

Weekly Meal Summary - 15/12/2025 to 21/12/2025

Meal	Already Made	Total
Spaghetti Bolognese	0	719
Beef Chow Mein	0	404
Shepherd's Pie	0	430
Beef Burrito Bowl	0	595
Beef Meatballs	0	596
Lebanese Beef Stew	0	0
Mongolian Beef	0	747
Chicken with Vegetables	0	229
Chicken with Sweet Potato and Beans	0	406
Naked Chicken Parma	0	996
Chicken Pesto Pasta	0	704
Chicken and Broccoli Pasta	0	409
Butter Chicken	0	680
Thai Green Chicken Curry	0	530
Moroccan Chicken	0	324
Steak with Mushroom Sauce	0	716
Creamy Chicken & Mushroom Gnocchi	0	515
Roasted Lemon Chicken & Potatoes	0	443
Beef Lasagna	0	1244
Bean Nachos with Rice	0	8
Lamb Souvlaki	0	673
Chicken Fajita Bowl	0	499
Steak On Its Own	0	4
Chicken On Its Own	0	0
Family Mac and 3 Cheese Pasta Bake	0	22
Baked Family Lasagna	0	46
ON Amino Energy Can	0	21
TOTAL	0	11960