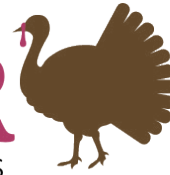


ALL PRICES USD • WHILE SUPPLIES LAST!



NOVEMBER



DELIVERY SPECIALS

November Specials Pack (Pantry Cans)

25% OFF



Grilled Chicken Dices, Chopped Spinach, Sausage Crumbles, Sweet Corn, Carrot Dices, Onion Slices
~~\$135.84~~ **\$101.88**



25% OFF

Grilled Chicken Dices

Family Size: ~~\$92.39~~ \$69.29
Case: ~~\$526.69~~ \$395.02

Pantry Can: ~~\$37.69~~ \$28.27
10-Pack: ~~\$358.19~~ \$268.64



25% OFF

Chopped Spinach

Family Size: ~~\$39.79~~ \$29.84
Case: ~~\$226.69~~ \$170.02

Pantry Can: ~~\$15.99~~ \$11.99
10-Pack: ~~\$151.99~~ \$113.99



20% OFF

Sausage Crumbles

Family Size: ~~\$87.39~~ \$69.91
Case: ~~\$498.29~~ \$398.63

Pantry Can: ~~\$36.49~~ \$29.19
10-Pack: ~~\$346.49~~ \$277.19



20% OFF

Sweet Corn

Family Size: ~~\$39.19~~ \$31.35
Case: ~~\$223.29~~ \$178.63

Pantry Can: ~~\$15.69~~ \$12.55
10-Pack: ~~\$148.59~~ \$118.87



20% OFF

Carrot Dices (Dehydrated)

Family Size: ~~\$32.39~~ \$25.91
Case: ~~\$184.39~~ \$147.51

Pantry Can: ~~\$13.39~~ \$10.71
10-Pack: ~~\$126.29~~ \$101.03



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



Early Black Friday Deals



30% OFF

Instant Milk

Family Size: ~~\$32.19~~ \$22.53
Case: ~~\$183.59~~ \$128.51

Pantry Can: ~~\$15.59~~ \$10.91
10-Pack: ~~\$147.59~~ \$103.31



30% OFF

Sweetened Cranberries

Family Size: ~~\$41.19~~ \$28.83
Case: ~~\$234.69~~ \$164.28

Pantry Can: ~~\$16.99~~ \$11.89
10-Pack: ~~\$160.99~~ \$112.69



25% OFF

Scrambled Egg Mix

Family Size: ~~\$103.87~~ \$77.90
Case: ~~\$592.19~~ \$444.14

Pantry Can: ~~\$42.93~~ \$32.20
10-Pack: ~~\$407.89~~ \$305.92



25% OFF

Cauliflower

Family Size: ~~\$48.39~~ \$36.29
Case: ~~\$275.69~~ \$206.77

Pantry Can: ~~\$22.29~~ \$16.72
10-Pack: ~~\$179.89~~ \$134.92



Check out our recipes on the back!

Contact me for Best Prices!

NAME: _____

FD Freeze Dried, GF Nutrilock, GF Gluten-Free Certified, NG Non-GMO, D Discontinued

*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 11/30/2022. 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 thrive.life.com.

Cheesy Chicken & Corn Casserole

Prep Time: 55 mins.

Servings: 6-8

INGREDIENTS:

1 box yellow rice

½ cup butter

1 can cream of chicken soup

1 cup Thrive Life Grilled Chicken Dices

1 ½ cup Thrive Life Sweet Corn

1 ½ cups cheddar cheese

INSTRUCTIONS:

1. Cook rice according to package directions.

2. Add rice and all other ingredients, except for ½ cup of cheese, into a mixing bowl and stir until well combined.

3. Spoon into a casserole dish and top with the remaining cheese and bake at 350 degrees F for about 30 minutes or until bubbly



Sausage & Spinach Pasta

Prep Time: 20 min.

Servings: 6

INGREDIENTS:

½ tbsp olive oil

½ cup Thrive Life Onion Slices

2 cloves garlic

1 cup Thrive Life Sausage Crumbles

8 ounces Penne Pasta

16 ounces canned diced tomatoes

1 cup Thrive Life Spinach

1 cup water

INSTRUCTIONS:

1. Cook pasta al dente.

2. In a large skillet over medium heat, lightly toast onions, garlic, and sausage.

3. Add diced tomatoes and cook for 2-3 minutes.

4. Add pasta, spinach, and water. Simmer until water is absorbed.

5. Salt and pepper to taste and enjoy!



RECIPE TIP:

Adding Thrive Life Carrot Dices to any of your favorite meals will give you the beta-carotene and vitamin A you need to maintain healthy skin and vision.

