

## Meal Production Summary - 08/12/2025

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	229	10	0	239
Beef Chow Mein	119	4	0	123
Shepherd's Pie	115	0	0	115
Beef Burrito Bowl	148	9	0	157
Beef Meatballs	193	2	0	195
Lebanese Beef Stew	0	0	0	0
Mongolian Beef	216	9	0	225
Chicken with Vegetables	65	2	0	67
Chicken with Sweet Potato and Beans	124	0	0	124
Naked Chicken Parma	285	13	0	298
Chicken Pesto Pasta	216	5	0	221
Chicken and Broccoli Pasta	155	0	0	155
Butter Chicken	177	7	0	184
Thai Green Chicken Curry	148	14	0	162
Moroccan Chicken	99	0	0	99
Steak with Mushroom Sauce	196	1	0	197
Creamy Chicken & Mushroom Gnocchi	193	0	0	193
Roasted Lemon Chicken & Potatoes	152	0	0	152
Beef Lasagna	313	7	0	320
Bean Nachos with Rice	26	0	0	26
Lamb Souvlaki	219	3	0	222
Chicken Fajita Bowl	133	11	0	144
Steak On Its Own	0	0	0	0
Chicken On Its Own	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	5	0	0	5
Baked Family Lasagna	28	0	0	28
ON Amino Energy Can	0	3	0	3
<b>TOTAL</b>	<b>3554</b>	<b>100</b>	<b>0</b>	<b>3654</b>

## Daily Production Report - 08/12/2025

### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	239	5099	3
Oil	0.7	239	56	

### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	376	7395	3
Oil	0.7	376	88	

### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	1021	9019	6
Water	95	1021	16166	
Salt	1	1021	170	
Oil	1.5	1021	255	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	99	17820	0
Oil	2	99	198	
Lemon Juice	6	99	594	
Moroccan Chicken Mix	4	99	396	

### Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	296	47360	
Oil	4	296	1184	
Roast Chicken Mix	4	296	1184	

### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	197	18321	0
Oil	1.5	197	295.5	
Baking Soda	3	197	591	

### Lamb Marinade

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	222	35964	0
Oil	2	222	444	
Salt	1.5	222	333.0	
Oregano	1.2	222	266.4	

### Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	392	58800	0
Cooking Cream	20	392	7840	
Butter	7	392	2744	
Salt	1.5	392	588.0	
White Pepper	0.5	392	196.0	

### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	239	47800	0
Salt	1	239	239	
White Pepper	0.5	239	119.5	

### Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	520	10978	9
Oil	1	520	58	
Spices Mix	2.5	520	144	

### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	152	10488	3
Oil	1	152	51	
Salt	1.2	152	61	

### Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	162	9720	0
Salt	1	162	162	

### Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	222	6660	0
Parsley	1.5	222	333.0	
Paprika	0.5	222	111.0	

### Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	388	23280	0

## Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	239	7967	3
Napoli Sauce	65	239	5178	
Crushed Tomatoes	45	239	3585	
Beef Stock	30	239	2390	
Onion	15	239	1195	
Zucchini	15	239	1195	
Carrot	15	239	1195	
Vegetable Oil	1	239	80	
Salt	3	239	239	
Pepper	1	239	80	

### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	120	123	7380	2
Celery	42	123	2583	
Carrot	42	123	2583	
Cabbage	42	123	2583	
Onion	42	123	2583	
Oil	2	123	123	
Pepper	1	123	62	
Salt	0.5	123	31	
Soy Sauce	13	123	800	
Oyster Sauce	13	123	800	

### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	115	5750	2
Oil	2	115	115	
Carrots	15	115	862	
Capsicum	15	115	862	
Onion	15	115	862	
Mushroom	15	115	862	
Peas	15	115	862	
Tomato Paste	6	115	345	
Beef Stock	20	115	1150	
Salt	2	115	115	
Pepper	0.5	115	29	
Napoli Sauce	70	115	4025	

### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	95	157	7458	2
Onion	12	157	942	
Capsicum	12	157	942	
Vegetable Oil	2	157	157	
Taco Seasoning	7	157	550	
Salt	1.5	157	118	
Pepper	0.5	157	39	
Beef Stock	40	157	3140	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	195	29250	
Onion	10	195	1950	
Parsley	3	195	585	
Salt	1.5	195	292.5	
Pepper	0.2	195	39.0	

### Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	0	0	
Onion	30	0	0	
Carrot	30	0	0	
Potato	30	0	0	
Peas	30	0	0	
Oil	2	0	0	
Salt	2.5	0	0.0	
Pepper	0.5	0	0.0	
Tomato Paste	20	0	0	
Water	30	0	0	
Beef Stock	30	0	0	
Rice	130	0	0	

### Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	225	22500	
Baking Soda	2.5	225	562.5	
Water	10	225	2250	
Soy Sauce	5	225	1125	
Cornflour	2.5	225	562.5	
Capsicum	37	225	8325	
Onion	37	225	8325	
Rice	130	225	29250	

## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	67	4522	2
Corn	50	67	1675	
Beans	60	67	2010	
Broccoli	67	67	2244	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	221	28730	
Penne	59	221	13039	
Sundried Tomatoes	20	221	4420	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	184	6440	4
Peas	40	184	1840	
Rice	130	184	5980	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	99	17820	

### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	99	1782	
Zucchini	27	99	2673	
Red Capsicum	27	99	2673	
Garlic	1.8	99	178.20000000000002	
Oil	1.8	99	178.20000000000002	
Chickpeas	103.5	99	10246.5	
Mix Spices	1.53	99	151.47	
Chicken Stock	45	99	4455	

### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	320	48000	
Mozzerala Cheese	1750	320	240000	
Napoli Sauce	500	320	160000	
Bolognese	3200	320	1024000	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	124	5580	3
Beans	60	124	2480	

### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	298	44700	

### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	155	20150	
Penne	59	155	9145	
Broccoli	40	155	6200	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	162	23360.399999999998	
Rice	130	162	21060	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	197	21670	

### Steak On Its Own

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	200	0	0	

### Bean Nachos with Rice

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Drained Beans	80	26	2080	1
Carrot	25	26	650	
Onion	20	26	520	
Taco Seasoning	1	26	26	
Salt	1.5	26	39	
Pepper	0.5	26	13	
Garlic	2.5	26	65	
Vegetable Oil	1.5	26	39	
Cumin	0.5	26	13	
Crushed Tomato	85	26	2210	
Water	41.7	26	1084	

## Meal Recipes (cont'd)

### Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	222	10360	3
Potatoes	140	222	10360	

### Chicken On Its Own

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken Breast	200	0	0	

### Chicken Fajita Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken Thigh	150	144	7200	3
Capsicum	52	144	2496	
Red Onion	52	144	2496	
Salsa	30	144	1440	
Rice	130	144	6240	

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	193	4825	6
Chicken	80	193	2573	
Sauce	200	193	6433	
Spinach	25	193	804	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7.21	162	1168.02
Coconut Cream	97.85	162	15851.699999999999

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	222	4440
Garlic	1	222	222
Salt	0.2	222	44.400000000000006

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	225	15750
MEATBALLS	120	195	23400
LEMON	50	152	7600
MUSHROOM	100	197	19700
FAJITA SAUCE	33	144	4752
BURRITO SAUCE	43	157	6751

### Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	157	2251	3
Black Beans	50	157	2617	3
Corn	50	157	2617	3
Rice	130	157	6804	3

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	298	14900
Mozzarella Cheese	40	298	11920

### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	221	4420

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	221	4730	5
Sauce	80	221	3536	5

### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	162	4673	4
Sauce	92.7	162	3755	4

### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	184	5658	4
Sauce	90	184	4140	4

### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	193	4729	6
Chicken	80	193	2574	6
Sauce	200	193	6434	6
Spinach	25	193	805	6

### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	155	3953	4
Sauce	100	155	3875	4

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	22500
MINCE	94325
TOPSIDE STEAK	18321
LAMB SHOULDER	35964
MORROCAN CHICKEN	17820
ITALIAN CHICKEN	74817
NORMAL CHICKEN	118950
CHICKEN THIGH	47360

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	2673
5MM DICED CABBAGE	5166
5MM DICED CAPSICUM	6281
5MM DICED CARROTS	6890
5MM DICED CELERY	5166
5MM DICED MUSHROOMS	1724
5MM DICED ONION	16611
5MM MONGOLIAN CAPSICUM	15813
5MM MONGOLIAN ONION	15813
5MM SLICED MUSHROOMS	0
BROCCOLI	10688
CRATED CARROTS	4235
CRATED ZUCCHINI	3585
LEMON POTATO	31464
ROASTED POTATO	98793
THAI POTATOS	9720
POTATO MASH	58800
SWEET POTATO MASH	47800
SPINACH	4824
RED ONION	6660
PARSLEY	333