

ALL PRICES USD • WHILE SUPPLIES LAST!



August DELIVERY SPECIALS



August Specials Pack



25% OFF

2 Blueberries, 2 Green Peas, Pineapple, Peach Slices, Sweet Corn, Broccoli

~~\$151.32~~ **\$113.49**

All pack contents are pantry cans.



25% OFF

Sweet Corn

Family Size: ~~\$39.19~~ **\$29.39**
Case: ~~\$223.29~~ **\$167.47**

Pantry Can: ~~\$15.69~~ **\$11.77**
10-Pack: ~~\$148.59~~ **\$111.44**



20% OFF

Broccoli

Family Size: ~~\$39.89~~ **\$31.91**
Case: ~~\$227.29~~ **\$181.83**

Pantry Can: ~~\$16.19~~ **\$12.95**
10-Pack: ~~\$153.09~~ **\$122.47**



20% OFF

Green Peas

Family Size: ~~\$37.59~~ **\$30.07**
Case: ~~\$207.89~~ **\$166.31**

Pantry Can: ~~\$14.59~~ **\$11.67**
10-Pack: ~~\$138.59~~ **\$110.87**



20% OFF

Blueberries

Family Size: ~~\$59.59~~ **\$47.67**
Case: ~~\$339.29~~ **\$271.43**

Pantry Can: ~~\$22.59~~ **\$18.07**
10-Pack: ~~\$214.59~~ **\$171.67**



20% OFF

Peach Slices

Family Size: ~~\$59.89~~ **\$47.91**
Case: ~~\$341.29~~ **\$273.03**

Pantry Can: ~~\$21.09~~ **\$16.87**
10-Pack: ~~\$199.99~~ **\$159.99**



20% OFF

Pineapple

Family Size: ~~\$58.19~~ **\$46.55**
Case: ~~\$331.29~~ **\$265.03**

Pantry Can: ~~\$23.99~~ **\$19.19**
10-Pack: ~~\$227.99~~ **\$182.39**



What's for dinner? Check out our recipes and tips on the back!



Thrive Life Veggie Casserole



Thrive Life Blueberry Pineapple, & Blueberry Peach Popsicles

Contact me for Best Prices!

NAME: **Matt and Melody Bumgardner**
delivery sign up and order @
mattandmelody.thrivelife.com
919-272-4756 and 919-395-6658 text or voicemail

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 8/31/2022. 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 molty 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 thrivelife.com.

Thrive Life Veggie Casserole

Prep Time: 35 min.

Yield: 6 servings

INGREDIENTS:

1½ cups cooked rice
2 cups Thrive Life Broccoli
1 cup Thrive Life Green Peas
1 cup Thrive Life Sweet Corn
½ cup of water
1 large egg, beaten
¾ tsp onion powder
tsp garlic powder
½ tsp seasoned salt, or to taste
¼ tsp black pepper, or to taste
½ cup crushed Ritz crackers
¼ cup butter, melted

INSTRUCTIONS:

1. Preheat oven to 350°F. Lightly spray a 9×9-inch pan with cooking spray and set aside.
2. In a gallon, combine, broccoli, peas, corn, and water. Stir gently to rehydrate.
3. Add rice, egg, onion powder, garlic powder, salt and pepper to the rehydrated veggies and stir. Pour mixture into pan.
4. Toss crackers with melted butter. Sprinkle over broccoli mixture.
5. Bake uncovered for 25 to 30 minutes.



RECIPE TIP:

Add Thrive Life Grilled Chicken Dices or Thrive Life Diced Beef to make a heartier casserole.

Thrive Life Blueberry Pineapple, & Blueberry Peach Popsicles

Prep Time: 20 min.

Yield: 8 popsicles

INGREDIENTS:

BLUEBERRY PINEAPPLE

2 cups Thrive Life Pineapple
1 cup Thrive Life Blueberries
¼ cup fresh lemon juice
1 ½ cups water
1 tbsp agave

BLUEBERRY PEACH

2 cups Thrive Life Peach Slices
¼ cup Thrive Life Blueberries
1 ½ cups water
1 tbsp agave

INSTRUCTIONS:

Blend all ingredients listed above, pour into your popsicles mold and freeze for several hours before serving. To remove the popsicles from the mould, run them under hot water for 30 seconds and then gently pull on the popsicle sticks.



Matt and Melody Bumgardner
delivery signup and order @
mattandmelody.thrivelife.com
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