

Heavenly Homemaker's Freezer Cooking Grocery List - Week One

What you'll need:

- 8 pounds hamburger meat
- 1 pound bacon
- 16 ounces pasta (I use whole wheat)
- 5 cups brown rice
- 5 cups Sour cream (40 ounces total)
- 4 cups salsa (32 ounces total)
- 4 cups tomato sauce (32 ounces total)
- 2 cream cheese packages (8 ounces each)
- 1/2 cup minced onion
- 14 cups shredded cheese (4-ounces equals one cup; you'll need approximately 56 ounces)
- 12 whole wheat tortillas
- 1 cup ketchup
- 2 cans black olives
- 2/3 cup milk

<p>Be sure you have:</p> <ul style="list-style-type: none">• mustard• chili powder• sea salt• pepper• garlic powder	<p>Side dish suggestions to pick up:</p> <ul style="list-style-type: none">• Fresh fruit like pineapple, berries, pears, apples, and/or grapes• Fresh veggies like broccoli, carrots, cauliflower, cucumbers, zucchini, and/or mushrooms• Frozen veggies like green beans and peas• Salad fixin's like a romaine lettuce, mixed greens, and baby spinach
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