

FRUIT AND VEG!

- Tomatoes x 4-5
- Peppers x 2-4
- Cucumber x 3-5
 - Lettuce x 2
 - Carrots
- Avocados x 5
- Bananas 6-10
- Apples 6-8
- Oranges 6-8
- Lemons/Limes x 10

DAIRY!

- Milk x 3-4Litres
- Cooking Butter x 1
- Fruit/Greek Yogurt x 2
 - Sliced cheeses x 4
 - Soft cheese x 2
- Eggs (~20-25 eggs)
 - Hummus x 2
 - Sour cream

DRIED GOODS!

- Pasta 1kg
 - Spagetti 1kg
- Tortilla wraps x 16
- Sandwich bread x 2
- Fresh bread loafs x 1
- Granola/Cereals x 2
 - Ricecakes
 - Crackers
- Nuts for snacking
- Chips for snacking
 - Biscuits

Your shopping list!

MEATS AND FISH!

- Salami x 2
- Ham x 2
- Bacon x 2
- Proscuitto x 2
- Mince x 1kg
- Chicken x 1kg
- Smoked Salmon x 1

Simple Breakfast ideas

Granola and yogurt with fresh fruits.
Scrambled eggs on crusty bread with avocado.
Smoked salmon, cream cheese and poached eggs.
Breakfast burritos.
Bacon and fried egg breaky muffins.
Tea, coffee and fresh juices!

Easy Lunch ideas

Pesto and grilled vegetable pasta salad.
Salami and cheese toasties.
Grilled chicken salad.
Spagetti bolognaise.
Tuna noise salad.

Dinner

The restaurants that you will come across on the route are carefully selected by your skipper and are some of the best out there! Relax, take a break from the yacht and enjoy some local fresh delights!

If you get stuck, grab a host from another yacht in the supermarket, they will always be happy to help!

CONDIMENTS AND COOKING!

- Salt
- Pepper
- Chilli flakes
- Oregano
- Paprika
- Garlic
- Olive oil
- Sunflower oil
- Mayonaise
- Tomato sauce
- Hot sauce

MISC!

- Pesto x 2
- Salsa dip x 1
 - Napkins
- BbQ lighter
- White sugar
- Granulated coffee
- Teabag selection
 - Nutella
 - Jam

CLEANING!

- Toilet roll x 12 rolls
- Paper towels x 4
- Plastic cups x 2
- Handsoaps x 2
 - Dishsoap
- Sponges x 2
 - Cloths
- Antibacterial spray
 - Air freshener
- Large black bin bags x 2
- Small toilet bags x 1