

Meal Production Summary - 04/08/2025

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	197	22	0	219
Beef Chow Mein	89	7	0	96
Shepherd's Pie	117	0	0	117
Beef Burrito Bowl	115	10	0	125
Beef Meatballs	105	12	0	117
Lebanese Beef Stew	76	0	0	76
Mongolian Beef	178	21	0	199
Chicken with Vegetables	32	12	0	44
Chicken with Sweet Potato and Beans	92	0	0	92
Naked Chicken Parma	180	24	0	204
Chicken Pesto Pasta	169	5	0	174
Chicken and Broccoli Pasta	95	0	0	95
Butter Chicken	152	8	0	160
Thai Green Chicken Curry	125	15	0	140
Moroccan Chicken	71	0	0	71
Steak with Mushroom Sauce	173	7	0	180
Creamy Chicken & Mushroom Gnocchi	168	0	0	168
Roasted Lemon Chicken & Potatoes	100	5	0	105
Beef Lasagna	247	14	0	261
Bean Nachos with Rice	19	0	0	19
Lamb Souvlaki	163	7	0	170
Chicken Fajita Bowl	99	13	0	112
Steak On Its Own	0	3	0	3
Chicken On Its Own	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	14	0	0	14
Baked Family Lasagna	18	0	0	18
TOTAL	2794	185	0	2979

Daily Production Report - 04/08/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	219	4964	3
Oil	0.7	219	51	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	269	7936	2
Oil	0.7	269	94	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	927	24566	2
Water	95	927	44032	
Salt	1	927	464	
Oil	1.5	927	695	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	71	12780	0
Oil	2	71	142	
Lemon Juice	6	71	426	
Moroccan Chicken Mix	4	71	284	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	150	217	32550	
Oil	4	217	868	
Roast Chicken Mix	4	217	868	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	183	20130	0
Oil	1.5	183	274.5	
Baking Soda	3	183	549	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	170	27540	0
Oil	2	170	340	
Salt	1.5	170	255.0	
Oregano	1.2	170	204.0	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	297	44550	0
Cooking Cream	20	297	5940	
Butter	7	297	2079	
Salt	1.5	297	445.5	
White Pepper	0.5	297	148.5	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	185	209	38665	0
Salt	1	209	209	
White Pepper	0.5	209	104.5	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	374	11843	6
Oil	1	374	62	
Spices Mix	2.5	374	156	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	105	10868	2
Oil	1	105	52	
Salt	1.2	105	63	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	140	8400	0
Salt	1	140	140	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	170	5100	0
Parsley	1.5	170	255.0	
Paprika	0.5	170	85.0	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	316	18960	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	219	0	3
Napoli Sauce	0	219	0	
Crushed Tomatoes	0	219	0	
Beef Stock	0	219	0	
Onion	0	219	0	
Zucchini	0	219	0	
Carrot	0	219	0	
Vegetable Oil	0	219	0	
Salt	0	219	0	
Pepper	0	219	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	96	0	2
Celery	0	96	0	
Carrot	0	96	0	
Cabbage	0	96	0	
Onion	0	96	0	
Oil	0	96	0	
Pepper	0	96	0	
Salt	0	96	0	
Soy Sauce	0	96	0	
Oyster Sauce	0	96	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	117	0	2
Oil	0	117	0	
Carrots	0	117	0	
Capsicum	0	117	0	
Onion	0	117	0	
Mushroom	0	117	0	
Peas	0	117	0	
Tomato Paste	0	117	0	
Beef Stock	0	117	0	
Salt	0	117	0	
Pepper	0	117	0	
Napoli Sauce	0	117	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	125	0	1
Onion	0	125	0	
Capsicum	0	125	0	
Vegetable Oil	0	125	0	
Taco Seasoning	0	125	0	
Salt	0	125	0	
Pepper	0	125	0	
Beef Stock	0	125	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	117	17550	
Onion	10	117	1170	
Parsley	3	117	351	
Salt	1.5	117	175.5	
Pepper	0.2	117	23.400000000000002	

Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	76	7372	1
Onion	30	76	2280	
Carrot	30	76	2280	
Potato	30	76	2280	
Peas	30	76	2280	
Oil	2	76	152	
Salt	2.5	76	190	
Pepper	0.5	76	38	
Tomato Paste	20	76	1520	
Water	30	76	2280	
Beef Stock	30	76	2280	
Rice	130	76	9880	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	97	199	19303	
Baking Soda	2.5	199	497.5	
Water	10	199	1990	
Soy Sauce	5	199	995	
Cornflour	2.5	199	497.5	
Capsicum	37	199	7363	
Onion	37	199	7363	
Rice	130	199	25870	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	44	5940	1
Corn	52	44	2288	
Beans	60	44	2640	
Broccoli	67	44	2948	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	174	22620	
Penne	59	174	10266	
Sundried Tomatoes	24	174	4176	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	160	22400	
Peas	40	160	6400	
Rice	130	160	20800	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	71	12780	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	71	1420	
Zucchini	30	71	2130	
Red Capsicum	30	71	2130	
Garlic	2	71	142	
Oil	2	71	142	
Chickpeas	115	71	8165	
Mix Spices	1.7	71	120.7	
Chicken Stock	50	71	3550	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	261	39150	
Mozzerala Cheese	1750	261	195750	
Napoli Sauce	500	261	130500	
Bolognese	3200	261	835200	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	92	6210	2
Beans	60	92	2760	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	204	30600	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	95	12350	
Penne	59	95	5605	
Broccoli	40	95	3800	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	140	19600	
Rice	130	140	18200	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	180	19800	

Steak On Its Own

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	200	3	600	1

Bean Nachos with Rice

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Drained Beans	80	19	1520	1
Carrot	25	19	475	
Onion	20	19	380	
Taco Seasoning	1	19	19	
Salt	1.5	19	28	
Pepper	0.5	19	10	
Garlic	2.5	19	48	
Vegetable Oil	1.5	19	28	
Cumin	0.5	19	10	
Crushed Tomato	85	19	1615	
Water	41.7	19	792	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	170	11900	2
Potatoes	140	170	11900	

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	112	8400	2
Capsicum	52	112	2912	
Red Onion	52	112	2912	
Salsa	30	112	1680	
Rice	130	112	7280	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	168	5040	5
Chicken	80	168	2688	
Sauce	200	168	6720	
Spinach	25	168	840	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	140	980
Coconut Cream	90	140	12600

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	170	3400
Garlic	2	170	340
Salt	1	170	170

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	199	13930
MEATBALLS	120	117	14040
LEMON	50	105	5250
MUSHROOM	100	180	18000
FAJITA SAUCE	33	112	3696
BURRITO SAUCE	43	125	5375

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	125	1792	3
Black Beans	50	125	2084	3
Corn	50	125	2084	3
Rice	130	125	5417	3

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	204	10200
Mozzarella Cheese	40	204	8160

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	24	174	4176

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	110	174	4785	4
Sauce	80	174	3480	4

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	110	140	5134	3
Sauce	90	140	4200	3

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	120	160	4800	4
Sauce	90	160	3600	4

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	150	168	5040	5
Chicken	80	168	2688	5
Sauce	200	168	6720	5
Spinach	25	168	840	5

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	100	95	4750	2
Sauce	100	95	4750	2

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	7372
BEEF TOPSIDE (MONG)	19303
MINCE	17550
TOPSIDE STEAK	20130
LAMB SHOULDER	27540
MORROCAN CHICKEN	12780
ITALIAN CHICKEN	52020
NORMAL CHICKEN	95810
CHICKEN THIGH	32550

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	2280
10MM DICED POTATO (LEBO)	2280
10MM DICED ZUCCHINI	2130
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	2130
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	5250
5MM MONGOLIAN CAPSICUM	13187
5MM MONGOLIAN ONION	13187
5MM SLICED MUSHROOMS	0
BROCCOLI	6748
CRATED CARROTS	475
CRATED ZUCCHINI	0
LEMON POTATO	21734
ROASTED POTATO	71058
THAI POTATOS	8400
POTATO MASH	44550
SWEET POTATO MASH	38665
SPINACH	4200
RED ONION	5100
PARSLEY	255