

## PROVISIONING LIST FOR ONE WEEK - 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	8
Garbage bags	10
Plates sponges	2
Dish soap BIO	1
Hand soap	2

CONSUMABLES	n.
Plastic plates 🗑️	150
Plastic cups 🗑️	300
Kitchen rags	2
Paper towels	2
Alluminium foil	1
Match box	1
Toilet paper	10
Paper napkins	150

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

ALCOHOLIC
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	3kg
Rice	1kg
Sauces for pasta	6 pots
Seasoning for rice	1 pot
Wurstel	4 packs
Tuna	8 packs
Ketchup	1 pack
Sweet corn	1 can
Mayonnaise	1 pot
Ham (slices)	600 g
Parma ham	600 g
Mozzarella	3 packs
Cream cheese	2 packs
Grana Padano	1 bag
Different cheeses	2/3 parts
Eggs	10
Chicken	600 g
Tomatoes	1kg
Eggplant	1 kg
Olives	1 pot
Capers	1 pot
Dry tomatoes	1 pot
Zucchini	1kg
Salad	3 bags
Carrots	500g
Shallot/onions	1 retina
Garlic	1 root
Anchovies in oil	1 pot
Lemons	1 retina
Fruit	enough
Melon	2
Bread	4 packs
Piadina	2 packs
Cracker	1 pack
Bacon	2 packs

APERITIFS	n.
Patato chips	3 packs
Salted peanuts	2 packs
Salt biscuits	1 pack
Salami	3
Cheese	2 packs
Pistachio nut	1 pack
BEVERAGES	n.
Fruit juice	4
Water	1.5/L
per people/per day	

BREAKFAST	n.
Milk UHT	2L
Yogurt	8 pots
Coffee	2 packs
Tea/ Tisane	1 pack
Biscuits	2 packs
Cereals	2 packs
Rusks	1 pack
Jam	2 pots
Honey	1 pot
Nutella	1 pot
Sliced bread	2 packs
Snacks	2 packs
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>