



ALL PRICES USD • WHILE SUPPLIES LAST!

December

DELIVERY SPECIALS



25% OFF RETAIL

December Specials Pantry Can Pack
 Instant Brown Rice, Green Beans, Onion Slices, Sour Cream Powder, Pulled Pork, Green Chili Peppers
Pack: ~~\$136.64~~ \$102.48 SAVE 25%

25% OFF RETAIL

December Specials Fruit & Veggie Family Can Pack
 Green Beans (2), Blueberries, Fuji Apples
Pack: ~~\$163.02~~ \$122.27 SAVE 25%

25% OFF RETAIL

Holiday Festive Pack
 Raspberries (2), Strawberry Slices (2), Broccoli (2), Chopped Spinach (2)
Pack: ~~\$172.36~~ \$129.27 SAVE 25%

UP TO 30% OFF RETAIL

Green Beans
 Family Can: ~~\$28.11~~ \$21.08 SAVE 25%
 Case: ~~\$168.66~~ \$118.06 SAVE 30%
 Pantry Can: ~~\$15.40~~ \$11.55 SAVE 25%
 10-Pack: ~~\$154.00~~ \$107.80 SAVE 30%
 FD GF NG

UP TO 30% OFF RETAIL

Pulled Pork
 Family Can: ~~\$69.87~~ \$52.40 SAVE 25%
 Case: ~~\$419.22~~ \$293.45 SAVE 30%
 Pantry Can: ~~\$32.46~~ \$24.35 SAVE 25%
 10-Pack: ~~\$324.60~~ \$227.22 SAVE 30%
 FD GF NG

UP TO 25% OFF RETAIL

Onion Slices
 Pantry Can: ~~\$21.87~~ \$17.50 SAVE 20%
 10-Pack: ~~\$218.70~~ \$164.03 SAVE 25%
 FD GF NG

UP TO 25% OFF RETAIL

Green Chili Peppers
 Pantry Can: ~~\$18.93~~ \$15.14 SAVE 20%
 10-Pack: ~~\$189.30~~ \$141.98 SAVE 25%
 FD GF NG

UP TO 25% OFF RETAIL

Fuji Apples
 Family Can: ~~\$45.52~~ \$36.42 SAVE 20%
 Case: ~~\$275.12~~ \$204.84 SAVE 25%
 Pantry Can: ~~\$21.40~~ \$17.12 SAVE 20%
 10-Pack: ~~\$214.00~~ \$160.50 SAVE 25%
 FD GF NG

UP TO 25% OFF RETAIL

Blueberries
 Family Can: ~~\$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

Instant Brown Rice
 Pantry Can: ~~\$12.46~~ \$9.97 SAVE 20%
 10-Pack: ~~\$124.60~~ \$93.45 SAVE 25%
 GF NG

UP TO 25% OFF RETAIL

Sour Cream Powder
 Pantry Can: ~~\$35.52~~ \$28.42 SAVE 20%
 10-Pack: ~~\$355.20~~ \$266.40 SAVE 25%
 GF NG

OVERSTOCK 50% OFF RETAIL

Instant Milk
 Family Can: ~~\$39.28~~ \$19.64 SAVE 50%*
 Case: ~~\$235.68~~ \$117.84 SAVE 50%*
 Pantry Can: ~~\$16.34~~ \$8.17 SAVE 50%*
 10-Pack: ~~\$163.40~~ \$81.70 SAVE 50%*
 GF NG

Sour Cream & Onion Mashed Potatoes with Pulled Pork Gravy

Recipe & Tips on the Back

*OVERSTOCKED ITEM

OVERSTOCK = Save on overstock items with adjusted shelf life. The discount for sale items includes the overstock savings. They've been carefully stored, retain top quality, and may be 1-2 years into their shelf life.

Contact Me for the Best Prices!

NAME: _____

FD Freeze Dried, GF Nutrifloc, 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 12/31/2024. 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 thrive.life.com.

Sour Cream & Onion Mashed Potatoes with Pulled Pork Gravy

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

10 minutes prep time

10 minutes cook time

Enjoy a delicious, easy Mashed Potatoes with Pulled Pork Gravy recipe ready in just 20 minutes using Thrive Life foods! This savory dish is perfect for lunch or dinner, featuring our long-lasting Sour Cream Powder that tastes just like real sour cream—because it is! It's great for one person or the whole family. For a gluten-free option, use a gluten-free brown gravy mix.

INGREDIENTS

SOUR CREAM & ONION MASHED POTATOES

1/4 cup Thrive Life Green Onions

2 teaspoons Kosher salt

2 tablespoons unsalted butter

2 tablespoons Thrive Life Sour Cream Powder

1 1/4 cups Thrive Life Mashed Potatoes

1/4 teaspoon black pepper

1 cup water

PULLED PORK GRAVY*

1 cup Thrive Life Pulled Pork

2 packets brown gravy mix

2 cups water

2 tablespoons butter

**Makes enough gravy for 3 bowls of mashed potatoes.*

DIRECTIONS

1. Bring 1 cup of water to a boil in a small saucepan. Add Green Onions, salt, and butter. Quickly whisk in Sour Cream Powder and Mashed Potatoes.
2. Remove from heat and stir in black pepper.
3. In another small saucepan, melt butter and stir in Pulled Pork. Add gravy powder, water, and then whisk. Allow gravy to simmer until it thickens up, stirring occasionally.
4. Scoop Mashed Potatoes into a small bowl and pour the Pulled Pork gravy over the top.



Creative Ways to Enjoy Some of Thrive Life's December Specials



Green Chili Peppers

Green Chili Cornbread: Mix rehydrated Thrive Life Green Chili Peppers into cornbread batter before baking for a spicy, savory side.



Blueberries

Blueberry Oat Bars: Mix rehydrated Thrive Life Blueberries into oatmeal cookie dough and press into a pan for easy homemade blueberry oat bars.



Onion Slices

Caramelized Onion Dip: Sauté rehydrated Thrive Life Onion Slices in butter until golden, then mix with Thrive Life Sour Cream and chives for a homemade caramelized onion dip.



Fuji Apples

Apple Cinnamon Oatmeal: Stir rehydrated Thrive Life Fuji Apples and a sprinkle of cinnamon into warm oatmeal for a comforting breakfast.



Green Beans

Green Bean & Garlic Pasta: Toss rehydrated Thrive Life Green Beans with olive oil, garlic, and a sprinkle of Parmesan cheese, then mix with cooked pasta for a light, flavorful meal.