



ALL PRICES USD • WHILE SUPPLIES LAST!



September



DELIVERY SPECIALS



25% OFF RETAIL

September Specials Pantry Can Pack

Chopped Spinach, Diced Chicken, Mashed Potatoes, Red Bell Peppers, Banana Slices, Pepper Jack Cheese, Instant Black Beans

Pack: \$144.74 \$108.56 SAVE 25%



25% OFF RETAIL

September Specials Fruit & Veggie Family Can Pack

Chopped Spinach, Mashed Potatoes, Banana Slices, Blueberries

Pack: \$181.01 \$135.76 SAVE 25%



OVERSTOCK 25% OFF RETAIL

Holiday Feast Pack* (Pantry Cans)

Mashed Potatoes, Green Beans, Mushrooms, Onion Slices, Country White Dough Mix, Butternut Squash, Celery*, Sweet Corn, Fuji Apples*, Blueberries

Pack: \$190.85 \$143.14 SAVE 25%*

*OVERSTOCKED ITEM



UP TO 30% OFF RETAIL

Chopped Spinach

Family Can: \$41.16 \$30.87 **SAVE 25%**
Case: \$246.96 \$172.87 **SAVE 30%**

Pantry Can: \$20.81 \$15.61 **SAVE 25%**
10-Pack: \$208.10 \$145.67 **SAVE 30%**

FD GF NG



UP TO 30% OFF RETAIL

Diced Chicken

Family Can: \$77.28 \$57.96 **SAVE 25%**
Case: \$463.68 \$324.58 **SAVE 30%**

Pantry Can: \$28.58 \$21.44 **SAVE 25%**
10-Pack: \$285.80 \$200.06 **SAVE 30%**

FD GF NG



UP TO 25% OFF RETAIL

Mashed Potatoes

Family Can: \$29.99 \$23.99 **SAVE 20%**
Case: \$179.94 \$134.96 **SAVE 25%**

Pantry Can: \$13.40 \$10.72 **SAVE 20%**
10-Pack: \$134.00 \$100.50 **SAVE 25%**

GF NG



UP TO 30% OFF RETAIL

Instant Black Beans

Pantry Can: \$14.93 \$11.20 **SAVE 25%**
10-Pack: \$149.30 \$104.51 **SAVE 30%**

GF NG



UP TO 25% OFF RETAIL

Red Bell Peppers

Pantry Can: \$19.52 \$15.62 **SAVE 20%**
10-Pack: \$195.20 \$146.40 **SAVE 25%**

FD GF NG



UP TO 25% OFF RETAIL

Banana Slices

Family Can: \$48.58 \$38.86 **SAVE 20%**
Case: \$291.48 \$218.61 **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

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

Ground Beef

Family Can: \$97.16 \$77.73 **SAVE 20%**
Case: \$582.96 \$437.22 **SAVE 25%**

Pantry Can: \$40.81 \$32.65 **SAVE 20%**
10-Pack: \$408.10 \$306.08 **SAVE 25%**

FD GF NG



UP TO 25% OFF RETAIL

Pepper Jack Cheese

Pantry Can: \$28.34 \$22.67 **SAVE 20%**
10-Pack: \$283.40 \$212.55 **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

Fajita Burrito Bowl



Recipe & Tips on the 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, 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 9/30/2024. 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.

Fajita Burrito Bowl

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

4 servings
20 minutes prep time

A burrito bowl is basically a burrito without a tortilla. You can serve it over rice, quinoa, lettuce salad, or alone. It's versatile and eager to make you happy!

INGREDIENTS

1 cup **Thrive Life Instant Black Beans** (If you use hot water, you can expect them to refresh in about 20 minutes. If you use cold water, it will take about 30+ minutes.)

1 cup **Thrive Life Diced Chicken** OR **Thrive Life Ground Beef**

1 cup Thrive Life Shredded Cheddar OR **Thrive Life Pepper Jack Cheese** (Don't be afraid to add more cheese if you love cheese!)

½ cup **Thrive Life Red Bell Peppers**

½ cup Thrive Life Green Bell Peppers

⅓ cup Thrive Life Chili Peppers

⅓ cup Thrive Life Onion Slices

1 cup Thrive Life Tomato Dices OR 2 tablespoons Thrive Life Tomato Powder

1 cup+ (or more) Thrive Life Sweet Corn (We really like corn, so I'll often double the amount.)

1 heaping tablespoon of taco seasoning (your favorite blend)

2+ cups (or more) of HOT water



DIRECTIONS

1. Refresh Instant Black Beans ahead of time (at least ½ hour). Set aside.
2. Refresh Shredded Cheese ahead of time (at least 20 minutes). Set aside.
3. Refresh Diced Chicken or Ground Beef ahead of time (at least 15-20 minutes). Set aside.
4. Put all ingredients except Shredded Cheese, Tomato Dices or Tomato Powder, taco seasoning, and water into a bowl. Mix to combine thoroughly.
5. Mix Tomato Powder and taco seasoning and dissolve in 2 cups of HOT water. Be sure to get rid of any lumps.
6. Pour seasoned water over the mixed ingredients and stir to moisten everything. If it absorbs the water too quickly, add another cup of water.
7. Taste test and adjust seasoning as desired. I often add red pepper flakes for a little extra spice. Decide now if you want salt and pepper (more than what's in the taco seasoning).
8. As a last step, add the refreshed Shredded Cheese and toss to combine thoroughly.
9. Serve over your grain and enjoy!

OPTIONAL, BUT NICE:

Serve with salsa and sour cream on top.

Serve with "Avocado Lime Dressing" (on the Thrive Life recipe site) or other dressing of your choice.

Top with a handful of chopped cilantro.

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



Chopped Spinach Spinach Pesto Sauce:

Blend rehydrated Thrive Life Chopped Spinach with garlic, nuts, and olive oil to create a pesto sauce for pasta or sandwiches.



Mashed Potatoes Cheesy Potato Pancakes:

Mix Thrive Life Mashed Potatoes with shredded cheese, egg, and some flour to make delicious potato pancakes.



Banana Slices Banana Chips in Trail Mix:

Combine Thrive Life Banana Slices with nuts, seeds, and dried fruits for a quick trail mix - great for school lunches.



Blueberries Blueberry Sauce:

Simmer rehydrated Thrive Life Blueberries with sugar and lemon juice to create a versatile sauce for pancakes, waffles, or desserts.

THRIVE LIFE