

## Meal Production Summary - 13/10/2025

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	187	8	0	195
Beef Chow Mein	104	1	0	105
Shepherd's Pie	82	0	0	82
Beef Burrito Bowl	160	2	0	162
Beef Meatballs	128	5	0	133
Lebanese Beef Stew	75	0	0	75
Mongolian Beef	200	10	0	210
Chicken with Vegetables	34	1	0	35
Chicken with Sweet Potato and Beans	73	0	0	73
Naked Chicken Parma	241	7	0	248
Chicken Pesto Pasta	216	1	0	217
Chicken and Broccoli Pasta	160	0	0	160
Butter Chicken	174	6	0	180
Thai Green Chicken Curry	163	7	0	170
Moroccan Chicken	63	0	0	63
Steak with Mushroom Sauce	230	3	0	233
Creamy Chicken & Mushroom Gnocchi	184	0	0	184
Roasted Lemon Chicken & Potatoes	96	6	0	102
Beef Lasagna	370	8	0	378
Bean Nachos with Rice	14	0	0	14
Lamb Souvlaki	147	1	0	148
Chicken Fajita Bowl	150	5	0	155
Steak On Its Own	0	0	0	0
Chicken On Its Own	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	2	0	0	2
Baked Family Lasagna	12	0	0	12
<b>TOTAL</b>	<b>3265</b>	<b>71</b>	<b>0</b>	<b>3336</b>

## Daily Production Report - 13/10/2025

### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	195	4160	3
Oil	0.7	195	46	

### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	377	7414	3
Oil	0.7	377	88	

### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	1071	18921	3
Water	95	1071	33915	
Salt	1	1071	357	
Oil	1.5	1071	536	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	63	11340	0
Oil	2	63	126	
Lemon Juice	6	63	378	
Moroccan Chicken Mix	4	63	252	

### Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	257	41120	
Oil	4	257	1028	
Roast Chicken Mix	4	257	1028	

### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	233	21669	0
Oil	1.5	233	349.5	
Baking Soda	3	233	699	

### Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	148	23976	0
Oil	2	148	296	
Salt	1.5	148	222.0	
Oregano	1.2	148	177.6	

### Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	366	54900	0
Cooking Cream	20	366	7320	
Butter	7	366	2562	
Salt	1.5	366	549.0	
White Pepper	0.5	366	183.0	

### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	155	31000	0
Salt	1	155	155	
White Pepper	0.5	155	77.5	

### Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	396	10749	7
Oil	1	396	57	
Spices Mix	2.5	396	141	

### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	102	10557	2
Oil	1	102	51	
Salt	1.2	102	61	

### Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	170	10200	0
Salt	1	170	170	

### Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	148	4440	0
Parsley	1.5	148	222.0	
Paprika	0.5	148	74.0	

### Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	341	20460	0

## Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	195	0	3
Napoli Sauce	0	195	0	
Crushed Tomatoes	0	195	0	
Beef Stock	0	195	0	
Onion	0	195	0	
Zucchini	0	195	0	
Carrot	0	195	0	
Vegetable Oil	0	195	0	
Salt	0	195	0	
Pepper	0	195	0	

### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	105	0	2
Celery	0	105	0	
Carrot	0	105	0	
Cabbage	0	105	0	
Onion	0	105	0	
Oil	0	105	0	
Pepper	0	105	0	
Salt	0	105	0	
Soy Sauce	0	105	0	
Oyster Sauce	0	105	0	

### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	82	0	1
Oil	0	82	0	
Carrots	0	82	0	
Capsicum	0	82	0	
Onion	0	82	0	
Mushroom	0	82	0	
Peas	0	82	0	
Tomato Paste	0	82	0	
Beef Stock	0	82	0	
Salt	0	82	0	
Pepper	0	82	0	
Napoli Sauce	0	82	0	

### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	162	0	2
Onion	0	162	0	
Capsicum	0	162	0	
Vegetable Oil	0	162	0	
Taco Seasoning	0	162	0	
Salt	0	162	0	
Pepper	0	162	0	
Beef Stock	0	162	0	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	133	19950	
Onion	10	133	1330	
Parsley	3	133	399	
Salt	1.5	133	199.5	
Pepper	0.2	133	26.6	

### Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	75	7275	1
Onion	30	75	2250	
Carrot	30	75	2250	
Potato	30	75	2250	
Peas	30	75	2250	
Oil	2	75	150	
Salt	2.5	75	188	
Pepper	0.5	75	38	
Tomato Paste	20	75	1500	
Water	30	75	2250	
Beef Stock	30	75	2250	
Rice	130	75	9750	

### Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	210	21000	
Baking Soda	2.5	210	525.0	
Water	10	210	2100	
Soy Sauce	5	210	1050	
Cornflour	2.5	210	525.0	
Capsicum	37	210	7770	
Onion	37	210	7770	
Rice	130	210	27300	

## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	35	4725	1
Corn	50	35	1750	
Beans	60	35	2100	
Broccoli	67	35	2345	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	217	28210	
Penne	59	217	12803	
Sundried Tomatoes	20	217	4340	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	180	8400	3
Peas	40	180	2400	
Rice	130	180	7800	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	63	11340	

### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	63	1260	
Zucchini	30	63	1890	
Red Capsicum	30	63	1890	
Garlic	2	63	126	
Oil	2	63	126	
Chickpeas	115	63	7245	
Mix Spices	1.7	63	107.1	
Chicken Stock	50	63	3150	

### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	378	56700	
Mozzerala Cheese	1750	378	283500	
Napoli Sauce	500	378	189000	
Bolognese	3200	378	1209600	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	73	4928	2
Beans	60	73	2190	

### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	248	37200	

### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	160	20800	
Penne	59	160	9440	
Broccoli	40	160	6400	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	170	23800	
Rice	130	170	22100	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	233	25630	

### 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	14	1120	1
Carrot	25	14	350	
Onion	20	14	280	
Taco Seasoning	1	14	14	
Salt	1.5	14	21	
Pepper	0.5	14	7	
Garlic	2.5	14	35	
Vegetable Oil	1.5	14	21	
Cumin	0.5	14	7	
Crushed Tomato	85	14	1190	
Water	41.7	14	584	

## Meal Recipes (cont'd)

### Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	148	10360	2
Potatoes	140	148	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	155	7750	3
Capsicum	52	155	2687	
Red Onion	52	155	2687	
Salsa	30	155	1550	
Rice	130	155	6717	

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	184	4600	6
Chicken	80	184	2453	
Sauce	200	184	6133	
Spinach	25	184	767	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	170	1190
Coconut Cream	95	170	16150

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	148	2960
Garlic	1	148	148
Salt	0.2	148	29.6

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	210	14700
MEATBALLS	120	133	15960
LEMON	50	102	5100
MUSHROOM	100	233	23300
FAJITA SAUCE	33	155	5115
BURRITO SAUCE	43	162	6966

### Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	162	2322	3
Black Beans	50	162	2700	3
Corn	50	162	2700	3
Rice	130	162	7020	3

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	248	12400
Mozzarella Cheese	40	248	9920

### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	217	4340

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	217	4644	5
Sauce	80	217	3472	5

### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	170	4760	4
Sauce	90	170	3825	4

### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	180	5535	4
Sauce	90	180	4050	4

### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	184	4508	6
Chicken	80	184	2454	6
Sauce	200	184	6134	6
Spinach	25	184	767	6

### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	160	4080	4
Sauce	100	160	4000	4

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	7275
BEEF TOPSIDE (MONG)	21000
MINCE	19950
TOPSIDE STEAK	21669
LAMB SHOULDER	23976
MORROCAN CHICKEN	11340
ITALIAN CHICKEN	54468
NORMAL CHICKEN	118430
CHICKEN THIGH	41120

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	2250
10MM DICED POTATO (LEBO)	2250
10MM DICED ZUCCHINI	1890
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	1890
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	5120
5MM MONGOLIAN CAPSICUM	15828
5MM MONGOLIAN ONION	15828
5MM SLICED MUSHROOMS	0
BROCCOLI	8745
CRATED CARROTS	350
CRATED ZUCCHINI	0
LEMON POTATO	21114
ROASTED POTATO	75236
THAI POTATOS	10200
POTATO MASH	54900
SWEET POTATO MASH	31000
SPINACH	4596
RED ONION	4440
PARSLEY	222