ALL PRICES USD • WHILE SUPPLIES LAST!

THRIVE LIFE™

DECEMBER
DELIVERY SPECIALS

25% OFF

December Specials Pack
(Pantry Cans)
Mushroom Pieces, Kale, Ground Beef, Chopped Onions, Diced Chicken, Tomato Dices, Fuji Apple Slices, Banana Slices, Garlic

~~$190.16~~ **$142.62**

25% OFF

Mushroom Pieces
Family Size: ~~$49.09~~ **$36.82**
Case: ~~$279.69~~ **$209.77**

Pantry Can: ~~$19.39~~ **$14.54**
10-Pack: ~~$184.39~~ **$138.29**

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Kale
Family Size: ~~$47.09~~ **$35.32**
Case: ~~$268.29~~ **$201.22**

Pantry Can: ~~$17.99~~ **$13.49**
10-Pack: ~~$170.99~~ **$128.24**

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20% OFF

Ground Beef
Family Size: ~~$81.99~~ **$65.59**
Case: ~~$467.39~~ **$373.91**

Pantry Can: ~~$31.39~~ **$25.11**
10-Pack: ~~$298.39~~ **$238.71**

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Chopped Onions
Family Size: ~~$34.39~~ **$27.51**
Case: ~~$195.79~~ **$156.63**

Pantry Can: ~~$15.09~~ **$12.07**
10-Pack: ~~$127.39~~ **$101.91**

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Diced Chicken
Family Size: ~~$96.93~~ **$77.54**
Case: ~~$552.59~~ **$442.07**

Pantry Can: ~~$39.64~~ **$31.71**
10-Pack: ~~$376.59~~ **$301.27**

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Fuji Apple Slices
Family Size: ~~$42.99~~ **$34.39**
Case: ~~$244.69~~ **$195.75**

Pantry Can: ~~$16.89~~ **$13.51**
10-Pack: ~~$159.79~~ **$127.83**

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Banana Slices
Family Size: ~~$43.19~~ **$34.55**
Case: ~~$246.19~~ **$196.95**

Pantry Can: ~~$17.39~~ **$13.91**
10-Pack: ~~$165.39~~ **$132.31**

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Tomato Dices
Pantry Can: ~~$23.69~~ **$18.95**
10-Pack: ~~$224.59~~ **$179.67**

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20% OFF

Garlic
Spice Can: ~~$8.69~~ **$6.95**

FD GF NG

Check out our recipes on the back!

Cheesy Beef & Kale Pasta Bake

Garlic Chicken

Contact Me for Best Prices!

NAME:

Beef & Kale Pasta Bake

Prep time: 10 minutes   **Cook time:** 20 minutes   **Servings**: 8

INGREDIENTS:

16 oz Rotini Pasta (or other small-shaped pasta like penne)

1 ½ cups Thrive Life Ground Beef

1 cup Thrive Life Kale

½ cup Thrive Life Tomato Dices

¼ cup Thrive Life Chopped Onions

24 oz Seasoned Marinara Sauce

1 cup Mozzarella Cheese, Shredded

½ cup Parmesan Cheese, Shredded

9×13 Baking Dish

INSTRUCTIONS:

Note: This recipe uses a lot of sauce, but the pasta will absorb it as the dish bakes.

1. Preheat oven to 350 degrees.
2. Begin boiling pasta and boil for two minutes less than al dente.
3. As you boil the pasta, mix pasta sauce by pouring the beef, kale, tomato dices, chopped onions, marinara sauce, and mozzarella cheese into a large bowl.
4. Drain the cooked pasta and combine the noodles in the sauce bowl.
5. Transfer the pasta mixture to a lightly greased 9×13 baking dish.
6. Bake for 20 minutes or until the dish starts to bubble and brown.
7. Garnish with parmesan cheese.

Garlic Chicken Bites

Prep time: 15 minutes   **Servings**: 4

INGREDIENTS:

4 tbsp Butter, divided (or equivalent oil of your choice)

1 tbsp Thrive Life Garlic

2 cups Thrive Life Chicken

2 cups Thrive Life Mushroom Pieces

2 cups Water

1 tsp Italian Seasoning

2 tsp Lemon Juice

1 tbsp Chopped Parsley

Salt and Pepper to Taste

INSTRUCTIONS:

1. Heat a large skillet over medium-high heat.
2. Glaze with 2 tbsp of butter and set aside the remaining butter.
3. Sauté garlic until lightly toasted.
4. Add chicken, mushrooms, and the remaining butter to the skillet. Sauté for 5 minutes.
5. Slowly pour and stir 2 cups of water. Add the Italian seasoning.
6. Simmer for 10 minutes, or until water is absorbed.
7 Serve and top with lemon juice, parsley, salt, and pepper.

Tip: This dish pairs wonderfully with mashed potatoes or rice.

RECIPE TIP:

Bananas and apples are a great way to add flavor to oatmeal. Dice them while dry and toss them in.