

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

20% OFF

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!

Blueberry Spinach Smoothie

Creamy Chicken & Asparagus pasta



Give 5 with Thrive

Thrive Life donates 5% of all Thrive profits to the Thriving Nations Charity.
Learn more at www.thrivelife.com/thrivingnations

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, 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.

Blueberry Spinach Smoothie

Total Time: 5 min.

Yield: 2 servings

INGREDIENTS:

1 cup coconut water

½ avocado

½ cup ice*

34cup water*

14cup 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.



Matt and Melody Bumgardner
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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*

14cup 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™