Bareboat Charter

Meal Planning Guide



Meal Planning & Provisioning Guide for Bareboat Charter Vacations

A Practical Tool for Planning Bareboat Charter Meals with Food Restrictions in Mind

Planning meals for a bareboat charter can become complicated when one or more members of the crew follow a specific diet. Accommodating gluten-free, dairy-free, vegetarian, or vegan preferences in a small yacht galley can quickly turn meal planning into a source of stress. A bareboat charter is meant to feel relaxed and unhurried, and meal planning should support that experience — not complicate it.

The simplest way to accommodate different dietary needs onboard is to begin with meals that suit the most restrictive diet in your group, allowing everyone to share the same base dish. Optional proteins or additions can then be incorporated individually, avoiding the need to prepare separate meals in a small yacht galley. This approach reflects lessons learned over many bareboat charters and extensive experience provisioning and cooking aboard charter yachts. For example, when grilling, you might prepare steak alongside plant-based patties, turkey hot dogs, tofu, or portobello mushrooms, while everyone gathers around to enjoy the same side dishes.

The recipes listed in this guide are designed specifically for bareboat charter vacations.

- Quick and easy to prepare, with no advanced cooking skills required
- Made with ingredients that are consistently available in grocery stores in popular charter destinations
- Versatile and easily adaptable to various dietary needs, where adding or omitting an ingredient does not significantly change the dish

How to Use This Guide

1. Plan your itinerary and your activities.
2. Decide how many meals you would like to prepare aboard and which cooking methods you prefer to balance effort and budget.
3. Identify the most restrictive dietary needs within your group before planning meals.
4. Select recipes that align with that base diet so everyone can share the same main dish.
5. Add optional proteins or ingredients individually for those who would like them.
6. Plan one simple shelf-stable backup meal in case your itinerary changes.

Cook Method Key:

NC = No Cook
C = Minimal Prep + Chill
S = Stovetop
G = Grill
M = Microwave

If you are looking for more meal ideas and detailed provisioning guidance, additional recipes and planning tools are available at SetSailCookbook.com.

With a thoughtful plan in place before departure, you can spend less time managing logistics and more time enjoying sunsets, calm anchorages, and relaxed meals shared on the water.

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RECIPE	Cook Method	Breakfast	Snack	Lunch	Dinner	Dessert	Gluten-Free	Dairy-Free	Vegetarian	Vegan	Poultry	Meat	Shellfish	Fish
OVERNIGHT OATS	NC	✓	✓				●	●	●	●				
PEANUT BUTTER BANANA WRAP	NC	✓	✓					●		●				
AVOCADO TOAST	NC	✓	✓					●		●				
QUINOA CUP	C	✓	✓				●		●					
YOGURT PARFAITS	NC	✓	✓				●		●					
FRUIT SMOOTHIES	NC	✓	✓				●	●	●	●				
MEDITERRANEAN EGGWHITES	S/M	✓							●					
EGG BREAKFAST BURRITO	S/M	✓							●					
BREAKFAST SKILLETS	S	✓							●			⊗		
TOFU SCRAMBLE	S	✓					●	●		●				
POACHED EGG AND AVOCADO	S/M	✓						●	●					
MEXICAN DIP	NC		✓				●		●					
HUMMUS AND VEGGIES	NC		✓				●	●		●				
EGGS WITH SMOKED SALMON	C		✓					●						⊗
CELERY WITH BOURSIN	NC		✓				●		●					
SHRIMP COCKTAIL	NC		✓				●	●					⊗	
CHEESE AND CUCUMBER BITES	NC		✓				●		●					
MEZZE PLATTER	NC		✓				●					⊗		
SANDWICHES	NC		✓	✓								⊗		
VEGGIE WRAP	NC		✓	✓					●					
LOX BAGEL	NC	✓		✓										⊗
QUESADILLA	G/S		✓	✓					●					
AVOCADO SOUP	NC			✓	✓		●		●					
GAZPACHO	NC			✓	✓		●		●	●				
CHICKEN WALDORF SALAD	NC			✓	✓		●		●		⊗			
PINEAPPLE CHICKEN SLAW	NC			✓	✓		●		●		⊗			
CAJUN SHRIMP	NC			✓	✓		●						⊗	
TUNA AND WHITE BEAN SALAD	NC			✓			●	●						⊗
SHRIMP AND AVOCADO SALAD	NC			✓	✓		●	●					⊗	
DEVILED SHRIMP	NC			✓	✓		●	●					⊗	
ANEGADA LOBSTER SALAD	NC			✓	✓		●	●					⊗	
NICOISE SALAD	NC			✓	✓		●	●						⊗
TUNA WITH GREEN BEANS	NC			✓			●	●						⊗
CARIBBEAN QUINOA SALAD	C			✓	✓		●	●		●				
BEAN SALADS	NC			✓	✓		●	●		●				
LENTIL SALAD	NC			✓	✓		●	●		●				
PASTA SALADS	C			✓	✓			●		●				

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RAMEN NOODLE SALAD	C			✓	✓			●		●				
JERK CHICKEN FAJITAS	S			✓	✓		●	●			⊗			
PASTA WITH MEATBALLS	S				✓			●		●		⊗		
PAN-SEARED CHICKEN	S			✓	✓		●	●			⊗			
PESTO SHRIMP	S				✓			●					⊗	
LENTIL BOLOGNESE	S				✓		●	●		●				
ARTICHOKE PASTA	S				✓		●	●		●				
WHITE BEANS AND SPINACH	S				✓		●	●		●				
BURGERS	G			✓	✓			●	●			⊗		
STEAK	G				✓		●	●				⊗		
GRILLED CHICKEN BREAST	G			✓	✓		●	●			⊗			
HERBED PORK TENDERLOIN	G				✓		●	●				⊗		
HOT DOGS AND SAUSAGES	G/S	✓	✓	✓	✓				●		⊗	⊗		
PITA PIZZAS	G		✓	✓					●			⊗		
COCONUT SHRIMP	G			✓	✓			●					⊗	
MAHI-MAHI WITH SALSA VERDE	G			✓	✓		●	●						⊗
RED SNAPPER WITH MANGO SALSA	G			✓	✓		●	●						⊗
SEASONED SALMON	G			✓	✓			●						⊗
GRILLED TOFU WITH CHIMICHURRI	G			✓	✓			●		●				
CAULIFLOWER STEAK	G			✓	✓		●	●		●				
ADRIATIC POTATO SALAD	C			✓	✓		●	●		●				
SPICY CORN	S/M			✓	✓		●	●	●	●				
QUINOA	S	✓		✓	✓		●	●		●				
FRENCH GREEN BEANS	S/M				✓		●	●		●				
SPAGHETTI SQUASH NOODLES	S			✓	✓		●	●		●				
MEDITERRANEAN SALAD	C			✓	✓		●		●	●				
SPINACH WITH BOURSIN	S/M				✓		●		●					
GRILLED VEGGIES	G			✓	✓		●	●		●				
AVOCADO CHOCOLATE MOUSSE	C		✓			✓	●	●		●				
PINEAPPLE CHIA PUDDING	C		✓			✓	●	●		●				
COOL APPLE COMPOTE	C		✓			✓	●	●		●				
MANGO MOUSSE	C		✓			✓	●		●	●				
COCONUT CHOCOLATE PUDDING	C		✓			✓	●	●		●				
GRILLED PINEAPPLE	G			✓	✓	✓	●	●		●				

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Sample 7-Day Bareboat Charter Meal Plans

When planning to spend a week on a boat with a group, it is important to ensure that everyone's dietary needs are considered. This includes must-have foods, potential allergies, and individual dietary preferences.

- Breakfast and snacks are usually easy to accommodate, since many people prefer to prepare these themselves. However, it is still important to include all necessary items on the provisioning list so nothing essential is forgotten.
- Lunches and dinners require a bit more coordination. Because refrigeration and freezer space are limited on most charter boats, a **shared meal plan** is usually the most practical approach.
- Most charter groups enjoy a combination of **meals aboard and meals ashore**, allowing them to experience local restaurants while still enjoying easy boat-friendly cooking.

Below are sample **7-day meal plans for two very different dietary styles.**

Dairy-Free Meat Lover Meal Plan

	Lunch	Dinner
Day 1	**Arrival**	*Restaurant*
Day 2	Turkey Avocado Sandwich	*Restaurant*
Day 3	*Restaurant*	Grilled Steak & Adriatic Potato Salad
Day 4	Deviled Shrimp	Jerk Chicken Fajitas
Day 5	Antipasto Salad	*Restaurant*
Day 6	Chicken Waldorf Salad	*Restaurant*
Day 7	*Restaurant*	Pork Tenderloin with Spicy Corn
Day 8	**Departure**	**Departure**

Gluten-Free Vegan Meal Plan

	Lunch	Dinner
Day 1	**Arrival**	*Restaurant*
Day 2	Mixed Bean Salad	*Restaurant*
Day 3	*Restaurant*	Lentil Bolognese with Spaghetti Squash
Day 4	Caribbean Quinoa Salad	Cauliflower Steak with Hummus
Day 5	Veggie Pasta Salad	*Restaurant*
Day 6	Lentil Salad	*Restaurant*
Day 7	*Restaurant*	Grilled Tofu with Chimichurri
Day 8	**Departure**	**Departure**

This guide is intended as a general meal-planning resource for charter guests.

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