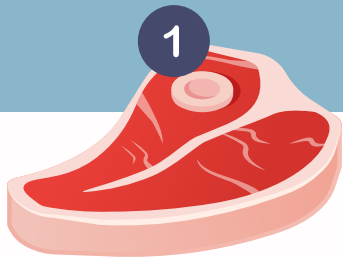


CREW MEAL PLAN

A guide to help making meal planning easy for a crew chef on yachts

Pick a country as inspiration for each menu you design.

This will set the tone for all of the elements that follow and help you quickly and easily write menus for crew lunches and dinners.

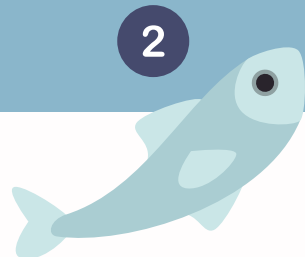


Protein

Your first protein should be a simple crew favourite. Often this is Steak, Beef, Chicken etc.

Make a bigger portion of this—assume 80% of the crew will eat this protein.

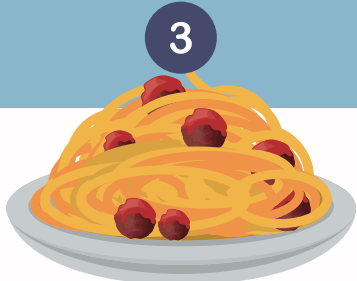
Keep it 'crew friendly!' (not too spicy, With familiar flavours and other ingredients)



Alternative protein

This is where you make something that is a bit more unusual. Not all of the crew will eat this, so you can make a smaller portion.

This includes Duck, Shellfish, Lamb, some Fish (Especially if it is raw!)



Carbohydrate

Think Potatoes, Pasta, Rice, Grains, Bread... what ever matches your theme for the menu.

If you need to, make a Vegan version.



Simple Salad

Also called the basic bitch salad. Make this with simple ingredients. Leafy bits, cucumber, tomato etc, maybe some seeds. Keep it simple. Make a dressing to serve on the side. It should be simple enough to please every dietary need—DO NOT incl nuts if you have allergies on board!



Fun Salad

You can get creative here. Include cheeses, eggs, meats, mayo etc – you can ignore the food intolerances and allergies! Have fun with this one!



Alternative Vegetable option

Usually this something cooked. Maybe steamed veg, soup, sautéed veg, veggies fritters or stir fry. It's a warm veggie option that usually tries to also take into account food intolerances, allergies and diets of the crew.



Fun Snack

Usually fried (but it doesn't have to be!) it could also be a sweet treat. Think: Spring rolls, Chicken Nuggets, Dumplings, Onion Rings, Muffins, Banana Bread- Something that treats the crew :)



Vegan

Depending on the rest of the menu, you may need to include a high protein vegan option such as tofu, tempeh, lentils or pulses.

Bonus Hint: Serve dips, condiments and sauces on the side so crew can pick and choose what they want.