

Sample Provisioning Plan for Cruising to Catalina Island

Provisioning Plan: meal plan based on your inputs and some of my experience for "keeping it simple and delicious." That does not mean you give up things. Part of cruising is learning how to cook well aboard and as you get more confident, can have fabulous meals very easily. I will do final purchase of provisions Tuesday before trip. *Please let me know if you have any special requests or restrictions to tweak this list, or **BYO** any special items you like to have aboard and share.*

Thursday

Dinner

Ashore at Rainbow Marina - Shenanigans or Shoreline Yacht Club

Friday

Breakfast

Coffee, Tea, Oatmeal, Raisins, Granola, OJ, Milk, Almond Milk

Fruit (Peaches, Honey Crisp and Granny Smith Apples, Bananas, Strawberries)

Lunch

Tortilla Wraps (PB/J, Hummus, Ham, Turkey, Salami, Cheese, Lettuce, Tomato, Sprouts)

Snacks

Nuts, Pralines, Granola or anything special that you want

Appetizers

Hummus, Celery, Carrot, Cucumber, Crackers, Chips & Salsa, Olives, Pickles

Dinner

Chicken picatta, Sauté Bell Peppers, Onions, Sweet Potatoes, and Fettuccini, etc.

Saturday

Breakfast

Coffee, Tea, Oatmeal, Raisins, Granola, OJ, Milk, Almond Milk

Fruit (Peaches, Honey Crisp and Granny Smith Apples, Bananas, Strawberries)

Lunch

Tortilla Wraps (PB/J, Hummus, Ham, Turkey, Salami, Cheese, Lettuce, Tomato, Sprouts)

Or eaten ashore

Snacks

Nuts, Pralines, Granola or anything special that you want

Appetizers

Hummus, Celery, Carrot, Cucumber, Crackers, Chips & Salsa, Olives, Pickles

Dinner

Dinner Ashore: Harbor Reef Restaurant and Saloon

Sunday

Breakfast

Coffee, Tea, Oatmeal, Raisins, Granola, OJ, Milk, Almond Milk

Fruit (Peaches, Bananas)

Lunch

Tortilla Wraps (PB/J, Hummus, Ham, Turkey, Salami, Cheese, Lettuce, Tomato, Sprouts)

Snacks

Nuts, Pralines, Granola or anything special that you want

-Adult beverages (consumed only in the slip, on the mooring, or ashore):
-- BYOB (Please avoid glass containers)

Trash Management

Whenever one is aboard, the management of trash is paramount to making it a happy trip. Compaction of trash is foremost in keeping the ship clean and without clutter. Where ever possible crush, fold, or compact trash when placing it in the trash bag to help keep it small.

Provisioning Tips

Accounting for the number of people and planning for how much to get and bring all matters. It does not take many trips to discover you are over provisioning and need to scale back the amount you think people will eat. I like to think of what I would typically buy and then reduce it to 80%.

If as in this case doing near coastal cruising I get items locally where I live as I am familiar with stores, specials and my costs can be kept lower. These items are then placed in coolers or containers to easily carry down ramps to the boat to be stowed.

Boats typically don't have a lot of refrigerated space so being mindful of that will also shape what and how you provision. My preference is the old style ice box but the modern boats often have under counter style refrigerators

Where one gets the items to provision a boat depends on situation. Provisioning at destination in other countries usually means you will have to do provisioning there which can be an adventure and pricey. Some people pack a suitcase or two full of food to be carried while traveling to the boat. Check local customs.

I will obtain the necessary items ahead of time and then organize, usually into color coded plastic bags by meal association.

Preparation of specific meal items ahead of time saves time aboard and makes utilization easy and simple. Examples include cutting up carrot and celery sticks, moving items to zip lock bags to conserve space or for quick additions to a meal being cooked or prepared aboard.

I use a vacuum packer to seal major pre-cooked items to be used in dinner prep.

Meals are largely thought of as "Heat and Serve" but using pots and pans aboard to boil or sauté things like potatoes or meats are all easily done. Use of the oven is not something used as commonly but certainly is not out of realm, just better done with a boat that's not underway.

As to meal selection and type, I tend to try and focus on simple hearty meals that assemble easy, cook quickly and are delicious. You can get as elaborate as you wish, just remember the folks that are eating have had a big day and are both hungry and tired.