

ALL PRICES USD • WHILE SUPPLIES LAST!



June

DELIVERY SPECIALS



Save 30% on June Delivery Specials packs when you use coupon code **SAVE**.

(This coupon code takes 10% off on top of the existing Delivery Service discount.)



June Specials Pantry Can Pack
Mashed Potatoes, Chopped Spinach,
Diced Chicken, Instant Refried Beans,
Chopped Onions, Sweet Corn, Green
Beans, Mozzarella Cheese
Pack: ~~\$152.97~~ \$107.08



June Specials Fruit & Veggie Family Can Pack
Sweet Corn, Green Beans,
Strawberry Slices (2),
Pack: ~~\$157.49~~ \$110.24

Save 25% on June Delivery Specials items when you use coupon code **SAVE**.

(This coupon code takes 10% off on top of the existing Delivery Service discount.)



Mashed Potatoes
Family Can: ~~\$33.99~~ \$25.49
Pantry Can: ~~\$14.81~~ \$11.11
GF NG



Strawberry Slices
Family Can: ~~\$37.52~~ \$28.14
Pantry Can: ~~\$16.69~~ \$12.52
FD GF NG



Sweet Corn
Family Can: ~~\$44.46~~ \$33.35
Pantry Can: ~~\$19.05~~ \$14.29
FD GF NG



Diced Beef
Family Can: ~~\$140.81~~ \$105.61
Pantry Can: ~~\$51.99~~ \$38.99
FD GF NG



Green Beans
Family Can: ~~\$37.99~~ \$28.49
Pantry Can: ~~\$16.69~~ \$12.52
FD GF NG



Diced Chicken
Family Can: ~~\$93.40~~ \$70.05
Pantry Can: ~~\$33.64~~ \$25.23
FD GF NG



Instant Refried Beans
Pantry Can: ~~\$13.05~~ \$9.79
GF NG



Chopped Onions
Family Can: ~~\$38.46~~ \$28.85
Pantry Can: ~~\$17.40~~ \$13.05
FD GF NG



Mozzarella Cheese
Pantry Can: ~~\$23.99~~ \$17.99
FD GF NG



Chopped Spinach
Family Can: ~~\$28.58~~ \$21.44
Pantry Can: ~~\$14.34~~ \$10.76
FD GF NG

Don't Forget Bulk Savings! Buy 6 or more of any single same-sized item, get an additional 5% off!

BULK SAVINGS = Bulk Savings do not apply to packs; bulk savings have already been calculated in these discounts.

Contact Me for the 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 6/30/2025. All sale and limited-time products 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 of our fruits, veggies, dairy, and meats is 25 years. For more information, visit our product pages at thrivelife.com.

Skillet Shepherd's Pie

You'll find this delicious dish in Thrive Life's Recipe section on the website. The **bolded ingredients** are featured in our June Specials.

4-6 Servings

5 minutes prep time

20 minutes cook time

This filling recipe features ground beef and vegetables simmered in a savory beef broth, then topped with creamy mashed potatoes and melted cheese for a comforting, one-pan meal.

INGREDIENTS

3 Tbsp butter

½ C Thrive Life Ground Beef

2 Tbsp Thrive Life Chopped Onions

1/3 C Thrive Life Green Peas

2 Tbsp Thrive Life Carrot Dices

1/3 C Thrive Life Sweet Corn

1 clove garlic

1 tsp Thrive Life Chef's Choice seasoning

1 Tbsp flour

2 ½ C beef broth

Thrive Life Mashed Potatoes



DIRECTIONS

1. Add butter to a medium skillet and melt.
2. Add all ingredients to skillet except broth and flour.
3. Sauté ingredients for 1-2 minutes, stirring constantly to avoid burning.
4. Add beef broth and flour to skillet, cover, and simmer for about 10 minutes on medium heat.
5. Check to see if all moisture is gone, then make the mashed potatoes by following directions on can.
6. Add potatoes to the top of the skillet mixture and add grated cheese on top.
7. Replace the lid and warm until cheese is melted. Serve warm and enjoy!

More Tasty Ways to Use June's Delivery Specials



Strawberry Fruit Roll-ups:

Grind Thrive Life Strawberry Slices and Mangoes into a powder, mix with water to form a smooth purée, then spread thin and bake on low heat until dry. Makes a perfectly sweet, healthy summer snack!



Summer Green Bean Salad:

Add rehydrated Thrive Life Green Beans to a bowl with chopped zucchini, tomatoes, and onions. Top with oil and vinegar and fresh herbs for a summer salad bursting with flavor.



Spinach Basil Pesto:

Blend spinach with toasted nuts, garlic, parmesan, basil, and olive oil for a fresh pesto you can put on pizza, pasta, roasted veggies, chicken, sandwiches, and more.



Italian Nachos:

Add rehydrated Thrive Life Mozzarella Cheese to your next batch of nachos along with sausage, peppers, and onions. Bake until hot and melty for a tasty twist on a classic.

THRIVE
LIFE™