



SHELF RELIANCE®

THRIVE™

Smart Start *pack*

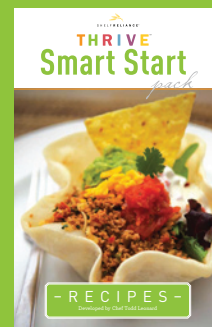


Become a *THRIVE*™ Chef!

Our new THRIVE Smart Start pack makes it easier than ever to cook with the convenient, nutritious, and long-lasting THRIVE products you receive each month on the Q. It provides you with an array of 52 different THRIVE foods (including all the THRIVE categories, as well as drinks, desserts, and even brand-new THRIVE Express products) so you can truly experience how easy it is to use THRIVE daily. The pack also includes everything else you need to create delicious meals: a recipe booklet with a total of 26 recipes developed by Chef Todd for each month of your Smart Start, shopping cards for monthly non-THRIVE items that you can take with you to the store, and menu planners so you can organize your meals each month. With the time and money you save planning meals, grocery shopping, and preparing food, you'll be a THRIVE chef in no time!

**Comes with a recipe booklet
(a \$7 value) including:**

- 26 recipes from Chef Todd Leonard
- Cooking tips and serving ideas
- Monthly menu planners
- Shopping list cards



THRIVE™ Smart Start *pack*

"I'm an extreme couponer, and I'll tell you this: I have saved a significant amount of money using THRIVE. And guess what? I'm saving money on healthy foods, not just processed stuff from the store. Cooking with THRIVE is just as easy, far healthier, and often less expensive than using store-bought products, and with the new THRIVE Smart Start Pack, there's no easier way to start doing it!"

—MISTY MARSH



17 THRIVE pantry cans

Cornmeal	Iodized Salt
White Flour (3)	Shortening Powder
White Sugar	Shredded Colby Cheese (FD)
Instant Milk (2)	Chopped Onions
Baking Powder	Strawberries (FD)
Pineapple Chunks (FD)	Banana Slices (FD)
Fudge Brownies mix	Simply Peach drink mix

4 THRIVE Express Pouches

Creamy Beef and Noodles	Hearty Chili with Beans
Pasta Carbonara	Baked Potato Cheese Soup

5 Recipes

Cornbread (made twice)	Caramel Sauce
Cheese Bread	Strawberry Banana Smoothie
Strawberry Puree	



16 THRIVE pantry cans

Taco TVP	Mixed Bell Peppers
Potato Chunks	Sweet Corn (FD)
Sour Cream Powder	Tomato Dices (FD)
Shredded Cheddar Cheese (FD)	Chicken Bouillon
Kidney Beans	Instant White Rice
Pinto Beans	White Sugar
Tomato Powder	Apple Slices
Macaroon Cookies mix	Melon Berry Burst drink mix

4 THRIVE Express Pouches

Southwestern-Style Chicken and Rice	Wild Rice Pilaf
Garden Fresh Vegetable Pasta	Creamy Chicken Noodle Soup

5 Recipes

Tacos	Easy Spanish Rice
Sour Cream and Cheese Potatoes	Sweet Corn and Bean Salsa
Taco Soup (made twice)	

Reconstitution instructions for THRIVE Cheese and THRIVE Beans included.



17 THRIVE pantry cans

Elbow Macaroni (2)	Brown Sugar (2)
Cheese Blend	Whole Egg Powder
Butter Powder	Blackberries (FD)
White Flour (3)	Quick Oats
Baking Soda	Mangoes (FD)
Apricots (FD)	Fudge Brownies mix
Mango Passion drink mix	

4 THRIVE Express Pouches

Loaded Scalloped Potatoes	Creamy Garden Vegetable Chowder
Chili Lime Chicken Rice	Broccoli Cheese Soup

14 Recipes

Almond Apricot Thumbprint Cookies	Apple Spiced Breakfast Oatmeal
Lemon Blackberry Crisp	The Chef's Rice and Beans
Chocolate Chip Cookies	Macaroni and Cheese
Taco Salad	Cheese Blend Sauce
Zesty Southwestern Mac and Cheese	Strawberry, Pineapple, and Banana Compote
Apricot Cobbler	Mango Tango Smoothie
Oatmeal Cake	Cornmeal Cookies

FD = Freeze Dried



Win a Harvest 72" Food Rotation System!

Complete the survey we send you for each of the three months of your Smart Start and we'll enter you into a drawing for a free Harvest 72" Food Rotation system, a \$459.99 value!