Ground Beef

Nutrition Facts

20 servings per container

Servings size 1/2 cup (36g)

Amount per serving

Calories

%	Daily Value
Total Fat 16g	21%
Saturated Fat 6g	30%
Trans Fat Og	
Cholesterol 60mg	20%
Sodium 310mg	13%
Total Carbohydrate Og	0%
Dietary Fiber 0g	0%
Total Sugars Og	
Includes Og Added Su	gars 0 %

Protein 19g Vitamin D Omcg Calcium 33mg Iron 2mg 10% Potassium 200mg

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PEA PROTEIN), SALT, NATURAL FLAVORS, GRILL FLAVOR (NATURAL FLAVOR [FROM SUNFLOWER OIL, GUM ARABIC]), SPICE,

Seasoned, ground, and cooked to perfection. It's cooking made simple!

Mix into spaghetti

Bake in a shepherd's pie

Season for tacos

However you want! Show us your creations at thrivelife.com/recipes

CHEF BITES

Add ½ cup of warm water to 1 cup of beef and let sit for 15-20 minutes until tender. Or simply toss into any creation, and off you go!

FOR THE LOVE OF FOOD

As the center of family gatherings, late-night talks, and your kitchen table, food brings us together. Freeze drying locks in nutrients and flavor so you can stop chasing expiration dates and enjoy tasty food anytime you want.



EASONED

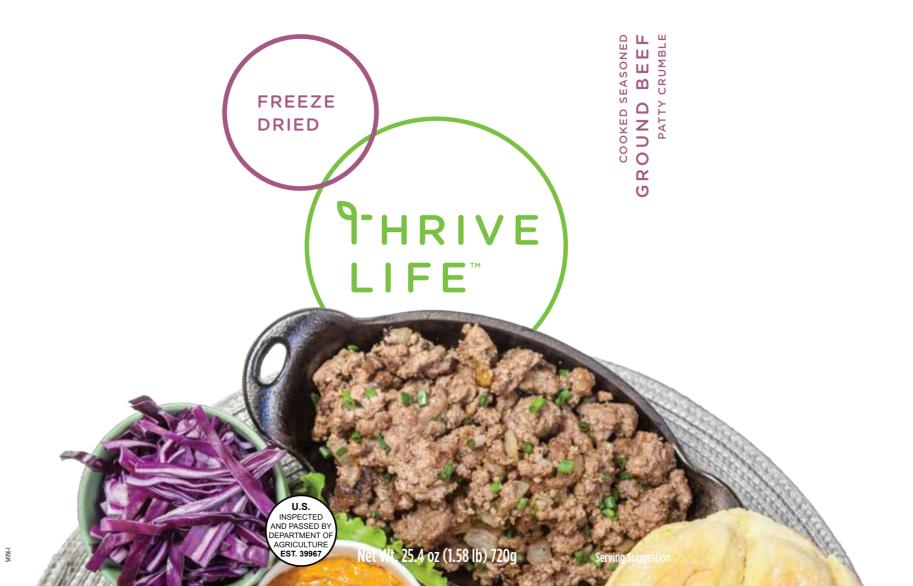
BEEF

CRUMBLE COOKED SE
OUND

FOR RECIPES

AND MORE VISIT

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

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