

THRIVE  
LIFE™

PRODUCT GUIDE



# Ways to Enjoy Your Thrive Life Food

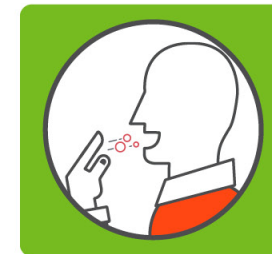
Our food is pre-washed, pre-cut, and ready-to-use, making meal prep a breeze!



**Refresh Ingredients:** Place the food in a container with the recommended amount of water, then let it sit until soft. This method is best for dishes like salads, pies, enchiladas, or as directed by a recipe.



**Throw and Go:** Add dry ingredients to your pan with the recommended amount of water and let the food soften while you cook. This is ideal for dishes like curries, stir fries, or soups. You can find the recommended instructions on individual product pages or labels.



**On-the-Go Snacks:** Grab fruits, veggies, and yogurt bites for convenient snacking. Customize your snacks by adding nuts, seeds, raisins, or other easy-to-eat items.



**Ready-to-Eat Meals:** Whether you're cooking a quick dinner or planning a camping trip, Thrive Life Meals are ideal for food storage and busy schedules. Simply open a pouch, add water, and a delicious 3-serving meal is ready in 5-10 minutes.

## Thrive Life Product Guide

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# The Versatility of Thrive Life Food

Here are just a few of the many ways you can use and get creative with Thrive Life's food:

## Use in Your Favorite Recipes

Just about any ingredient substitution will work! It's easy to sprinkle our onions into Sloppy Joes or toss our potatoes, carrots, and green beans into a crock pot with the roast.

## Snacking Made Easy

Kids eat the fruits and even veggies right out of the can! Because they don't need to be refrigerated, they're perfect for sticking into school lunches or baby bags. Replace junky chips and cookies with Thrive Life fruits and yogurt bites mixed with granola, dry cereal, or pretzels.

## Start Out Right

Begin the morning by sprinkling our fruits into oatmeal, cooking them into pancakes, or adding them to cold cereal or yogurt. Our Scrambled Egg Mix makes tasty omelets and scrambled eggs when combined with your favorite Thrive Life cheese, veggies, and Sausage Crumbles.

## Top It Off

Our meats and veggies are the perfect sizes for stir-fries. Cook up your favorites to eat over rice, noodles, quinoa, or other grains.

## Wrap it Up

No chopping means no-fuss burritos full of your favorite veggies, meats, beans, and cheese. Add taco seasoning to our Thrive Life Ground Beef and heat up one of our sauces for enchiladas in no time!

## Smoothies

Create effortless smoothies with our fruits (and you can even add Thrive Life Spinach, Kale, or other veggies for extra nutrition).



Coca Cola™ Street Tacos



Apple Pie Smoothie

Smoked Sausage Casserole

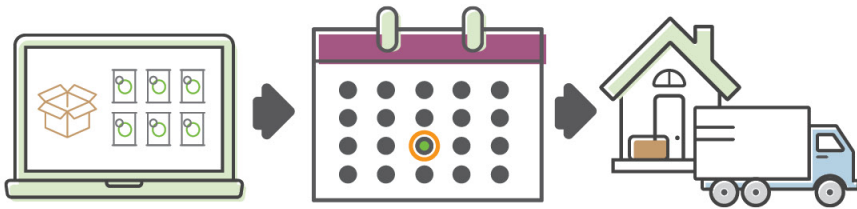


# Delivered Straight to Your Door!

With our convenient Delivery Service, your food is delivered straight to your door! You're in control every step of the way—you choose your products, select your shipping date, and easily adjust or cancel deliveries as needed. You'll enjoy these perks:

- **Save 15% on your monthly orders**
- **Get free shipping on orders over \$99 (after discounts)**
- **Take advantage of additional discounts with our monthly specials, sales, and promos throughout the year**
- **Receive helpful reminder emails 5 days before each delivery**

Make grocery shopping even easier while saving money!



### About Our Cans

Our cans are BPA-free, and oxygen absorber packets remove oxygen to prevent bacterial growth and extend shelf life.

- Family Cans (#10) are 7" tall and 6 1/4" in diameter
- Pantry Cans are 5 1/2" tall and 4" in diameter

Both sizes of cans are made of steel with a food-grade coating called epoxy phenolic gold to prevent rusting. Our cans help maintain food freshness and nutritional value, ensuring high-quality products with a shelf life of up to 25 years.

# FRUIT

Thrive Life fruits are pre-washed and pre-cut—they are perfect straight from the can and are versatile ingredients in cooking, baking, smoothies, and beyond!



**Fuji Apples**  
AVAILABLE SIZES  
Pantry Can  
Family Can (#10)



**Banana Slices**  
AVAILABLE SIZES  
Pantry Can  
Family Can (#10)



**Blueberries**  
AVAILABLE SIZES  
Pantry Can  
Family Can (#10)



*Overnight Raspberries, Peaches, and Cream Cheese French Toast*



**Peach Slices**  
AVAILABLE SIZES  
Pantry Can  
Family Can (#10)



*Fruit Salsa*



**Pineapple**  
AVAILABLE SIZES  
Pantry Can  
Family Can (#10)



**Raspberries**  
AVAILABLE SIZES  
Pantry Can  
Family Can (#10)



**Strawberry Slices**  
AVAILABLE SIZES  
Pantry Can  
Family Can (#10)



*Visit the Thrive Life website to view the latest in our seasonal and limited-run fruits like Mangoes and Red Seedless Grapes.*

# VEGETABLES

Thrive Life veggies are pre-washed and pre-cut, a kitchen game-changer —eat them straight from the can and use as the ultimate time-saver for delicious recipes!



**Broccoli**  
AVAILABLE SIZES  
Pantry Can  
Family Can (#10)  
FD GF NG



**Celery**  
AVAILABLE SIZES  
Pantry Can  
FD GF NG



**Sweet Corn**  
AVAILABLE SIZES  
Pantry Can  
Family Can (#10)  
FD GF NG



**Green Beans**  
AVAILABLE SIZES  
Pantry Can  
Family Can (#10)  
FD GF NG



**Mushroom Pieces**  
AVAILABLE SIZES  
Pantry Can  
Family Can (#10)  
FD GF NG



**Chopped Onions**  
AVAILABLE SIZES  
Pantry Can  
FD GF NG



**Onion Slices**  
AVAILABLE SIZES  
Pantry Can  
Family Can (#10)  
FD GF NG



**Green Peas**  
AVAILABLE SIZES  
Pantry Can  
Family Can (#10)  
FD GF NG



**Green Chili Peppers**  
AVAILABLE SIZES  
Pantry Can  
FD GF NG



**Red Bell Peppers**  
AVAILABLE SIZES  
Pantry Can  
FD GF NG



**Potato Dices**  
AVAILABLE SIZES  
Pantry Can  
Family Can (#10)  
FD GF NG



**Mashed Potatoes (Dehydrated)**  
AVAILABLE SIZES  
Pantry Can  
Family Can (#10)  
GF NG



**Chopped Spinach**  
AVAILABLE SIZES  
Pantry Can  
Family Can (#10)  
FD GF NG



**Butternut Squash**  
AVAILABLE SIZES  
Pantry Can  
FD GF NG



**Tomato Dices**  
AVAILABLE SIZES  
Pantry Can  
FD GF NG

Visit the Thrive Life website to view the latest in our seasonal and limited-run vegetables like Green Onions and Kale.

# PROTEINS

Thrive Life proteins are mealtime superheroes—whether you're whipping up main dishes or wanting a hearty boost of protein, we've got you covered!



**Ground Beef**  
AVAILABLE SIZES  
Pantry Can  
Family Can (#10)

FD GF NG



**Diced Beef**  
AVAILABLE SIZES  
Pantry Can  
Family Can (#10)

FD GF NG



**Diced Chicken**  
AVAILABLE SIZES  
Pantry Can  
Family Can (#10)

FD GF NG



**Grilled Chicken Dices**  
AVAILABLE SIZES  
Pantry Can  
Family Can (#10)

FD GF NG



**Chicken Slices**  
AVAILABLE SIZES  
Pantry Can  
Family Can (#10)

FD GF NG



**Scrambled Egg Mix**  
AVAILABLE SIZES  
Pantry Can  
Family Can (#10)

FD GF NG



**Pulled Pork**  
AVAILABLE SIZES  
Pantry Can  
Family Can (#10)

FD GF NG



**Sausage Crumbles**  
AVAILABLE SIZES  
Pantry Can  
Family Can (#10)

FD GF NG



**Instant Black Beans**  
AVAILABLE SIZES  
Pantry Can

GF NG



**Instant Refried Beans**  
AVAILABLE SIZES  
Pantry Can

GF NG



*Apple Pulled Pork*

# DAIRY

With Thrive Life, you can always have dairy products for everyday use or long-term storage—without worrying about spoilage!



**Cheddar Cheese**  
AVAILABLE SIZES  
Pantry Can  
Family Can (#10)  
FD GF NG



**Mozzarella Cheese**  
AVAILABLE SIZES  
Pantry Can  
FD GF NG



**Pepper Jack Cheese**  
AVAILABLE SIZES  
Pantry Can  
FD GF NG



**Instant Milk**  
AVAILABLE SIZES  
Pantry Can  
Family Can (#10)  
GF NG



**Sour Cream Powder**  
AVAILABLE SIZES  
Pantry Can  
GF NG



Visit the Thrive Life website to view the latest in our seasonal and limited-run dairy items like our tasty Yogurt Bites.

# BASICS

Thrive Life basics are kitchen essentials—from sauces, seasonings, grains, and more, they add flavor and make cooking a breeze!



**Butter Powder**  
AVAILABLE SIZES  
Pantry Can  
GF NG



**Coconut Bites**  
AVAILABLE SIZES  
Pantry Can  
FD GF NG



**Country White Dough Mix**  
AVAILABLE SIZES  
Pantry Can  
NG



**Honey Crystals**  
AVAILABLE SIZES  
Pantry Can  
GF NG



**Instant White Rice**  
AVAILABLE SIZES  
Pantry Can  
GF NG



**Instant Brown Rice**  
AVAILABLE SIZES  
Pantry Can  
GF NG





# BASICS (Continued)



**Espagnole**  
(Savory Beef Gravy)  
AVAILABLE SIZES  
Pantry Can  
GF NG



**Classic Tomato Sauce**  
AVAILABLE SIZES  
Pantry Can  
GF NG



**Velouté**  
(Rich Chicken Gravy)  
AVAILABLE SIZES  
Pantry Can  
GF NG



**Chef's Choice Seasoning Blend**  
AVAILABLE SIZES  
Pantry Can  
GF NG



**Italian Seasoning Blend**  
AVAILABLE SIZES  
Pantry Can  
FD GF NG



Visit the Thrive Life website to view the latest in our seasonal and limited-run Basics.

# MEALS

Thrive Life meals are perfect for long-term food storage, backpacking, and busy families—just add water, and in minutes, enjoy a delicious and nutritious 3-serving meal anytime, anywhere!



**Apple Cinnamon Granola**  
FD GF NG



**Beef Pot Roast**  
FD GF NG



**Blueberry Oatmeal**  
FD GF NG



**Breakfast Skillet**  
FD GF NG



**Butter Chicken**  
FD GF NG



**Cheesy Chicken**  
FD GF NG



**Chicken Spinach Alfredo**  
FD GF NG



**Chicken Teriyaki & Rice**  
FD GF NG



**Creamy Beef with Rotini Pasta**  
FD GF NG



**Creamy Mashed Potato Bowl**  
FD GF NG



**Southwestern Style Chicken**  
FD GF NG



# CHEF PACKS

Eliminate the stress of planning and prepping with some of our best products and easy-to-follow recipe cards! Each pack comes with 9-10 Thrive Life ingredients with a list of pantry basics you'll need to finish off your recipes.



Contains pantry cans, and one seasoning can.



Contains pantry cans, and one seasoning can.



Contains pantry cans.

# VARIETY PACKS

Thrive Life Variety Packs provide combinations of your favorite fruits, veggies, protein and dairy products, allowing you to get more of what you love with each purchase! Visit the Thrive Life website to see what's available.

## Southwest Chicken Chef Pack

**Included Product:** Seasoned Chicken Slices (FD), Red Bell Peppers (FD), Instant Brown Rice, Onion Slices (FD), Sweet Corn (FD), Velouté, Green Chili Peppers (FD), Instant Black Beans, Chef's Choice Seasoning.

**Included Recipes:** Chicken Fajitas, Zesty Black Beans, Green Chili & Sweet Corn Brown Rice, Tortilla Soup, Corn & Cheddar Biscuits, Chicken Pasta Skillet, and Effortless Queso Dip.

## Ground Beef Chef Pack

**Included Product:** Ground Beef (FD), Tomato Sauce, Chopped Onions (FD), Tomato Dices (FD), Green Beans (FD), Sweet Corn (FD), Country White Dough Mix, Instant Refried Beans, Mashed Potatoes, Italian Seasoning Blend (FD).

**Included Recipes:** Hearty Calzone, Italian Baked Penne, Loaded Refried Beans, Shepherd's Pie, Weeknight Tacos, and Vegetable Medley.

## Pulled Pork Chef Pack

**Included Product:** Pulled Pork (FD), Onion Slices (FD), Red Bell Peppers (FD), Green Chili Peppers (FD), Green Beans (FD), Espagnole, Country White Dough Mix, Instant White Rice, and Mashed Potatoes.

**Included Recipes:** Sweet and Sour Pulled Pork with Rice, Open-Faced Pulled Pork Sandwich, Pulled Pork Shepherd's Pie, Pork Chile Verde, Spanish Rice, Steamed Green Beans with Red Peppers, and Loaded Mashed Potatoes.



Host your own thrive cook party and share with your friends great food, good times, and a new healthier way with foods.



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