

ALL PRICES USD • WHILE SUPPLIES LAST!



September

DELIVERY SPECIALS



September Specials Pack

25%
OFF



Instant Milk, Fuji Apple Slices,
Banana Slices, Mangoes, Chopped
Onions, Mushrooms, 2 Zucchini

~~\$151.62~~ **\$113.72**

All pack contents are pantry cans.



25%
OFF

Instant Milk

Family Size: ~~\$32.19~~ **\$24.14**
Case: ~~\$183.59~~ **\$137.69**

Pantry Can: ~~\$15.59~~ **\$11.69**
10-Pack: ~~\$147.59~~ **\$110.69**



20%
OFF

Fuji Apple Slices

Family Size: ~~\$42.99~~ **\$34.39**
Case: ~~\$244.69~~ **\$195.75**

Pantry Can: ~~\$16.89~~ **\$13.51**
10-Pack: ~~\$159.79~~ **\$127.83**



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**



20%
OFF

Mangoes

Family Size: ~~\$54.49~~ **\$43.59**
Case: ~~\$310.49~~ **\$248.39**

Pantry Can: ~~\$22.49~~ **\$17.99**
10-Pack: ~~\$213.39~~ **\$170.71**



20%
OFF

Mushroom Pieces

Family Size: ~~\$49.09~~ **\$39.27**
Case: ~~\$279.69~~ **\$223.75**

Pantry Can: ~~\$19.39~~ **\$15.51**
10-Pack: ~~\$184.39~~ **\$147.51**



20%
OFF

Chopped Onions

Family Size: ~~\$34.39~~ **\$27.51**
Case: ~~\$195.79~~ **\$156.63**

Pantry Can: ~~\$15.09~~ **\$12.07**
10-Pack: ~~\$127.39~~ **\$101.91**



20%
OFF

Zucchini

Family Size: ~~\$52.69~~ **\$42.15**
Case: ~~\$300.49~~ **\$240.39**

Pantry Can: ~~\$22.39~~ **\$17.91**
10-Pack: ~~\$212.39~~ **\$169.91**



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



Veggie Skillet



Apple Banana Pancakes

Contact me for Best Prices!

Matt and Melody Bumgardner
delivery signup 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 9/30/2022. 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 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 thrivelife.com.

Apple Banana Pancakes

Prep Time: 20 min.

Yield: 4 servings

INGREDIENTS:

1 cup Thrive Life Banana Slices
2 cups Thrive Life Fuji Apples
3 cups flour
1 heaped teaspoon baking powder
1 large pinch of salt
4 eggs
3 Tbsp Thrive Life Instant Milk Powder
1 cup water

INSTRUCTIONS:

1. Rehydrate apples and bananas. Then blend in a blender or food processor.
2. In a bowl, combine apples and bananas, with flour, baking powder, salt, eggs, Instant Milk Powder and water.
3. Cook over medium-high heat in a frying pan or electric griddle.



Veggie Skillet

Prep Time: 15 min.

Yield: 2 servings

INGREDIENTS:

3 cups Thrive Life Zucchini
2 cups Thrive Life Mushroom Pieces
½ cup Thrive Life Chopped Onions
½ cup vegetable broth
1 Tbsp olive oil
2 cloves garlic, minced
1 tsp dried thyme
1 tsp dried oregano
Chopped fresh parsley, for garnish
Grated parmesan, for garnish
Salt and pepper

INSTRUCTIONS:

1. Rehydrate zucchini, mushrooms, and onions by placing them in a sealable bag or container with lid. Seal container and gently tumble to evenly coat zucchini and mushrooms. Set aside and let sit for a few minutes.
2. Add olive oil to a large skillet and set over medium-high heat.
3. Stir in garlic and herbs. Cook for about a minute.
4. Add rehydrated zucchini, onions, and mushrooms along with remaining broth. Cook for a few minutes, stirring to cook evenly.
5. Remove skillet from heat. Sprinkle with parsley and parmesan.



RECIPE TIP:

Add Thrive Life Mangoes to smoothies, yogurt, or ice cream. It also makes a great snack right out of the can.

Matt and Melody Bumgardner
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