

ALL PRICES USD • WHILE SUPPLIES LAST!



# May

Delivery  
Specials



## May Specials Pack

**30% OFF**

Diced Beef, Asparagus, Seasoned Chicken Slices, Chopped Spinach, Cucumbers, Banana Slices, Blueberries, Sour Cream

~~\$196.12~~ **\$137.28**

All pack contents are pantry cans.

**25% OFF**

**Diced Beef**

Family Size: ~~\$92.29~~ \$69.22  
Case: ~~\$525.79~~ \$394.34  
Pantry Can: ~~\$37.69~~ \$28.27  
10-Pack: ~~\$357.69~~ \$268.27

FD GF NG

**25% OFF**

**Asparagus**

Family Size: ~~\$53.09~~ \$39.82  
Case: ~~\$302.49~~ \$226.87  
Pantry Can: ~~\$21.59~~ \$16.19  
10-Pack: ~~\$204.49~~ \$153.37

FD GF NG

**20% OFF**

**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

FD GF NG

**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

FD GF NG

**20% OFF**

**Cucumber Dices**

Family Size: ~~\$47.09~~ \$37.67  
Case: ~~\$222.59~~ \$178.07  
Pantry Can: ~~\$17.39~~ \$13.91  
10-Pack: ~~\$148.59~~ \$118.87

FD GF NG

**20% OFF**

**Chopped Spinach**

Family Size: ~~\$39.79~~ \$31.83  
Case: ~~\$226.69~~ \$181.35  
Pantry Can: ~~\$15.99~~ \$12.79  
10-Pack: ~~\$151.99~~ \$121.59

FD GF NG

**20% OFF**

**Seasoned Chicken Slices**

Family Size: ~~\$92.39~~ \$73.91  
Case: ~~\$526.39~~ \$421.11  
Pantry Can: ~~\$37.69~~ \$30.15  
10-Pack: ~~\$357.69~~ \$286.15

FD GF NG

**LIMITED TIME**

**Sour Cream**

Pantry Can: ~~\$25.79~~ \$20.63  
10-Pack: ~~\$244.69~~ \$195.75

GF NG

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



## Give 5 with Thrive

Thrive Life donates 5% of all Thrive profits to the Thriving Nations Charity.  
Learn more at [www.thrivelife.com/thrivingnations](http://www.thrivelife.com/thrivingnations)

Contact me for Best Prices!

NAME: \_\_\_\_\_

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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 5/31/2022. All seasonal and sale items are available while supplies last.

25 yr 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. To Go Bowls are good for 1 year from their manufacture date. For specific information, visit our product pages at [thrivelife.com](http://thrivelife.com).

# Blueberry Spinach Smoothie

**Total Time:** 5 min.

**Yield:** 2 servings

## INGREDIENTS:

**1 cup coconut water**

**½ avocado**

**½ cup ice\***

**¾ cup water\***

**¼ cup Thrive Life Cucumber Dices**

**1 cup Thrive Life Blueberries**

**½ cup Thrive Life Spinach**

**½ cup Thrive Life Bananas**

*\*Add more ice and less water for a thicker and colder smoothie.*

## INSTRUCTIONS:

1. Add all ingredients to your blender. Blend until smooth.



# Creamy Chicken & Asparagus pasta

**Total Time:** 20 min.

**Yield:** 6-8 servings

## INGREDIENTS:

**4 cups rotini pasta**

**1 teaspoon oil**

**1 ½ cup Thrive Life Seasoned Chicken Slices**

**1 ½ cup Thrive Life Asparagus**

**3 cups chicken broth\***

**2 cups Thrive Life Sour Cream Powder**

**1 teaspoon garlic powder\***

**¼ cup grated parmesan cheese**

*\*Thrive Life Vegetarian Chicken Bouillon and garlic make great substitutions.*

## INSTRUCTIONS:

1. In sauce pan, cook pasta following the directions on the package.
2. While pasta water is coming to a boil, Heat oil in a large skillet over medium heat. Add Chicken slices, lightly toast for 1-2 minutes, and then add asparagus along with the chicken broth.



3. Whisk in sour cream powder, add garlic powder. Reduce heat and let simmer.
4. Once pasta is ready, strain water and stir into chicken and asparagus mix. Let simmer until sauce is thickened,
5. Add Parmesan cheese and salt and pepper to taste.

## Tips

### Thrive Life Diced Beef

Just add a scoop right out of the can to any veggie soup or chili to make a hearty meal. No precooking necessary.



THRIVE  
LIFE™