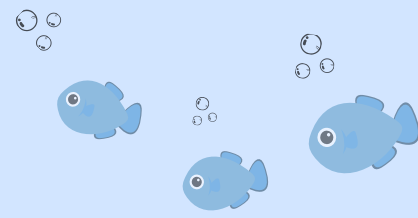




# Meal planner



## SATURDAY

- Lunch and dinner at a restaurant

## SUNDAY

- Lunch: garlic and shrimp spaghetti
- Dinner: mashed potatoes with chicken

## MONDAY

- Lunch: seasonal salad with cherry tomatoes, feta cheese, peppers, and avocado
- Dinner: risotto with parmesan



## TUESDAY

- Lunch: pizza
- Dinner at a restaurant



## WEDNESDAY

- Lunch: wrapped seabass with vegetables
- Dinner: crackers, bruschettas with all kinds of toppings

## OTHER IDEAS

Steak with grilled vegetables  
 Risotto with chicken or turkey  
 Tuna steak with potato salad

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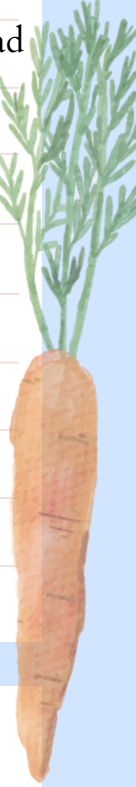
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## THURSDAY

- Lunch: italian style pasta salad
- Dinner at a restaurant

## FRIDAY

- Lunch: leftovers



## Notes

Salt, pepper, cleaning products, basic toiletries, and enough toilet paper for the start are provided on board. Bring everything else, including seasonings, to enhance your culinary experience.

Also, keep in mind that for a smooth start to your journey on board, it is advised to bring a sufficient provision of six liters of water per person, ensuring ample hydration for the first three days.

*This menu is just our suggestion, but feel absolutely free to personalize everything according to your individual preferences.*





# Shopping list

FOR APPROXIMATELY 6-8 PEOPLE ON BOARD  
TO BE REFILLED ACCORDING TO NEED AND DAY

## Drinks

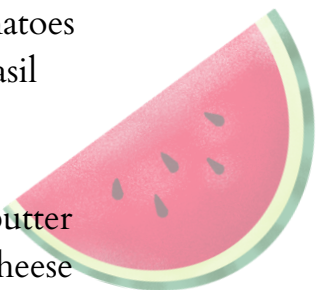
- water 2 L per person per day = 3 \*  
5 L for the first 2-3 days
- apple / orange / blueberry /cherry /apricot juice
- Coca Cola / Fanta /Sprite
- 3 bottles red wine
- 5 bottles white wine
- 2 bottles prosecco
- 1 six-pack of mineral water
- 3 six-packs of beer

## Vegetables

- lettuce
- green salad, argula etc.
- green onions
- 1 kg of onions + red onions
- 1-2 garlic bulbs
- 3 kg of potatoes
- 1,5 kg of zucchini
- 1 kg of eggplant
- 1 jar of olives
- 1 kg of cucumbers
- 1 kg of tomatoes
- 1 kg of cherry tomatoes
- 1 kg of bell peppers
- fresh parsley
- thyme
- 1 kg of carrots
- celery
- 1 kg of leek
- frozen or fresh peas
- dried tomatoes
- 1 pot of basil
- capers

## Dairy

- 250 g of butter
- 1 cream cheese



- 1 cottage cheese
- 3 L of milk of choice
- feta cheese
- mozzarella
- parmiggiano
- goat cheese
- emmental cheese
- sour cream

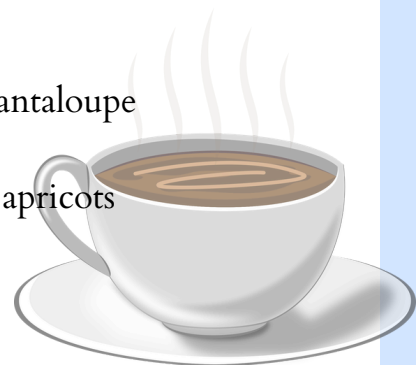
## Breakfast

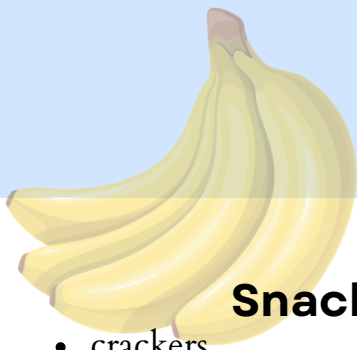
- coffee
- tea bags
- yogurt plain or fruit
- 2 bread loafs of choice
- 1 pack of toast
- 1 pack of waffels
- pastries (croissants, muffins etc.)
- cereals of choice
- muesli or oats
- 200 g of ham
- 250 g of prosciutto
- chocolate spread
- peanut butter
- 2 packs of eggs
- 2 kinds of jam
- honey (try to find Croatian)
- bacon
- sausages



## Fruits

- 1,5 kg of bananas
- 1,5 kg of apples
- 2 kg of oranges
- 0,5 kg of lemons
- 1 watermelon or cantaloupe
- 3 avocados
- 1 kg of peaches or apricots
- 1 kg of pears
- 1,5 kg of grapes
- figs



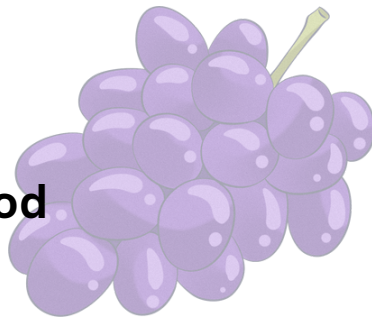


## Snacks

- crackers
- biscuits
- nuts (almonds, walnuts, pistaccios, cashews)
- paté
- chocolate

## Side Dishes

- pasta
- spaghetti
- risotto rice



## Seafood

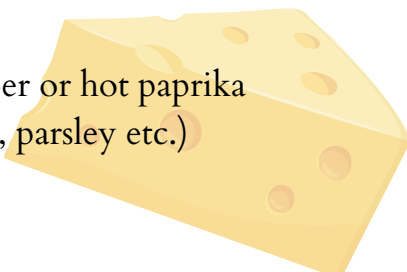
- canned tuna
- sea bass fillet
- shrimps
- tuna steaks

## Meat

- chicken breast and/or turkey breasts
- bacon
- cevapi
- selection of cold-cuts and salami

## Cooking

- 1 L of olive oil
- 1 L of oil (coconut, sunflower or of choice)
- vinegar
- balsamic vinegar
- chicken broth or chicken broth cubes
- pizza dough
- pine nuts
- croutons
- cayenne pepper or hot paprika
- spices (thyme, parsley etc.)
- mustard



## Other products

- toilet paper
- paper towels
- mosquito protection
- parchment paper
- napkins
- toothpicks



## Lunch and Dinner by Days

### Sunday

- shrimps
- spaghetti
- cayenne pepper
- sal & pepper
- olive oil
- garlic
- chicken breast
- bacon
- potatoes

### Monday

- salad (lettuce, lamb's lettuce, arugula)
- cherry tomatoes
- feta cheese
- bell pepper
- rice
- parmesan cheese
- avocados
- onion and green onion
- olive oil
- salt & pepper
- pine nuts
- croutons
- risotto rice
- dry white wine
- onion
- parmesan
- butter
- chicken broth cube



