

ALL PRICES USD • WHILE SUPPLIES LAST!



# September

## DELIVERY SPECIALS

**25%  
OFF RETAIL**



### September Specials Pantry Can Pack

Potato Dices, Mozzarella Cheese, Diced Chicken, Chopped Spinach, Fuji Apples, Blueberries, Green Peas

~~\$168.50~~ **\$126.38**

**25%  
OFF RETAIL**



### September Family Can Fruit & Veggie Pack

Green Peas, Chopped Spinach, Fuji Apples, Blueberries

~~\$184.42~~ **\$138.32**

**UP TO  
30%  
OFF RETAIL**



### Chopped Spinach

Family Size: ~~\$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%**



**UP TO  
30%  
OFF RETAIL**



### Mozzarella Cheese

Family Size: ~~\$70.46~~ **\$52.85 SAVE 25%**  
Case: ~~\$422.76~~ **\$295.93 SAVE 30%**

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



**UP TO  
25%  
OFF RETAIL**



### Fuji Apples

Family Size: ~~\$45.52~~ **\$36.42 SAVE 20%**  
Case: ~~\$273.12~~ **\$204.84 SAVE 25%**

Pantry Can: ~~\$21.40~~ **\$17.12 SAVE 20%**  
10-Pack: ~~\$214.00~~ **\$160.50 SAVE 25%**



**UP TO  
25%  
OFF RETAIL**



### Blueberries

Family Size: ~~\$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%**



**UP TO  
25%  
OFF RETAIL**



### Green Peas

Family Size: ~~\$36.46~~ **\$29.17 SAVE 20%**  
Case: ~~\$218.76~~ **\$164.07 SAVE 25%**

Pantry Can: ~~\$17.28~~ **\$13.82 SAVE 20%**  
10-Pack: ~~\$172.80~~ **\$129.60 SAVE 25%**



**UP TO  
25%  
OFF RETAIL**



### Potato Dices

Family Size: ~~\$41.16~~ **\$32.93 SAVE 20%**  
Case: ~~\$246.96~~ **\$185.22 SAVE 25%**

Pantry Can: ~~\$21.75~~ **\$17.40 SAVE 20%**  
10-Pack: ~~\$217.50~~ **\$163.13 SAVE 25%**



**UP TO  
25%  
OFF RETAIL**



### Diced Chicken

Family Size: ~~\$76.46~~ **\$61.17 SAVE 20%**  
Case: ~~\$458.76~~ **\$344.07 SAVE 25%**

Pantry Can: ~~\$28.58~~ **\$22.86 SAVE 20%**  
10-Pack: ~~\$285.80~~ **\$214.35 SAVE 25%**



**25%  
OFF RETAIL**



### Meal Variety Pack

Cheesy Chicken, Blueberry Oatmeal, Breakfast Skillet, and Southwestern Style Chicken, Apple Cinnamon Granola

~~\$76.05~~ **\$57.04**

## Limited Time Only



### Applesauce

Family Size: ~~\$53.99~~ **\$45.89**  
Case: ~~\$323.94~~ **\$259.15**

Pantry Can: ~~\$20.46~~ **\$17.39**  
10-Pack: ~~\$204.60~~ **\$163.68**



### Green Onions

Pantry Can: ~~\$9.75~~ **\$8.29**  
10-Pack: ~~\$97.50~~ **\$78.00**



## Recipes



Cheesy Chicken and Potato Spinach Bake



Apple Blueberry Crumble



Italian Chicken and Peas

### Contact Me for 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 9/30/2023. All seasonal and sale items 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 our fruits, veggies, dairy and meats is 25 years. For specific information, visit our product pages at [thrive.life](http://thrive.life).

# Cheesy Chicken and Potato Spinach Bake

Total Time: 30 minutes

Yield: 6-8 servings

## INGREDIENTS:

- 2 cups Thrive Life Diced Chicken
- 3 cups Thrive Life Potato Dices
- ½ cup Thrive Life Velouté
- 4 cups water
- 2 Tbsp. olive oil, divided
- 3 cloves garlic, minced
- 1 tsp. Italian seasoning
- 6 oz cream cheese, softened
- 1 cup Thrive Life Chopped Spinach
- 1 cup Thrive Life Mozzarella

## INSTRUCTIONS:

1. Preheat the oven to 350°F. Grease a 9x9-inch glass baking dish with cooking spray.
2. Arrange the chicken at the bottom of the baking dish. Drizzle 1 tablespoon of olive oil over the chicken. Layer the potatoes on top.
3. Sprinkle velouté sauce mix over the potatoes and chicken, then pour water into the pan.
4. Add spinach and evenly distribute minced garlic and Italian seasoning.
5. Sprinkle reconstituted mozzarella cheese on top. Spread softened cream cheese over the mixture.
6. Bake for 25-35 minutes. Serve warm and enjoy!



# Italian Chicken and Peas

Total Time: 10 minutes

Yield: 6 servings

## INGREDIENTS:

- 1 ½ Tbsp. olive oil
- 1 ½ cups Thrive Life Diced Chicken, rehydrated
- ¼ tsp. salt
- ½ tsp. black pepper
- ½ tsp. garlic powder
- ½ tsp. onion powder
- ¼ tsp. paprika
- 1 ½ Tbsp. ghee
- 2 cups Thrive Life Green Peas, rehydrated
- 1 tsp. Italian seasoning
- ¼ tsp. crushed red pepper

## INSTRUCTIONS:

1. Add olive oil to a large skillet. Heat over medium-high. Once the oil is hot, add the diced chicken. Season with salt, pepper, garlic powder, onion powder, and paprika. Sauté until golden brown.
2. Add ghee to the skillet. Sauté for one minute.
3. Lower the heat to medium, then add peas to the skillet. Season with 1 teaspoon of Italian seasoning and ¼ teaspoon of crushed red pepper flakes. Sauté, occasionally stirring, for 3 to 5 minutes or until the peas are cooked.



# Apple Blueberry Crumble

Total Time: 40 minutes

Yield: 6 servings

## INGREDIENTS:

### Crumble Topping

- 1 cup rolled oats
- 1 cup brown sugar, packed
- ¾ tsp. baking powder
- 1 tsp. cinnamon
- ⅛ tsp. kosher salt
- 1 stick butter, melted

### Fruit Mixture

- 2 cups Thrive Life Fuji Apples
- 1 cup Thrive Life Blueberries
- 1 ½ Tbsp. all-purpose flour
- 2 Tbsp. brown sugar, packed
- ¼ tsp. cinnamon

Serve with vanilla ice cream.

## INSTRUCTIONS:

### Crumble Topping

1. Preheat the oven to 350°F. Grease a 9x9 pan with baking spray.
2. In a large bowl, mix all the topping ingredients except the butter. Add melted butter and combine, forming large crumbles by clumping it in your palm. Put the topping in the freezer.

### Fruit Mixture

1. Mix the apples, blueberries, flour, brown sugar, and cinnamon in a medium bowl. Toss until thoroughly combined.
2. Pour the fruit mixture into the prepared pan. Sprinkle the cold crumble topping over it with the larger crumbles on top.
3. Bake for approximately 30 minutes until it's bubbly, golden brown, and the apples are tender (you can test them gently with a knife). Let it cool for about 10 minutes before serving with ice cream.

