

Heavenly Homemaker's Freezer Cooking Grocery List - Week Four

What you'll need:

- 32 ounces whole grain spaghetti noodles
- 5 cups whole grain pasta - any shape
- 1/2 cup butter
- 4 eggs
- 4 cups (32 ounces) ricotta cheese
- 1 cup (16 ounces) parmesan cheese
- 8 cups (64 ounces) spaghetti sauce
- 4 cups shredded mozzarella cheese
- 6 1/2 cups shredded cheddar cheese
- 6 cups whole milk
- 6 cups cooked black or pinto beans (or a combination of both)
- 2 cups (16 ounces) salsa
- 16-20 whole wheat tortillas (we like [homemade tortillas](#))
- 10 cups whole wheat flour
- 9 teaspoons yeast
- 3-4 cups pizza sauce (depending on how saucy you want your calzones)
- veggies, olives, and other fillings for calzones
- sea salt and pepper

Side dish suggestions to pick up:

- 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