

PROVISIONING THE CRUISING YACHT : SAMPLE MEAL PLAN

DAY 1

BREAKFAST

Eggs
Toast
Fruit (canned or fresh)
Juice
Coffee

LUNCH

Chicken salad
Crackers
Fruit
Beverage

DINNER

Grilled steaks
Salad
Baked Potato
Desert
Beverage

DAY 2

BREAKFAST

Cold cereal
Bananas
Juice
Coffee

LUNCH

Ham & cheese wrap
Potato chips
Beverage

DINNER

Spaghetti w/ meat sauce
Garlic bread
Wine

PROVISION LIST FOR TWO DAY MENU

Servings: Two per meal

Item

Quantity

Milk	1 "box" or powder pkg.
Eggs	6 (½ dozen)
Bread	10 slices (1 loaf)
Fruit	Fresh - as available; canned - 2 at 8oz. ea.
	Bananas - 2+
Vegetables	Fresh: lettuce - 1 head; tomatoes - 2
	Potatoes: 2
Salad dressing	1 bottle
Chicken salad	2 serving qty., as desired
Crackers	1 box
Steaks (frozen)	2
Ham (sliced)	1 pre-cooked pkg.
Cheese (sliced)	1 pkg.
Cold cereal	1 "box"
Potato chips	1 bag
Spaghetti	2 + serving pkg.
Spaghetti sauce	1 "jar" (2 servings)
Juice	1 bottle or individual boxes (2+ servings)
Beverages	of choice (6 meal servings + between meal consumption + guests)
Happy Hour snacks	2 of choice
Tortillas	1 pkg.
Wine	1 liter +
Coffee	4 servings +
Spices	powdered garlic or garlic butter
Butter	1 small "tub" or stick
Mozzarella cheese	1 small container
Salt, Pepper, Mustard, Mayo, sour cream, grated cheese, sugar , coffee creamer, deserts and snacks - as desired	