

## Weekly Meal Summary - 10/11/2025 to 16/11/2025

Meal	Already Made	Total
Spaghetti Bolognese	0	269
Beef Chow Mein	0	125
Shepherd's Pie	0	105
Beef Burrito Bowl	0	166
Beef Meatballs	0	159
Lebanese Beef Stew	0	0
Mongolian Beef	0	238
Chicken with Vegetables	0	99
Chicken with Sweet Potato and Beans	0	127
Naked Chicken Parma	0	338
Chicken Pesto Pasta	0	267
Chicken and Broccoli Pasta	0	182
Butter Chicken	0	223
Thai Green Chicken Curry	0	202
Moroccan Chicken	0	106
Steak with Mushroom Sauce	0	252
Creamy Chicken & Mushroom Gnocchi	0	191
Roasted Lemon Chicken & Potatoes	0	216
Beef Lasagna	0	418
Bean Nachos with Rice	0	25
Lamb Souvlaki	0	254
Chicken Fajita Bowl	0	131
Steak On Its Own	0	0
Chicken On Its Own	0	1
Family Mac and 3 Cheese Pasta Bake	0	8
Baked Family Lasagna	0	13
ON Amino Energy Can	0	19
<b>TOTAL</b>	<b>0</b>	<b>4134</b>