



Meal Planner

Monday

Breakfast: _____
Lunch: _____
Dinner: _____
Snack: _____

Tuesday

Breakfast: _____
Lunch: _____
Dinner: _____
Snack: _____

Wednesday

Breakfast: _____
Lunch: _____
Dinner: _____
Snack: _____

Thursday

Breakfast: _____
Lunch: _____
Dinner: _____
Snack: _____

Friday

Breakfast: _____
Lunch: _____
Dinner: _____
Snack: _____

Saturday

Breakfast: _____
Lunch: _____
Dinner: _____
Snack: _____

Sunday

Breakfast: _____ Dinner: _____
Lunch: _____ Snack: _____

For Recipes, Tips and Nutritional Information, visit FloridaJuice.com





Grocery List

Florida Orange Juice

MEAT

- _____
- _____
- _____
- _____
- _____

DAIRY

- _____
- _____
- _____
- _____
- _____

MISC

- _____
- _____
- _____
- _____
- _____

PRODUCE

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DRY GOODS

- _____
- _____
- _____
- _____
- _____

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