

## Meal Production Summary - 28/07/2025

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	175	13	0	188
Beef Chow Mein	97	2	0	99
Shepherd's Pie	84	0	0	84
Beef Burrito Bowl	122	13	0	135
Beef Meatballs	108	5	0	113
Lebanese Beef Stew	69	0	0	69
Mongolian Beef	171	14	0	185
Chicken with Vegetables	42	7	0	49
Chicken with Sweet Potato and Beans	98	0	0	98
Naked Chicken Parma	206	12	0	218
Chicken Pesto Pasta	139	11	0	150
Chicken and Broccoli Pasta	98	0	0	98
Butter Chicken	155	11	0	166
Thai Green Chicken Curry	123	5	0	128
Moroccan Chicken	77	0	0	77
Steak with Mushroom Sauce	165	4	0	169
Creamy Chicken & Mushroom Gnocchi	156	0	0	156
Roasted Lemon Chicken & Potatoes	74	2	0	76
Beef Lasagna	247	16	0	263
Bean Nachos with Rice	28	0	0	28
Lamb Souvlaki	162	12	0	174
Chicken Fajita Bowl	107	5	0	112
Steak On Its Own	0	0	0	0
Chicken On Its Own	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	0	0	0	0
Baked Family Lasagna	13	0	0	13
<b>TOTAL</b>	<b>2716</b>	<b>132</b>	<b>0</b>	<b>2848</b>

## Daily Production Report - 28/07/2025

### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	188	4261	3
Oil	0.7	188	44	

### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	248	7316	2
Oil	0.7	248	87	

### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	922	24433	2
Water	95	922	43795	
Salt	1	922	461	
Oil	1.5	922	692	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	77	13860	0
Oil	2	77	154	
Lemon Juice	6	77	462	
Moroccan Chicken Mix	4	77	308	

### Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	150	188	28200	
Oil	4	188	752	
Roast Chicken Mix	4	188	752	

### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	169	18590	0
Oil	1.5	169	253.5	
Baking Soda	3	169	507	

### Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	174	28188	0
Oil	2	174	348	
Salt	1.5	174	261.0	
Oregano	1.2	174	208.8	

### Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	282	42300	0
Cooking Cream	20	282	5640	
Butter	7	282	1974	
Salt	1.5	282	423.0	
White Pepper	0.5	282	141.0	

### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	185	182	33670	0
Salt	1	182	182	
White Pepper	0.5	182	91.0	

### Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	392	10640	7
Oil	1	392	56	
Spices Mix	2.5	392	140	

### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	76	7866	2
Oil	1	76	38	
Salt	1.2	76	46	

### Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	128	7680	0
Salt	1	128	128	

### Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	174	5220	0
Parsley	1.5	174	261.0	
Paprika	0.5	174	87.0	

### 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	188	0	3
Napoli Sauce	0	188	0	
Crushed Tomatoes	0	188	0	
Beef Stock	0	188	0	
Onion	0	188	0	
Zucchini	0	188	0	
Carrot	0	188	0	
Vegetable Oil	0	188	0	
Salt	0	188	0	
Pepper	0	188	0	

### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	99	0	2
Celery	0	99	0	
Carrot	0	99	0	
Cabbage	0	99	0	
Onion	0	99	0	
Oil	0	99	0	
Pepper	0	99	0	
Salt	0	99	0	
Soy Sauce	0	99	0	
Oyster Sauce	0	99	0	

### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	84	0	2
Oil	0	84	0	
Carrots	0	84	0	
Capsicum	0	84	0	
Onion	0	84	0	
Mushroom	0	84	0	
Peas	0	84	0	
Tomato Paste	0	84	0	
Beef Stock	0	84	0	
Salt	0	84	0	
Pepper	0	84	0	
Napoli Sauce	0	84	0	

### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	135	0	2
Onion	0	135	0	
Capsicum	0	135	0	
Vegetable Oil	0	135	0	
Taco Seasoning	0	135	0	
Salt	0	135	0	
Pepper	0	135	0	
Beef Stock	0	135	0	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	113	16950	
Onion	10	113	1130	
Parsley	3	113	339	
Salt	1.5	113	169.5	
Pepper	0.2	113	22.6	

### Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	69	6693	1
Onion	30	69	2070	
Carrot	30	69	2070	
Potato	30	69	2070	
Peas	30	69	2070	
Oil	2	69	138	
Salt	2.5	69	172	
Pepper	0.5	69	34	
Tomato Paste	20	69	1380	
Water	30	69	2070	
Beef Stock	30	69	2070	
Rice	130	69	8970	

### Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	97	185	17945	
Baking Soda	2.5	185	462.5	
Water	10	185	1850	
Soy Sauce	5	185	925	
Cornflour	2.5	185	462.5	
Capsicum	37	185	6845	
Onion	37	185	6845	
Rice	130	185	24050	

## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	49	6615	1
Corn	52	49	2548	
Beans	60	49	2940	
Broccoli	67	49	3283	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	150	19500	
Penne	59	150	8850	
Sundried Tomatoes	24	150	3600	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	166	23240	
Peas	40	166	6640	
Rice	130	166	21580	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	77	13860	

### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	77	1540	
Zucchini	30	77	2310	
Red Capsicum	30	77	2310	
Garlic	2	77	154	
Oil	2	77	154	
Chickpeas	115	77	8855	
Mix Spices	1.7	77	130.9	
Chicken Stock	50	77	3850	

### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	263	39450	
Mozzerala Cheese	1750	263	197250	
Napoli Sauce	500	263	131500	
Bolognese	3200	263	841600	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	98	6615	2
Beans	60	98	2940	

### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	218	32700	

### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	98	12740	
Penne	59	98	5782	
Broccoli	40	98	3920	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	128	17920	
Rice	130	128	16640	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	169	18590	

### 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	28	2240	1
Carrot	25	28	700	
Onion	20	28	560	
Taco Seasoning	1	28	28	
Salt	1.5	28	42	
Pepper	0.5	28	14	
Garlic	2.5	28	70	
Vegetable Oil	1.5	28	42	
Cumin	0.5	28	14	
Crushed Tomato	85	28	2380	
Water	41.7	28	1168	

## Meal Recipes (cont'd)

### Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	174	12180	2
Potatoes	140	174	12180	

### 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	156	4680	5
Chicken	80	156	2496	
Sauce	200	156	6240	
Spinach	25	156	780	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	128	896
Coconut Cream	90	128	11520

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	174	3480
Garlic	2	174	348
Salt	1	174	174

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	185	12950
MEATBALLS	120	113	13560
LEMON	50	76	3800
MUSHROOM	100	169	16900
FAJITA SAUCE	33	112	3696
BURRITO SAUCE	43	135	5805

### Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	135	1935	3
Black Beans	50	135	2250	3
Corn	50	135	2250	3
Rice	130	135	5850	3

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	218	10900
Mozzarella Cheese	40	218	8720

### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	24	150	3600

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	110	150	4125	4
Sauce	80	150	3000	4

### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	110	128	4694	3
Sauce	90	128	3840	3

### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	120	166	4980	4
Sauce	90	166	3735	4

### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	150	156	4680	5
Chicken	80	156	2496	5
Sauce	200	156	6240	5
Spinach	25	156	780	5

### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	100	98	4900	2
Sauce	100	98	4900	2

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	6693
BEEF TOPSIDE (MONG)	17945
MINCE	16950
TOPSIDE STEAK	18590
LAMB SHOULDER	28188
MORROCAN CHICKEN	13860
ITALIAN CHICKEN	55845
NORMAL CHICKEN	90740
CHICKEN THIGH	28200

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	2070
10MM DICED POTATO (LEBO)	2070
10MM DICED ZUCCHINI	2310
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	2310
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	5300
5MM MONGOLIAN CAPSICUM	12669
5MM MONGOLIAN ONION	12669
5MM SLICED MUSHROOMS	0
BROCCOLI	7203
CRATED CARROTS	700
CRATED ZUCCHINI	0
LEMON POTATO	15732
ROASTED POTATO	74480
THAI POTATOS	7680
POTATO MASH	42300
SWEET POTATO MASH	33670
SPINACH	3900
RED ONION	5220
PARSLEY	261