



Every THRIVE™ purchase helps reduce world hunger. Thriving Nations™ creates greater nutritional self-sufficiency around the world by teaching impoverished people how to diversify crops, increase food production, and create healthier dietary practices. Five percent of all THRIVE™ profits are donated to this cause.

THRIVE™ www.EatThrive.com

THRIVE™

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Buying and preparing quality food should be easy. With THRIVE™, it is! The THRIVE™ food line consists of convenient, versatile foods that are practical for daily cooking. Each product also has an extended shelf life, making THRIVE™ great for food storage. THRIVE™ foods are nutrient-rich and natural, so you can be confident you are providing your family with proper nutrition.

- T Grains
- H Vegetables
- R Fruits
- I Milk
- V Meat & Beans
- E Basics



Based on a trusted model.

Trusted Foods. A Trusted Standard. THRIVE™ provides high-quality, nutritious foods for both daily use and long-term storage.

Chicken TVP

Preparation Instructions:

Add THRIVE™ Chicken Textured Vegetable Protein into your recipe to partially or completely replace chicken. To replace 1 pound of chicken, soak 2 ½ cups of THRIVE™ Chicken Textured Vegetable Protein in 2 cups of water until tender. Drain any excess water.

Chicken Enchiladas (This is not a gluten-free recipe)

Ingredients:

- 2 c. THRIVE™ Chicken T.V.P.
- 2-3 c. water
- 1 c. THRIVE™ Nonfat Powdered Milk, prepared
- 1 can diced green chilies
- 2-3 c. THRIVE™ Cheddar or Monterey Jack Cheese
- 1 can cream of chicken or celery soup
- 1 small onion, chopped
- Flour or corn tortillas
- 1-2 c. sour cream

Boil water in saucepan and Add THRIVE™ Chicken T.V.P. granules and turn off heat. Let sit for 10-15 minutes; drain any excess liquid. Combine soup, milk, and sour cream in a large bowl; stir until well mixed. Stir in Chicken T.V.P., green chilies, and onion. Preheat oven to 350°F. Spoon about 1 cup of mixture over the bottom of a 9x13 baking dish to cover the bottom. Spoon a small amount of chicken mixture and cheese into each tortilla. Roll up tortilla to enclose filling. Arrange enchiladas in a prepared baking dish. Spoon remaining chicken mixture and cheese on top. Cover lightly with foil and bake for 25 minutes. Top with lettuce, olives, and tomatoes. Serve with guacamole and rice. Makes 8-10 servings.

Find recipes, planning tools, and more at www.EatThrive.com

CAUTION: This product contains an oxygen absorber that is not intended for consumption. Please discard the packet upon opening can.

Chicken Textured Vegetable Protein



PROTEINS



Chicken, Textured Vegetable Protein

46 SERVINGS

Net Wt 34.0 oz (2.12 lb) 966g

Chicken Textured Vegetable Protein

Nutrition Facts

Serving Size ¼ cup (21g)
Serving Per Container About 46

Amount Per Serving

Calories 70 Calories from Fat 20

Total Fat 2.5g **4%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 440mg **18%**

Total Carbohydrate 6g **2%**

Dietary Fiber 3g **12%**

Sugars 2g

Protein 9g

Vitamin A 0% • Vitamin C 0%

Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than: 65g	80g
Sat Fat	Less than: 20g	25g
Cholesterol	Less than: 300mg	300mg
Sodium	Less than: 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Meat & Beans

Suggested Storage Amount:

Store at least 60 pounds of assorted meats and beans per adult per year.

Usage Suggestions:

THRIVE™ Chicken Textured Vegetable Protein adds protein and great taste to any meal! It's perfect in soups, enchiladas, casseroles, rice dishes, and all your classic chicken favorites.

Shelf Life: 10 Years

Best if used within 1 year of opening to maintain life sustaining nutritional value under optimal storage conditions.

Opened ___/___/___.

INGREDIENTS: TEXTURED SOY FLOUR, SOYBEAN OIL, SALT, AUTOLYZED YEAST EXTRACT, HYDROLYZED CORN PROTEIN, NATURAL SMOKE FLAVORING, THIAMINE HYDROCHLORIDE, DEXTROSE, DISODIUM INOSINATE, DISODIUM GUANYLATE.

CONTAINS: SOY.

PROCESSED IN A FACILITY THAT HANDLES MILK, EGG, SOY, WHEAT, AND TREE NUT PRODUCTS.



Distributed By:

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