

NANAIMO YACHT CHARTERS & SAILING SCHOOL PROVISIONING IDEAS & SAMPLE MENU

The following Sample Menu for a 14-day cruise is provided to help guide your meal planning.

DAY	BREAKFAST	LUNCH	DINNER	SNACKS
1	CEREAL, TOAST, MUFFINS	DELI- STYLE SANDWICHES	GRILLED CHICKEN CAESAR SALAD POTATOES	GRANOLA BARS, COOKIES, HUMUUS, TZATZIKI, GUACAMOLE, CHEESE/ DELI MEATS, SPINACH DIP, CARROTS, PEPPERS CUCUMBER VARIETY OF CHIPS, CRACKERS JUICES MAY INCLUDE: ORANGE, MANGO, APPLE, FRUIT PUNCH DRINKS: COFFEE, HOT CHOCOLATE, TEAS DESERTS MAY INCLUDE: CARROT CAKE, BANANA BREAD, BROWNIES, COOKIES
2	CROISSANTS, EGG, BACON, AVOCADO	TUNA, PASTA SALAD, SOUP	SALMON, POTATOES GRILLED VEGGIES	
3	CEREAL, TOAST, FRUIT YOGHURT, MUFFINS	STUFFED CROISSANT SANDWICHES	CHICKEN POT PIE BROWN RICE & SALAD	
4	SOFT BOILED EGGS & FIXINGS	PESTO & SUNDRIED TOMATO PASTA SALAD	STEAK GREEK SALAD & ROAST POTATOES	
5	CEREAL, TOAST, YOGHURT, FRUIT	PITA SALAD WRAPS & SALADS	MUSHROOM, BACON & BROCCOLI ALFREDO, GREEN SALAD	
6	CEREAL/TOAST BREAKFAST WRAPS	MEXICAN CHICKEN WRAPS	GRILLED CHICKEN, RICE, GRILLED VEGETABLES	
7	OMELETTE, YOGHURT, FRUIT	WARM QUICHE & CUP-O-SOUP	CHICKEN/VEGETABLE CURRY & RICE WITH MIXED SALAD	
8	CEREAL, TOAST, EGGS, SAUSAGE, ENGLISH MUFFINS	SOUP SALADS: EGG, CHICKEN	SEAFOOD PASTA & VEGETABLES	
9	CEREAL, TOAST YOGHURT/FRUIT	SOUP AND SALADS: BROCCOLI/GREEK	LASAGNE, GARLIC BREAD, GREEN SALAD	
10	BOILED EGGS CEREAL, TOAST	SOUP AND GRILLED CHEESE	SHEPHERD'S PIE MIXED SALAD	
11	ENGLISH BREAKFAST EGGS, BEANS, SAUSAGE & HASH BROWNS	MACARONI & CHEESE, SOUPS, SALAD	BBQ CHICKEN ROAST POTATOES ORZO SALAD	
12	CEREAL, GRANOLA TOAST WITH JAM OR HARD-BOILED EGGS	TUNA SALAD WRAPS	SPAGHETTI BOLOGNESE GARLIC BREAD GREEN SALAD	
13	EGGS & VEGGIE SKILLET WITH BACON OR SAUSAGES	STUFFED PEPPERS SOUP	BUTTER CHICKEN RICE SALAD	
14	YOGHURT, GRANOLA & FRUIT SALAD	SOUP & SALADS	CHILLI & RICE SALAD	
15	HARD/SOFT BOILED EGGS & FIXINGS	QUESADILLAS RICE SALAD / VEGGIES		

5 Day Vegetarian Meal Plan

Pre-Board

Dinner: Grilled asparagus and beans, roasted potatoes, broccoli bites, garlic bread

Day 1

Breakfast: Muffins, cereal, coffee/tea/juice

Lunch: Hummus and veggie wraps, chips and dip

Dinner: Veggies skewers on BBQ (mushrooms, peppers, zucchini, tomatoes), grilled caesar salad and lemon zest, couscous

Day 2

Breakfast: Croissants, yogurt, granola, fruit, coffee/tea/juice

Lunch: Tzatziki and veggie sandwiches, chips and salsa

Dinner: BBQ corn on the cob, veggie sausages, kale salad

Day 3

Breakfast: Quick oats and fruit, coffee/tea/juice

Lunch: Mexican rice topped with bocconcini, cilantro, and tomato

Dinner: Alfredo, mushroom & broccoli penne, spinach, strawberry & feta salad

Day 4

Breakfast: Avocado toast, coffee/tea/juice

Lunch: Tomato basil soup, crackers and cheese, potato salad

Dinner: "Butter Tofu" on basmati rice, Naan bread

Day 5

Breakfast: Yogurt, oats, and remaining fruit

Lunch: Granola bars, wraps with remaining veggies and dip

Dinner: Pick a restaurant and enjoy a drink on the patio!

Grocery Items

Fruit	Beverages	Dairy	Other:
Lemons Limes Strawberries Grapes Watermelon Pineapple Bananas Apples	Green Tea Coffee Orange Juice Soda	Bocconcini Cream Cheese Milk Butter Yoghurt Block of cheese Feta cheese Coffee creamer	Potato Salad Tofu Vegan Sausages Tomato Basil Soup Broccoli Bites
Vegetables	Grains/Bread	Snacks/Sides	Condiments
Baking Potatoes Alfalfa Sprouts Broccoli Mushrooms Cucumbers Beans Tomatoes Spinach Peppers Cilantro Asparagus Romaine lettuce Zucchini Carrots Corn Avocados Garlic Onions Green Onion Kale Salad	Naan Bread Wraps Rice Croissants Muffins Oats Sourdough Bread Penne Couscous	Hummus Tzatziki Salsa Chips Tofu Granola Bars Crackers Cereal Cookies Granola	BBQ Sauce Hot Sauce Salt/Pepper Garlic seasoning Olive oil Balsamic Salad dressing Peanut butter Jam Mustard Mayo

Sample Menu with Grocery List

Fruit:

Lemons
Oranges
Blueberries
Strawberries
Grapes

Meat:

Chicken Skewers
Steaks
Bacon
Salmon
Canned Tuna
Salami/Charcuterie

Vegetables:

Baking Potatoes
Hash Browns
Broccoli
Mushrooms
Cucumber
Tomato
Spinach
Arugula
Peppers
Kale Salad
Radish
Avocado
Cilantro
Parsley
Mint
Chives
Thyme
Garlic
Onion
Green Onion

Grains/Breads:

Pita
Wraps
Grain Bowls
Crackers
Tortilla Chips
Croissants

Dairy/Cheese:

Feta
Shredded Cheese Blend
Parmesan
Chevre
Mixed Sliced Cheese
Tzaziki
Sour Cream
Eggs
Butter
Yogurt

Other:

Hummous
Canned Chickpeas
Canned Tomato
Cookies
Nut Bars
Sugar
Cumin
Salt/Pepper
Paprika
Olive Oil
Salad Dressing
Mustard
Mayo
Almonds

Drinks:

Soft Drinks
Water
Coffee
Tea

Meal Ideas:

Breakfast:

- Croissants
- Eggs
- Hashbrowns
- Shaksuka

Lunch:

Tuna Salad
Vegetable Wraps w/ Hummus
Quesadillas
BLT Wrap w/ Kale Salad
Grain Bowls

Dinner:

Friday:

Fish with Spinach
Salad, Potatoes, and
Broccoli

Saturday:

Chicken Souvlaki w/
Greek Salad

Sunday:

Steaks
Baked Potatoes
Salad

Monday:

Grilled Chicken
Breasts with Salad

Pizza night at
Telegraph Harbour
Marina