

SHOPPING LIST

Fruit & Veg

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

Meat & Fish

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

Dried Goods

- Penne pasta 1kg
- Spaghetti 1kg
- Couscous x 1 box
- Tortilla wraps x 16
- Sandwich bread x 2
- Fresh bread loafs x 2
- Granola/Cereals x 2
- Nuts for snacking
- Chips for snacking
- Biscuits

Condiments & Cooking

- Salt
- Pepper
- Chilli flakes
- Oregano
- Paprika
- Fresh garlic
- Olive oil
- Sunflower oil
- Mayonnaise
- Tomato sauce
- Hot sauce

Dairy

- Milk x 3-4L
- Cooking Butter x 1
- Fruit/Greek Yogurt x 2
- Sliced cheeses x 4
- Grated cheese x 500g
- Soft cheese x 2
- Eggs (~20-25 eggs)
- Hummus x 2
- Sour cream

Misc

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

Cleaning

- Toilet roll x 12 rolls
- Paper towels x 4
- Hand soaps x 2
- Dish Soap x 1
- Sponges x 2
- Cloths
- Antibacterial spray
- Air freshener
- Large black bin bags^(40L) x 2
- Small toilet bags x 1

Water & soft drinks

- 1.5L per person per day
(this is a rough guide, but it is very heavy to carry and you can pick up more along the way)
- Using the larger water quantities will minimize plastic here, and making sure the whole crew has their own refillable water bottles!
- Soda water
- Coca cola
- Lemonade
- Orange juice
- Pineapple juice

Easy Lunch 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 breakfast muffins

Simple Breakfast Ideas

- Pesto and grilled vegetable pasta salad
- Salami and cheese toasties
- Grilled chicken salad
- Spaghetti bolognaise
- Salmon and couscous mediterranean salad
- Chicken and bacon caesar wraps

• Alcohol •

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!