



ALL PRICES USD • WHILE SUPPLIES LAST!

June

DELIVERY SPECIALS





25% OFF RETAIL

June Specials Pantry Can Pack
Grilled Chicken Dices, Broccoli, Mushroom Pieces, Cheddar Cheese, Velouté, Raspberries
Pack: \$151.57 \$113.68 SAVE 25%



25% OFF RETAIL

June Specials Family Can Fruit and Veggie Pack
Raspberries*, Broccoli, Blueberries
Pack: \$166.55 \$124.91 SAVE 25%
*OVERSTOCKED ITEM



UP TO 30% OFF RETAIL

Ground Beef
Family Can: ~~\$97.16~~ **\$72.87 SAVE 25%**
Case: ~~\$582.96~~ **\$408.07 SAVE 30%**
Pantry Can: ~~\$40.81~~ **\$30.61 SAVE 25%**
10-Pack: ~~\$408.10~~ **\$285.67 SAVE 30%**

FD GF NG



UP TO 25% OFF RETAIL

Broccoli
Family Can: ~~\$41.87~~ **\$33.50 SAVE 20%**
Case: ~~\$251.22~~ **\$188.42 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

Mushroom Pieces
Family Can: ~~\$35.28~~ **\$28.22 SAVE 20%**
Case: ~~\$211.68~~ **\$158.76 SAVE 25%**
Pantry Can: ~~\$17.64~~ **\$14.11 SAVE 20%**
10-Pack: ~~\$176.40~~ **\$132.30 SAVE 25%**

FD GF NG



OVERSTOCK UP TO 40% OFF RETAIL

Raspberries
Family Can: ~~\$63.40~~ **\$41.21 SAVE 35%***
Case: ~~\$380.40~~ **\$228.24 SAVE 40%***
Pantry Can: ~~\$24.34~~ **\$18.26 SAVE 25%**
10-Pack: ~~\$243.40~~ **\$170.38 SAVE 30%**

FD GF NG
*OVERSTOCKED ITEM



UP TO 25% OFF RETAIL

Cheddar Cheese
Family Can: ~~\$70.46~~ **\$56.37 SAVE 20%**
Case: ~~\$422.76~~ **\$317.07 SAVE 25%**
Pantry Can: ~~\$28.34~~ **\$22.67 SAVE 20%**
10-Pack: ~~\$283.40~~ **\$212.55 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

Grilled Chicken Dices
Family Can: ~~\$88.22~~ **\$70.58 SAVE 20%**
Case: ~~\$529.32~~ **\$396.99 SAVE 25%**
Pantry Can: ~~\$33.87~~ **\$27.10 SAVE 20%**
10-Pack: ~~\$338.70~~ **\$254.03 SAVE 25%**

FD GF NG



UP TO 25% OFF RETAIL

Velouté
Pantry Can: ~~\$28.22~~ **\$22.58 SAVE 20%**
10-pack: ~~\$282.20~~ **\$211.65 SAVE 25%**

GF NG



OVERSTOCK UP TO 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

LIMITED TIME ONLY!



Granny Smith Apples Pantry Cans
BACK IN STOCK
Overstock Family Cans are still available at 25% off retail.

Recipe and Tips on Back

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, **N** 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 6/30/2024. 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.

Berry Baked Quinoa

This recipe is on the Thrive Life website's recipe section. Bolded ingredients are part of our June Specials.

6 servings

10 minutes prep time

1 hour cook time

Loaded with fruit, this Berry Baked Quinoa is easy to throw together and bake. Warm up leftovers or serve cold. Both ways taste great! You can also try mixing it up with different fruits and berries (use approximately 3-4 cups of fruit total).

INGREDIENTS

2 cups quinoa

1 cup Thrive Life Strawberry Slices

$\frac{3}{4}$ cup **Thrive Life Granny Smith Apples**

$\frac{3}{4}$ cup **Thrive Life Blueberries**

$\frac{1}{2}$ cup **Thrive Life Raspberries**

$\frac{1}{2}$ cup Thrive Life Blackberries

$\frac{1}{2}$ cup Thrive Life Scrambled Egg Mix

$\frac{2}{3}$ cup **Thrive Life Instant Milk**

$\frac{1}{2}$ cup Thrive Life Honey Crystals

2 tablespoons ground cinnamon

1 teaspoon ground allspice

1 teaspoon ground nutmeg

4 cups water

$\frac{1}{2}$ cup of your favorite cereal milk (or regular milk) per serving. DO NOT COMBINE with other ingredients until serving.



DIRECTIONS

1. Preheat oven to 350 degrees.
2. Lightly grease a 9" x 11" baking dish.
3. Combine all of the dry and freeze dried ingredients in a mixing bowl. You may want to break up the freeze dried ingredients into smaller pieces.
4. Add the water and stir well.
5. Pour mixture into baking dish and place in the oven.
6. Bake for 1 hour, until the top is firm and golden brown.
7. Serve while hot, and pour your favorite cereal milk (or regular milk) on top. Enjoy!
8. Refrigerate any leftovers.

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



Mushroom Pieces

Stuffed Mushroom Caps:

Mix Ground Beef, Mushroom Pieces, and Cheddar Cheese with some spices and stuff the mixture into mushroom caps. Bake until tender and the filling is cooked through.



Grilled Chicken Dices

Chicken and Veggie Pita Pockets:

Fill pita pockets with Grilled Chicken Dices, sautéed rehydrated Mushroom Pieces, shredded lettuce, tomatoes, and tzatziki sauce for a quick and flavorful meal.



Broccoli

Broccoli and Cheddar Soup:

Make Velouté sauce using Instant Milk as the base, then add Broccoli and shredded Cheddar Cheese for a creamy broccoli and cheddar soup.



Raspberries

Raspberry Milkshake:

Blend Raspberries with Instant Milk, a scoop of vanilla ice cream, and a drizzle of honey until smooth and creamy. Serve with whipped cream on top for a refreshing treat.

