

Cooking on a sailboat can be fun, but while doing it you don't want to miss the beauty of the sea and other natural attractions. The key to onboard cooking is to keep it simple and easy. The last thing you want to be doing whilst on sailing holiday is slaving away in the galley.

Keeping a list of meals to eat underway makes sure that you have enough food for the entire passage. It helps to make the shopping list and minimizes waste. It also makes life easier for those that are not experts in cooking. It is easier for everyone to just execute instead of worrying about what to cook next.

General menu ideas

Breakfast

For the mornings, get bread and croissants. Eggs are always handy as they don't necessarily need to be kept in refrigerator and can double up as lunch material, as can cured meats and cheese. It is also useful to have some cereals, jam, fresh fruits and yoghurt.

Lunch

Get in some ham or cheese, perhaps olives to put out as a starter with some crusty bread, olive oil and balsamic. Fruit, vegetable salad or crisps with avocado could be also a good alternative.

Dinner

This should ideally be a hot meal. Perhaps some pan-fried fish with stir-fried vegetables; chicken and pepper with sour cream and rice; smoked salmon with pasta and sauce; or spaghetti with tomato sauce and cheese. Maybe take a jar of pesto along to use for pasta.

Menu plan

The below list contains a variety of simple dishes that can be prepared under 30 mins. It is ordered in a way that more easily perishable products are eaten first. If you expect bad weather, you can pre-cook them to have simple heat-and-eat options. The list will also evolve by region, as different foods are easy or hard to find.

The plan is for 9 days with the assumption that you will not be able to provision along the way. For longer trips, you can add additional dishes or double/triple the menu. You will have to freeze more ingredients and/or replace some of them with canned food (e.g. tomatoes).

Day 1:

Meal	Dish	Ingredients	Recipe
Breakfast	Scrambled eggs with bacon, and grilled tomatoes	Bread Butter Eggs (2-3 per person) Bacon Onion Salt & black pepper Tomatoes	<ol style="list-style-type: none">1. Fry bacon 2-3 minutes, then add sliced onion to the pan. Cook everything for another 3-4 minutes until the onion is soaked, then add eggs and sprinkle everything with a pinch of salt and black pepper.2. Slice tomato in half through the equator, then gently pan fry in virgin olive oil until tender. Sprinkle with herbs.3. Serve scrambled eggs with fresh bread & butter.
Lunch	Croissants with jam or cheese	Croissants Jam Yellow cheese	Server yourself style.
Dinner	Pan-seared salmon with gnocchi	Gnocchi Salmon Lemon Garlic Parsley Butter Sunflower oil Vegetables Salt & black pepper	<ol style="list-style-type: none">1. Season salmon with salt and black pepper. Squeeze 1-2 teaspoons of lemon juice over each filet.2. Heat the sunflower oil in a pan until hot. Place salmon filets' flesh side down, pressing them lightly. Sear, for 3-4 minutes until golden. Flip and sear the other side of each filet for 2 minutes. Add in the butter, chopped garlic and parsley, some lemon juice and lemon slices. Stir the butter and garlic around each filet.3. Continue to cook the salmon for a further 1-2 minutes, or until the salmon reaches desired doneness. Season with salt and black pepper to your taste, and add more lemon juice if desired.4. Drizzle the butter over each filet.5. Fry pan gnocchi in oil.6. Server everything with some vegetables if you like.

Tea and/or coffee go on top of every dish. Besides meals, there are always a couple of grab-as-you-need options. There's fruit, as long as it lasts, either in a bowl on the counter or at the top of the fridge. A dedicated locker holds snacks from crackers to nuts and dried fruit.

Day 2 :

Meal	Dish	Ingredients	Recipe
Breakfast	Sandwiches	Bread Boiled eggs (2-3 per person) Cured ham Yellow cheese Vegetables Butter Salt & black pepper	<ol style="list-style-type: none">1. Boil eggs (4min – soft, 10 min – hard).2. Heat bread in oven until they are golden.3. Put sliced eggs, ham / cheese and vegetables on the bread. Alternatively, serve yourself style.
Lunch	Greek salad	Cucumber Tomatoes Feta Olives Olive oil Balsamic vinegar Mix of herbs (eg. garam masala) Salt & black pepper	<ol style="list-style-type: none">1. Combine tomato, cucumber, olives and feta in a salad bowl, sprinkle with mix of herbs and salt.2. Whisk together the oil and vinegar in a jug.3. Drizzle the salad with dressing and toss to combine.
Dinner	Spaghetti Bolognese	Spaghetti Minced beef meat Tomato sauce Grated parmesan Onion Mix of herbs Salt & black pepper	<ol style="list-style-type: none">1. Cook spaghetti according to package directions.2. Meanwhile, heat some sunflower oil in a frying pan. Add minced meat, onion and garlic. Cook and stir until meat is browned and onion is softened.3. Meanwhile, heat the tomato sauce. Stir in mix of herbs, if you like.4. Toss the pasta together with the sauce.5. Serve sauce over hot pasta. Sprinkle with grated parmesan cheese, if you like.

Day 3:

Meal	Dish	Ingredients	Recipe
Breakfast	Buffet ("Swedish" table)	Bread Butter Cured ham Sausages Yellow cheese Vegetables Croissants Jam Salt & black pepper	1. Put ingredients on plate(s). 2. Server yourself.
Lunch	Fruit salad	Fruits Tinned peach Honey Lemon Cinnamon	1. Chop fruits into a large mixing bowl and add tinned peach. 2. In a bowl, whisk together honey and lemon. 3. Pour dressing over fruit just before serving and toss to evenly coat. 4. Sprinkle with cinnamon, if you like.
Dinner	Chicken with rice and vegetables	Chicken breast Rice Olive oil Sugar Tomatoes Pepper Carrots Mix of herbs Salt & black pepper	1. Cook rice in salted water according to package directions. 2. Cut the chicken into smaller pieces and fry it on the frying pan with sunflower oil for about 5-10 minutes. Add a bit of water so it does not burn. 3. Add chopped vegetables, salt, pepper, seasoning, and some more water to the frying pan. 4. Cook for another 10 minutes.

Day 4:

Meal	Dish	Ingredients	Recipe
Breakfast	Fried eggs and tomatoes	Bread Eggs (2-3 per person) Tomatoes Butter Garlic Mix of herbs Sunflower oil Olive oil Salt & black pepper	<ol style="list-style-type: none"> 1. In a frying pan melt butter (or heat sunflower oil). Crack eggs into a pan. Cook 3 minutes, or until the white is completely set. Remove from the pan and season with salt and paprika. 2. Place tomatoes in the pan cut side up, sprinkle with mix of herbs, salt, and chopped garlic. Drizzle with 2 tablespoons of olive oil. Cook in low heat for a few minutes until all moisture has evaporated and until tomatoes are browned underneath. 3. Server with bread.
Lunch	Bruschetta	Bread Tomatoes Mix of herbs Mozarella Garlic Olive oil Salt & black pepper	<ol style="list-style-type: none"> 1. In a large bowl, toss together tomatoes, mix of herbs, salt, black pepper, garlic and olive oil. Let marinate for some minutes. 2. Meanwhile, prepare bread: preheat oven, brush bread on both sides lightly with olive oil and place on a baking sheet or oven tray. Keep the bread until golden, 10 to 15 minutes, turning halfway through. Let bread cool for 5 minutes, then sprinkle the tops of the bread with garlic. 3. Spoon tomatoes mix on top. Server with mozzarella if desired.
Dinner	Spaghetti with broccoli	Spaghetti Feta Broccoli Parsley Garlic Olive oil Salt	<ol style="list-style-type: none"> 1. Cook spaghetti in salted water according to package instructions. Drain. 2. Meanwhile, prepare broccoli. Cut the stem away from the crown. Pour a few centimetres of water into a pot, put the broccoli in, cover the pot with a lid and bring the water to a boil. Cook for a few minutes until the broccoli is soft. 3. Sprinkle spaghetti with parsley, garlic and salt. Stir in olive oil and feta. 4. Mix everything with broccoli.

Day 5:

Meal	Dish	Ingredients	Recipe
Breakfast	Sandwiches	Bread Vegetables Cured ham Sausages Yellow cheese Butter Salt & black pepper	<ol style="list-style-type: none"> 1. Prepare sandwiches. You can heat some in the oven. 2. Serve.
Lunch	Yoghurt with fruits and muesli	Fruits Yoghurt Muesli Nuts Cinnamon	<ol style="list-style-type: none"> 1. Chop fruits into a bowl. 2. Top with yoghurt and muesli. 3. Sprinkle with cinnamon, if you like. 4. Garnish with dried fruits, seeds and nuts.
Dinner	Spanish rice and beans	Rice Canned beans Parsley Lemon Olive oil Sunflower oil Garlic Mix of herbs Pepper Parsley Salt & black pepper	<ol style="list-style-type: none"> 1. Cook rice in salted water according to package directions. 2. Meanwhile, heat sunflower oil in a frying pan with a fitted lid over medium. Add onion; cook 5 minutes, until softened. Add garlic, pepper (vegetable), salt, mix of herbs, and black pepper; cook 2 minutes, stirring often, until aromatic. 3. When rice is done stir it in; cook 2 minutes, until slightly translucent. Stir in beans, and some water. 4. Bring mixture to a boil, reduce to medium-low, and simmer, covered, until liquid is absorbed and rice is tender, about 10-20 minutes. 5. Meanwhile, prepare parsley oil (if using) by combining parsley, lemon juice, and olive oil in a small bowl; stir well. 6. Scatter olives over beans and rice and drizzle with parsley oil.

Day 6:

Meal	Dish	Ingredients	Recipe
Breakfast	Porridge or Cereals (those that don't fancy porridge)	Porridge (oatmeal / muesli) Milk Honey Yoghurt Salt & sugar	<ol style="list-style-type: none">1. Put oatmeal / muesli in a saucepan, pour in milk or water and sprinkle in a pinch of salt. Bring to a boil and simmer for 4-5 minutes, stirring from time to time and watching carefully so that it doesn't stick to the bottom of the pan.2. To serve, pour into bowls, spoon yoghurt, thinned with a little milk, on top and drizzle with honey.
Lunch	Platter	Bread Cured ham Sausages Yellow cheese Olive oil Balsamic vinegar Salt & black pepper	<ol style="list-style-type: none">1. Serve up some cold meats, cubes of yellow cheese and bread.2. In a pretty shallow bowl or plate, pour the olive oil, then drizzle the balsamic vinegar around and across the pool of olive oil. Sprinkle with salt & black pepper.3. Server yourself. Grab the bread and soak it in the sauce.
Dinner	Spaghetti Napoli	Spaghetti Tomato sauce Grated parmesan cheese Mix of herbs Salt	<ol style="list-style-type: none">1. Cook spaghetti in salted water according to package instructions. Drain.2. Meanwhile, heat the tomato sauce. Add mix of herbs, if you like.3. Toss the pasta together with the sauce.4. Provide grated parmesan cheese to sprinkle individually.

Day 7:

Meal	Dish	Ingredients	Recipe
Breakfast	Eggy bread	Bread Eggs Cured ham Cheese Jam Milk Butter Salt & black pepper	<ol style="list-style-type: none">1. Lightly beat egg in a shallow bowl along with milk. Season with salt and black pepper.2. Dip each slice of bread into the egg mixture. Heat a frying pan over a medium heat and add the butter. Swirl the butter around the pan and when it's beginning to foam, add the bread and fry on each side for 1 min or until golden brown.3. Transfer to a plate and serve with ham or cheese.
Lunch	Pancakes	Pancake mix Sunflower oil Honey Jam	<ol style="list-style-type: none">1. Stir the pancake mix with cold water to make a smooth dough (normally all the pancake ingredients are included in the package).2. Heat sunflower oil in a pan and put the dough into the pan. Bake briefly from both sides until the dough is golden yellow.3. Use honey and / or jam as add-ins.
Dinner	Tuna pasta	Pasta Tinned tuna Grated parmesan Lemon Sunflower oil Garlic Chopped parsley Salt & black pepper	<ol style="list-style-type: none">1. Cook pasta in salted water according to package directions.2. Meanwhile, put sunflower oil on a frying pan and wait until it is hot, add garlic and cook for 30 seconds. Stir in the tuna, a teaspoon of lemon juice and parsley.3. Once the pasta is done, drain it and toss with the sauce.4. Season with salt & black pepper as needed and sprinkle with grated parmesan cheese on top if you are feeling fancy.

Day 8:

Meal	Dish	Ingredients	Recipe
Breakfast	Porridge or Cereals (those that don't fancy porridge)	Porridge (oatmeal / muesli) Milk Honey Yoghurt Salt & sugar	<ol style="list-style-type: none">1. Put oatmeal / muesli in a saucepan, pour in milk or water and sprinkle in a pinch of salt. Bring to a boil and simmer for 4-5 minutes, stirring from time to time and watching carefully so that it doesn't stick to the bottom of the pan.2. To serve, pour into bowls, spoon yoghurt, thinned with a little milk, on top and drizzle with honey.
Lunch	Omelette	Bread Eggs (2-3 per person) Sunflower oil Mix of herbs Salt & black pepper (Optional) cheese and/or ham	<ol style="list-style-type: none">1. Season beaten eggs well with salt and black pepper.2. Heat sunflower oil in a frying pan. Pour the eggs into the pan, tilt the pan slightly from one side to another to allow the eggs to swirl and cover the surface of the pan completely. Let the mixture cook for about 20 seconds then scrape a line through the middle with a spatula. Tilt the pan again to allow it to fill back up with the runny egg. Repeat once or twice more until the egg has just set.3. Fill the omelette with whatever you like – some cheese, ham, and mix of herbs. Scatter the filling over the top of the omelette and fold gently in half with the spatula. Slide onto a plate to serve. To add more "content" you can serve them with bread as well.
Dinner	Stew with rice	Stew cans Rice Spices	<ol style="list-style-type: none">1. Cook rice in salted water according to package directions.2. Meanwhile, empty stew cans into a saucepan. Heat to simmering over medium heat, stirring occasionally.3. Mix the rice with the stew and add spices as needed.

Day 9:

Meal	Dish	Ingredients	Recipe
Breakfast	Scrambled eggs	Bread Butter Eggs (2-3 per person) Sunflower oil Salt & black pepper	<ol style="list-style-type: none">1. In a bowl, whisk together, eggs with salt and black pepper.2. Heat oil in a pan until hot. Add the mix to a frying pan and cook stirring often. Continue cooking, and stirring until beginning to set.3. Serve with bread & butter.
Lunch	Hot pudding with jam	Milk Pudding Apples Jam	<ol style="list-style-type: none">1. Prepare the pudding according to the recipe at the back of the bag.2. Server with jam or chopped apples.
Dinner	Tuna salad	Rice Tinned tuna Pickled cucumbers Tinned corn Mayonnaise Black pepper	<ol style="list-style-type: none">1. Cook rice in salted water according to package directions.2. Meanwhile, chop cucumbers.3. Once the rice is done mix together tinned tuna, chopped cucumbers, tinned corn, a few spoons of mayonnaise and black pepper.

Food shopping list

- ☐ Pasta (1.5kg, 120g / person / meal)
- ☐ Spaghetti (1.5kg, 120g / person / meal)
- ☐ Rice basmati (4.5kg, 120g / person / meal)
- ☐ Gnocchi (1kg)
- ☐ Pesto (3x200g)
- ☐ Tomato sauce for pasta (6x400g)
- ☐ Yellow cheese (3x400g)
- ☐ Grated parmesan cheese (4x150g)
- ☐ Mozzarella (12 balls)
- ☐ **Feta cubes in oil and spices (1400g)
- ☐ Cured ham (eg. prosciutto, salami) (2kg)
- ☐ Sausages (1kg) and bacon (0.5kg)
- ☐ Spreadable cheese wedge (2x)
- ☐ Minced beef meat (1kg, 150g / person / meal)
- ☐ Chicken breast (2kg, 200-300g / person / meal)
- ☐ Fish: salmon filets (1.5kg, 200g / person / meal)
- ☐ *Vegetables (pepper 10x, cucumbers 10x, tomatoes 3kg, onions 12x, avocado 6x, carrots)
- ☐ **Pickled cucumbers (1x500g net, jars)
- ☐ **Dried tomatoes (1-2 jars) – can last much longer than fresh tomatoes
- ☐ *Fruits (apples 6kg, oranges 28x, bananas 12x, grapes 2-3 bunches etc.)
- ☐ Eggs (9 packs of 12 eggs)
- ☐ Milk (7x1L) – ideally without lactose
- ☐ Bread 9x – non sweet (a loaf a day, half pre-packed to reheat in oven) / yeast and flower
- ☐ Pre-packed croissants (42x) to reheat in oven
- ☐ Crisp bread (2x) – for bad weather
- ☐ Butter (5x250g cubes)
- ☐ Cream cheese spread (1x300g)
- ☐ Jam (3x200g)
- ☐ Olive oil (1 bottle, 1L)
- ☐ Sunflower oil for frying (0.5l)
- ☐ Sweets (dark chocolate, granola bars, cookies, high energy bars etc.)
- ☐ Crisps / potato chips (Pringles stow well)
- ☐ Cereals (1 medium pack)
- ☐ Muesli (2x0.5kg)
- ☐ Oatmeal (2x0.5kg)
- ☐ Lemons (14x)
- ☐ Greek yoghurts (24x250g or in buckets)
- ☐ Olives (2 cans/jars)
- ☐ Sugar (cubes), salt (1x), honey (500g), cayenne pepper (1x), spices & condiments (garlic, parsley, mix of herbs – mild garam masala, ceylon cinnamon, black pepper, curry)
- ☐ Ketchup 1x, Mayonnaise (1x400ml)
- ☐ Coffee and Tea (green and black)
- ☐ Ginger root (seasickness prevention)
- ☐ **Vegetable cans: corn (1x350g net), peach (2x350g net), any other favourite
- ☐ Pancake mix
- ☐ Canned tuna fish in oil (21 cans, 150g)
- ☐ **Pre-packaged food: black beans (2x400g cans), canned stew or vegetables (3 jars)
- ☐ Instant soups (for night shifts)
- ☐ Dried fruits and nuts
- ☐ Your favourite treats (eg. hot chocolate mix, pudding cups, jelly etc.)

Water & drinks shopping list

- ☐ Bottled water L (still);L (sparkling)
In total 3L / day / person (account for more if you sail in the tropics: 3,5L)
All drinking water in bottles or jerry cans to have an independent water source in case of tanks problem (eg. leak, contamination), especially if you don't carry watermaker
- ☐ Coca-cola in small cans (14x) – works also as a cure for stomach issues
- ☐ Drinks (beer, wine, rum etc.) – Buy individually. Drinking alcohol at sea is not permitted. Alcohol should only be allowed when docked/moored, and then only in moderation

Expendables & Cleaning supplies shopping list

- ☐ Toilet paper (14x, ~0.5 roll / person / 2 day)
- ☐ Paper towel (8x, 1 roll / day)
- ☐ Kitchen towels (2x)
- ☐ Garbage bags (large and small)
- ☐ Long neck lighter and matches
- ☐ Biodegradable washing up liquid
- ☐ Sponges for washing dishes
- ☐ Sponge (2x big one for car washing)
- ☐ Coffee filters
- ☐ Disinfectant gel
- ☐ Wet cleaning wipes and handkerchiefs
- ☐ Duct tape (3M)
- ☐ Electrical duct tapes
- ☐ Bicarbonate of soda
- ☐ Foil / baking paper
- ☐ Balsamic vinegar (cooking, cleaning and treating jellyfish stings)
- ☐ Liquid soap with dispenser (1 for each head)
- ☐ Window cleaning spray
- ☐ Ziplock bags set (to keep things sealed up, protected against the open sea air, and for freezing)
- ☐ Aloe gel for sunburn
- ☐ Sun cream
- ☐ Ceramic frying pan and wooden spoon (if you are on a chartered boat, these are always in a catastrophic condition - no one should eat Teflon)

*Vegetables and fruits should not be rotten or molden and not very ripe so that they last longer

**When buying cans, tins and jars make sure the lid is not swollen to avoid dangerous food poisoning.

The amounts stated in the list are for 7 people and 9 days in total. The list should be adjusted to the number of people on board, lengths of the trip, crew preferences (e.g. vegetarians), allergies amongst the crew, refrigerator and freezer capacity.

When storing each item on board, write down the location of each item so it can be easily found, e.g. Pantry (P), Refrigerator (R), Freezer (F), Bidge (B), Galley lockers (G), Saloon lockers port/starboard (S-P, S-S), head (H). Alternatively, use a separate list / draw a "chart".

Provisioning Bookkeeping



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When storing each item on board, write down the location of each item so it can be easily found, e.g. Pantry (P), Refrigerator (R), Freezer (F), Bilge (B), Galley lockers (G), Saloon lockers port/starboard (S-P, S-S), head (H).

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Tips & Tricks

- Label water bottles with each crew member's name to monitor how much they are drinking. Even better if everyone has their own graduated drinking vessel. Dehydration can lead to tiredness, muscle cramps, insomnia and decreased physical and mental performance, particularly around decision-making, so drinking enough should be a top priority.
- Keep a bottle of water on deck and take regular sips during watch to keep you watered.
- Monitor and note the consumption of all consumables (water, food, fuel, gas) on a regular basis. For example, keep a counter on how much bottled water you have used. Write down every single bottle that was picked from the storage. This can go out of hand pretty fast, especially in bigger crew sizes. You don't want to discover that you are out of drinking water halfway through especially if you don't have a watermaker.
- Use seawater for washing dishes, boiling carbs, taking showers (swim or bucket over the head on the aft deck) and only rinse with fresh water at the end. For some dishes, you can also opt to use paper towels instead of plates to avoid washing. Having at least one seawater tap on board makes things easier.
- Pack food in glass containers or ziplock bags to keep things sealed up and protected against the open air.
- Bread does not fare well in the humid environment of boating so buy fresh bread whenever you can or bake your own bread (you can buy ready-made yeast bread mix). Things like English muffins and bagels will likely survive longer but they are also not as tasty.
- Many grocery stores offer delivery services, allowing you to arrange a drop-off of all your groceries right at the marina.
- Eating three or four smaller meals a day will help level out your calorie intake over time and also guard against that dozy feeling after eating a big meal.
- The more fresh food you can vacuum-pack and freeze, the better. Research make-ahead meals that might be nice to bring if your yacht has a freezer.
- Don't pack food you don't like: ideally, try it before you buy.
- Pre-cook meals for the first few days at sea. It takes three days on average for crews to get their sea legs and fully settle down.
- To save space in lockers, use bilges to store durable stuff like water bottles and canned drinks. Store other food items in easily accessible and dry lockers. Any tins to be kept in the bilge should have the contents marked in indelible pen and their labels removed to prevent the possibility of soggy labels clogging bilge pump strainers. Regardless, the bilge or any locker used for storing food should be dry. Even cans will rust quickly in the sea air when dampened (only really a factor for very long trips).
- Treat water and water tanks with chlorine if you are uncertain of the water quality (e.g. in the tropics). But don't use it for aluminium tanks. The easiest is to use water purification tablets.
- Keep as much packaging off your boat as possible. Keep cardboard boxes on the dock and empty them there to ensure no cockroaches or other insect eggs get on your boat. Cockroaches and other insects love to deposit their eggs in cardboard corners, corrugations or Tetra Paks. Remove things like cereal and crackers from their cardboard boxes as well and seal them in zip-loc bags instead.
- Store eggs in plastic trays instead of the usual cardboard boxes to prevent bugs. Turn eggs twice a week to prevent the yolks from settling and making them turn bad.
- Store vegetables and fruits in netting so they are well ventilated.

- Weight should be your first priority in deciding what goes where. Heavy things should be stowed low and near the centre of the boat to preserve the stability of the boat.
- Prepare a stowage map of where things are.
- Write down crew preferences in terms of drinks (coffee, tea, with/without sugar or milk, etc.).
- Label each mug with a different colour (tape) to avoid frequent washing.
- Wash all fruits and vegetables so as not to bring any bugs on board.
- Store bananas separate from other fruits. One ripe banana will cause the other bananas and nearby fruits to ripen. You can delay the domino effect to some extent by separating the bananas off into smaller "hands" and storing them in different places, away from any other fruit and vegetables. Likewise, if your bananas or other fruit and vegetables are very green and don't show any signs of ripening you can help them along by placing a ripe banana next to them.
- In marinas with an abundance of cockroaches, sprinkle your mooring lines with insecticidal powder.
- In infested marinas, disinfect the soles of your shoes before coming aboard to avoid any risk of bringing in cockroach eggs. A small basin kept handy with water and some disinfectant added should do the trick. Likewise, having shoes to be used only aboard is another good idea.

Have a plan of what you are going to eat / drink if a freezer or refrigerator breaks down, gas runs out or the water tank is leaked or contaminated.