4 WEEKS TO FILL YOUR FREEZER

WEEK 1: BREAKFAST GROCERY LIST

GROCERY ITEMS

- [ ] 6 cups white whole wheat flour
- [ ] 2 ½ cups all purpose flour
- [ ] 5 cups rolled oats
- [ ] 2 tablespoon sugar
- [ ] 15 teaspoons baking powder
- [ ] 1 teaspoon baking soda
- [ ] 1 teaspoon nutmeg
- [ ] 3 teaspoons salt
- [ ] 16 eggs
- [ ] 6 tablespoons olive oil
- [ ] 7 ¾ cup milk
- [ ] 2 cup applesauce
- [ ] 3 teaspoon vanilla
- [ ] ½ cup honey
- [ ] ⅔ cup maple syrup
- [ ] 1 stick unsalted butter
- [ ] 2 pound ground sausage
- [ ] 3 cup shredded cheddar
- [ ] 10 flour tortillas
- [ ] 1 cup shredded carrots
- [ ] 1 cup shredded zucchini
- [ ] 1 cup raisins
- [ ] 5 bananas
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FREEZER SUPPLIES

- [ ] 8 Gallon-sized freezer bags
- [ ] 10 sandwich bags
- [ ] A marker for labeling bags
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