausage, Broccoli, & Butternut Squash Medley

Discover a delicious, fuss-free meal with our smoked sausage, broccoli, and butternut squash medley. Enjoy a convenient and wholesome meal that's perfect for any day of the week.

Total Time: 25 minutes

Yield: 6 servings

INGREDIENTS:

- 2 tbsp. olive oil
- 12 oz cooked, smoked sausage
- 3 cups Thrive Life Butternut Squash
- 3 cups Thrive Life Broccoli
- ½ cup Thrive Life Onion Slices
- 1 tsp. smoked paprika
- 1 tsp. thyme
- salt and pepper to taste

INSTRUCTIONS:

1. Heat 2 tablespoons of olive oil in a large skillet. Slice sausage into coin-like slices and add to the skillet. Cook on medium heat for 5 minutes on one side and 3 minutes on the other.
2. Add butternut squash, broccoli, and onion slices, and lightly toast for about 2 minutes.
3. Add 2 cups of water and the seasonings. Simmer, stirring occasionally until the water is mostly reduced.



Recipe Tips



1. Create a refreshing summer treat by blending blackberries or blueberries with ice and lemonade to make a delightful berry lemonade freeze.
2. Enjoy the versatility of Thrive Life Bananas by adding them to your favorite smoothies for an extra burst of flavor, or simply enjoy them as a delicious and convenient snack.

