

🇬🇧 PROVISIONS FOR ONE WEEK – CREW OF 8 PEOPLE (+ SKIPPER) 🇬🇧

This is a basic list to modify according to your needs and requirements.
We recommend placing your initial provisions order through our online suppliers with delivery onboard.
<https://www.bebluesailing.com/en/Traveller-services/online-service-provisioning-list>

DRINKS AND ALCOHOL

sparkling water	20 liters
still water	80 liters
Coca-Cola	12 bottles of 0.5 liters
prosecco	12 bottles
white wine	7 bottles
Aperol	3 bottles
gin	3 bottles
tonic	6 bottles
beer	60 cans
other alcoholic drinks	at discretion

Note: recommended water 1.5L per person per day
For alcoholic drinks, we recommend purchasing them at the DUTY FREE

BREAKFAST

assorted cookies	2 kg
coffee	2 packages
corn flakes, muesli, and cereals	4 packages
toast bread	1 package
long-life milk	As needed
jam	3 jars
honey	1 jar
Nutella	1 kg jar
mixed fruit juices	3 liters
tea	1 package
greek yogurt 0-2% fat	20 small jars of plain Greek yogurt or 2/3 large jars

CONDIMENTS

white vinegar	0.5 liters
mayonnaise/ketchup	1 large jar
oil	2 liters
fine salt	1 salt
coarse salt	1 kg
pepper/oregano/chili/garlic	1 type
sugar	1 kg

FRUIT AND VEGETABLES

garlic, shallots, onion	As needed
other vegetables	As needed
lemons, limes	As needed
oranges	2 kg
avocado	6
fruit	As needed
pre-washed bagged salad	5 boxes
dried fruit	As needed
rosemary/basil/mint	in a bag

Note: Don't overdo it with fruit and vegetables; they can also be purchased during the cruise to prevent them from spoiling.

APERITIFS

grissini/crackers/crostini/corn cakes	15 boxes
pistachios, peanuts, assorted nuts	15 boxes
chips, nachos, popcorn	20 boxes

LUNCHES AND DINNERS

anchovies	4 small boxes
capers	1 box
green and black olives	2 boxes
diced pancetta	6 small boxes
grated Parmesan cheese	4 bags
Parmigiano Reggiano	1 kg
cheeses (caciotta, pecorino, etc.)	1 kg
feta	1 kg
mozzarella	10 pieces
tomato passata	3 liters
pasta	6 kg
cream cheese	6 boxes
sliced bread	4 boxes
prosciutto crudo/cooked	As needed
rice (or barley or spelt)	2 kg
chicken	As needed
tuna	16 boxes 100/120g
peas, chickpeas, beans	As needed
eggs	24 pieces
sausages	2 boxes
sweets & after-dinner treats	As needed

CLEANING

lighter	1 lighter
universal degreaser	1 box
paper soup plates	150 pieces
reusable plastic cups	20 cocktail glasses
permanent marker	write names on glasses
parchment paper/cling film	1 roll
toilet paper	12 rolls
dish detergent (preferably marine)	1 box
latex gloves	1 small box
wooden clothespins	24 pieces
microfiber cloths	10 pieces
small bathroom bags	1 box
trash bags 65/100 liters	40/20 pieces
intimate hygiene wipes/bidet	4 pieces
liquid hand soap/bar soap	5 pieces
marine soap for washing in the sea	each one's own
large rolls of paper towels	2 pieces
bath and dish sponges	5 pieces



BeBlue recommends using onboard dishes, bringing durable glasses, and **minimizing the use of disposable materials, avoiding non-recyclable plastic** to ensure minimal environmental impact. It is important to carefully plan provisions before departure, as the stops along the itinerary do not always guarantee the necessary supplies.

FOOD **MENU** *experience*

DAY 1 - SATURDAY

DINNER: curry chicken with basmati rice or BBQ grill

DAY 2 - SUNDAY

BREAKFAST: yogurt, cereals, cookies, toast, jams, coffee, tea, milk, fruit

LUNCH: chicken salad with potatoes, tomatoes, and olives

DINNER: pasta with tomato and basil sauce



DAY 6 - THURSDAY

BREAKFAST: continental breakfast

LUNCH: black rice, tuna, and zucchini

DINNER: platter of cold cuts, cheeses, and grilled vegetables

DAY 7 - FRIDAY

BREAKFAST: yogurt, cereals, cookies, toast, jams, coffee, tea, milk, fruit

LUNCH: barley/spelt salad

DINNER: pasta all'amatriciana

DAY 8 - SATURDAY

BREAKFAST: yogurt, cereals, cookies, toast, jams, coffee, tea, milk, fruit



DAY 3 - MONDAY

BREAKFAST: eggs and bacon

LUNCH: cold pasta with Genovese pesto and cherry tomatoes

DINNER: omelette with potatoes, onions, and pancetta

DAY 4 - TUESDAY

BREAKFAST: avocado toast

LUNCH: caprese salad with toasted bruschetta

DINNER: spaghetti aglio, olio, and chili pepper

DAY 5 - WEDNESDAY

BREAKFAST: pancakes

LUNCH: omelette with ham and vegetables

DINNER: Greek salad: tomatoes, feta, olives, onions, cucumbers, and croutons

