



ALL PRICES USD • WHILE SUPPLIES LAST!

# NOVEMBER

## DELIVERY SPECIALS



**35% OFF RETAIL**

**November Specials Pantry Can Variety Pack**  
 Instant White Rice, Sausage Crumbles, Celery, Scrambled Egg Mix, Mozzarella Cheese, Mushroom Pieces

**Pack: ~~\$155.35~~ \$100.98 SAVE 35%**

### Quiche Pizza

**Recipe & Tips on the Back**

**UP TO 25% OFF RETAIL**

**Instant White Rice**  
 Pantry Can: ~~\$12.46~~ \$9.97 **SAVE 20%**  
 10-Pack: ~~\$124.60~~ \$93.45 **SAVE 25%**

**GF NG**

**UP TO 25% OFF RETAIL**

**Celery**  
 Pantry Can: ~~\$20.11~~ \$16.09 **SAVE 20%**  
 10-Pack: ~~\$201.10~~ \$150.83 **SAVE 25%**

**FD GF NG**

**UP TO 30% OFF RETAIL**

**Mozzarella Cheese**  
 Pantry Can: ~~\$28.34~~ \$21.26 **SAVE 25%**  
 10-Pack: ~~\$283.40~~ \$198.38 **SAVE 30%**

**FD GF NG**

**UP TO 25% OFF RETAIL**

**Scrambled Egg Mix**  
 Family Can: ~~\$120.11~~ \$96.09 **SAVE 20%**  
 Case: ~~\$720.66~~ \$540.50 **SAVE 25%**  
 Pantry Can: ~~\$42.11~~ \$33.69 **SAVE 20%**  
 10-Pack: ~~\$421.10~~ \$315.83 **SAVE 25%**

**FD GF NG**

**UP TO 35% OFF RETAIL**

**Mushroom Pieces**  
 Family Can: ~~\$35.28~~ \$24.70 **SAVE 30%**  
 Case: ~~\$211.68~~ \$137.59 **SAVE 35%**  
 Pantry Can: ~~\$17.64~~ \$12.35 **SAVE 30%**  
 10-Pack: ~~\$176.40~~ \$114.66 **SAVE 35%**

**FD GF NG**

**UP TO 25% OFF RETAIL**

**Sausage Crumbles**  
 Family Can: ~~\$83.99~~ \$67.19 **SAVE 20%**  
 Case: ~~\$503.94~~ \$377.96 **SAVE 25%**  
 Pantry Can: ~~\$34.69~~ \$27.75 **SAVE 20%**  
 10-Pack: ~~\$346.90~~ \$260.18 **SAVE 25%**

**FD 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**

\*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** 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 11/30/2024. 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.



# Quiche Pizza

*This recipe, provided by Cindy Suelzle, is in the Recipe section of the Thrive Life website. The ingredients in bold are featured in our November Specials.*

4 servings  
10 minutes prep time  
40 minutes cook time

This recipe serves four people with two eggs each. A family-sized pie plate and two tortillas work well. Simply adjust the ingredients if you would like to make less in a smaller pie plate. Aim for two eggs per person; the rest is up to you!

## INGREDIENTS

### **1 cup Scrambled Egg Mix (= 8 eggs)**

1 3/4 cups water  
1 cup cottage cheese  
2 large tortillas

### **1/3 to 1/2 cup Thrive Life Mushroom Pieces**

1/4 cup Thrive Life Chopped Onions  
3/4 cup Thrive Life Red Bell Peppers  
1/2 cup Thrive Life Broccoli  
3/4 to 1 cup Thrive Life Spinach

**1 1/2 to 2 cups Thrive Life Mozzarella Cheese,**  
Cheddar, Pepper Jack, or a mixture of cheeses  
Chef's Choice Seasoning to taste

## DIRECTIONS

1. Preheat oven to 350 degrees.
2. Add cottage cheese and beat it into eggs until well blended.
3. Arrange tortillas in a large pie plate. Cut the second tortilla in half or even quarters to arrange in a pie plate, making sure all of the plate is covered.
4. Pour egg mixture in.
5. Put 1/2 to 3/4 cup Thrive Life Mushroom Pieces in the bottom of the egg mixture.
6. Sprinkle about 1/4 cup Thrive Life Chopped Onions on top of them.
7. Sprinkle about 3/4 cup Thrive Life Red Bell Peppers over top of the onions.
8. Arrange small Thrive Life Broccoli flowerets in some empty places between the peppers.

9. Sprinkle a layer of Thrive Life Spinach on top of everything else. I put quite a bit on (about a cup of spinach).

10. Use a small fork to gently submerge all vegetables into the egg mixture so that they're moistened by it.

11. Lightly season with Chef's Choice Seasoning

12. Add a layer of Thrive Life Mozzarella Cheese, Cheddar Cheese, or other shredded cheese. Be generous (1-2 cups).

13. Place into a heated oven in the middle rack and set the timer for 30 minutes.

14. After 30 minutes, test the middle to see if it is no longer liquid ("jiggly"). If it needs a few more minutes, lower the heat to 325 degrees and lay a sheet of aluminum over the top to prevent the tortilla crust from overcooking.

15. Watch it carefully at this point so that you don't overcook it. When the center is firm, remove it from the oven and let the "pizza" rest on a rack for 10-15 minutes.

16. Remove from pan and cut into wedges as for a pizza. Serve and enjoy!

## Creative Ways to Enjoy Some of Thrive Life's November Specials



### **Celery**

**Celery & Apple Salad:** Combine rehydrated Thrive Life Celery with apples, walnuts, and a light vinaigrette for a refreshing, crunchy fall salad.



### **Sausage Crumbles**

**Sausage & Potato Breakfast Skillet:** Sauté rehydrated Thrive Life Sausage Crumbles with potatoes and onions for a savory breakfast skillet that's sure to satisfy.



### **Instant White Rice**

**Chicken & Rice Soup:** Add rehydrated Thrive Life Instant White Rice to chicken broth, chicken, and veggies for a comforting chicken and rice soup.