



## PROVISIONING LIST FOR ONE WEEKEND - CREW 6/8 PEOPLE

This is a sample shopping/provisioning list to start planning your next cruise. Pay attention to fresh food (vegetable, fruit and cheese) : place them above the others in order not to damage them.

CLEANLINESS	n.
Garbage big bags	2
Garbage bags	4
Plates sponges	2
Dish soap BIO	1
Hand soap	1

CONSUMABLES	n.
Plastic plates 	40
Plastic cups 	50
Kitchen rags	1
Paper towels	1
Alluminium foil	1
Match box	1
Toilet paper	4
Paper napkins	50

BASICS	n.
Salt	500g
Pepper/chili pep.	1
Olive oil	500 ml
Vinegar	200ml
Sugar	1 kg
Spices	enough

ALCOHOLIC	n.
At the discretion of the crew	


**Reduce pollution, avoid the use of unnecessary plastic:** BeBlue recommends using the dishes on board and minimizing the use of non-recyclable disposable material.

LUNCH & DINNER	n.
Pasta	1kg
Rice	500 g
Sauces for pasta	2 pots
Seasoning for rice	1 pot
Wurstel	2 packs
Tuna	3 packs
Ketchup	1 pack
Sweet corn	1 can
Mayonnaise	1 pot
Ham (slices)	300 g
Parma ham	300 g
Mozzarella	1 pack
Cream cheese	2 packs
Grana Padano	1 bag
Different cheeses	1/2 parts
Eggs	6
Chicken	600 g
Tomatoes	500 g
Eggplant	500 g
Olives	1 pot
Capers	1 pot
Dry tomatoes	1 pot
Zucchini	500 g
Salad	1 bag
Carrots	500g
Shallot/onions	1 pack
Garlic	1 root
Anchovies in oil	1 pot
Lemons	1 retina
Fruit	enough
Melon	1
Bread	1 pack
Piadina	1 pack
Cracker	1 pack
Bacon	2 packs

APERITIFS	n.
Patato chips	2 packs
Salted peanuts	1 pack
Salt biscuits	1 pack
Salami	1
Cheese	2 packs
Pistachio nut	1 pack
BEVERAGES	n.
Fruit juice	1
Water	1.5/L
per people/per day	

BREAKFAST	n.
Milk UHT	1L
Yogurt	4 pots
Coffee	1 pack
Tea/ Tisane	1 pack
Biscuits	pack
Cereals	1 pack
Rusks	1 pack
Jam	1 pot
Honey	1 pot
Nutella	1 pot
Sliced bread	1 pack
Snacks	1 pack
Cakes	1 pack

We recommend to carry out carefully the original pantry as the stops made during the itinerary do not guarantee a complete supply.

 *Cut and share this list with your crew.*



### Shopping service Online: Provisioning list

Order online and receive your shopping directly at the boarding dock. Find out where it is active the "Online Service: Provisioning list"  
<https://www.beblue.it/en/travel-services/online-service-provisioning-list>