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As a delivery skipper with over 69k miles and 2600 days on the water we have figured out meals. Its during the hawaii crossings that you really come up with creative meals. Some of these ideas are based on frozen items will others are based on non refrigerated items. By the way items marked with a ☺ are some of my favorites.

Frozen meals and items:

- Vaccum bag freezer meals. This can be anything from soup dishes, stroganoff, spaghetti with meat balls, etc You just put the bags in boiling water and serve when it gets hot.
- Lasagna Always a crowd pleaser, make sure it fits in your oven.
- Mary Calendar pot pies also a crowd pleaser.
- Pork loins be sure to have cloves of garlic, and seasoning and back in the oven or BBQ.
- Trader joes, chicken and rice, add whatever you want to it.
- Crescent rolls, cinnamon rolls, and other rolls.

Refrigerated items:

- Bags of salad are great to have on board, but they only last a few days. Cabbage is a great substitute and can be used cooked or as a staple for salads.
- Eggs will last a long time in the fridge.
- Green onions will last a long time. And if you cut the bases off and put in water they will grow allowing you more
- Garlic, cheese, bagels Bagels can be frozen and will last quite well when taken from the freezer to the fridge.
- Tortillas will also quite a while and can be used in many different ways for meals.
- Yogurt
- Butter
- Cream cheese
- Celery and carrots

Non refrigerated items:

- Packs of rice, noodles, and sauce packs, lipton cups of soup. These can be mixed with other things to make meals.
- Canned fruit and granola, combined with yogurt makes for a great energy breakfast
- Canned vegetables, canned meats like chicken and tuna, spam.

- Boxed mash potatoe
- Boxed milk
- Chips, nuts, beef jerky
- Nutella, jams, jellys, peanut butter
- Cups of soup
- Oatmeal packs
- Lots of various spices
- Mayo packs

Meal ideas:

- Super cup of soup; open up the cop of soup but don't complete tear off the top, crunch down the noodles, crack an egg and add, add chopped green onions, add bacon bits, pour boiling water in and close the lid for 5 minutes. Enjoy 😊
- Noodle mix; sautee canned chicken with spices and butter; cook that with cabbage, lipton cup of soup mix, and a noodle mix; add some other things like celery



- Fish tacos
We catch fresh fish on our ocean crossings mainly. Fish tacos are always a favorite. Chop up cabbage, green onions, diced tomato, mayo & lime juice, mae ploy sweet chili sauce; Warm tortillas in oven between damp towels, stir fry fish in sweet chili sauce; combine fish, cabbage, onions, and tomatoes in tortilla then dress with mayo & lime juice 😊
- Breakfast spam
Dice spam into skillet, start cooking, stir in bacon bits, and sugar 😊
- Hole in wall
Put a hole in a piece of bread, or use half a bagel, butter, put in skillet, crack an egg into it; cook both sides
- Onion egg
Butter in the skillet, onion ring, crack an egg in the middle, cook both sides
- Crescent roll wrap
Wrap a piece of cheese, slice of spam into crescent rolls, roll them up and bake
- Mashed potatoes surprise
Make up boxed mash potatoe, add diced garlic, put chili or sloppy joe mix on top, add green onions, salsa, little bit of cheese, bacon bits

- Tuna fish salad and tuna melts

Once again we usually use fresh fish, usually bake the fillet then break it up into small pieces in a bowl, add chopped garlic, chopped onions, little bit of old bay or other seasoning and some mayo; can be enjoyed on crackers. Or put on a bagel with cheese and bake in the oven for tuna melts 😊



- Breakfast yogurt

Canned fruit, yogurt, and ganola 😊

