

## Heavenly Homemaker's Freezer Cooking Grocery List - Week One

### What you'll need:

- 2 whole chickens (more if you like)
- veggies for making broth (like carrots, onions, and celery)
- 10 pounds (give or take) boneless skinless chicken breasts
- 1 1/2 cups ketchup (for barbecue sauce)
- 4 cups salsa
- 4 cups cooked black beans (or 2 cans prepared black beans)
- 4 ounces cream cheese
- 1 pound bacon

### Be sure you have:

- minced onion
- sea salt
- garlic powder
- black pepper
- liquid smoke

### Additional items you might need to pick up:

- cheese, chips, sour cream, and other nacho toppings if you plan to serve *Black Bean Chicken Nachos* this week
- whole grain buns if you plan to serve *Crock Pot BBQ Chicken* sandwiches this week
- fruit and veggie side dishes