

Meal Production Summary - 23/09/2025

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	232	18	16	234
Beef Chow Mein	148	5	33	120
Shepherd's Pie	135	0	3	132
Beef Burrito Bowl	145	12	0	157
Beef Meatballs	137	17	8	146
Lebanese Beef Stew	67	0	13	54
Mongolian Beef	251	15	0	266
Chicken with Vegetables	58	17	0	75
Chicken with Sweet Potato and Beans	84	0	0	84
Naked Chicken Parma	260	22	0	282
Chicken Pesto Pasta	182	15	0	197
Chicken and Broccoli Pasta	137	0	0	137
Butter Chicken	188	16	0	204
Thai Green Chicken Curry	159	12	0	171
Moroccan Chicken	55	0	4	51
Steak with Mushroom Sauce	196	7	3	200
Creamy Chicken & Mushroom Gnocchi	187	0	0	187
Roasted Lemon Chicken & Potatoes	159	7	4	162
Beef Lasagna	349	25	0	374
Bean Nachos with Rice	13	0	0	13
Lamb Souvlaki	222	8	0	230
Chicken Fajita Bowl	131	6	0	137
Steak On Its Own	0	0	0	0
Chicken On Its Own	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	12	0	0	12
Baked Family Lasagna	26	0	0	26
TOTAL	3533	202	84	3651

Daily Production Report - 23/09/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	234	5304	3
Oil	0.7	234	55	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	334	6569	3
Oil	0.7	334	78	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	1122	19822	3
Water	95	1122	35530	
Salt	1	1122	374	
Oil	1.5	1122	561	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	51	9180	0
Oil	2	51	102	
Lemon Juice	6	51	306	
Moroccan Chicken Mix	4	51	204	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	299	47840	
Oil	4	299	1196	
Roast Chicken Mix	4	299	1196	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	200	22000	0
Oil	1.5	200	300.0	
Baking Soda	3	200	600	

Lamb Marinade

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	230	37260	0
Oil	2	230	460	
Salt	1.5	230	345.0	
Oregano	1.2	230	276.0	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	346	51900	0
Cooking Cream	20	346	6920	
Butter	7	346	2422	
Salt	1.5	346	519.0	
White Pepper	0.5	346	173.0	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	216	43200	0
Salt	1	216	216	
White Pepper	0.5	216	108.0	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	512	10809	9
Oil	1	512	57	
Spices Mix	2.5	512	142	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	162	11178	3
Oil	1	162	54	
Salt	1.2	162	65	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	171	10260	0
Salt	1	171	171	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	230	6900	0
Parsley	1.5	230	345.0	
Paprika	0.5	230	115.0	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	359	21540	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	234	0	3
Napoli Sauce	0	234	0	
Crushed Tomatoes	0	234	0	
Beef Stock	0	234	0	
Onion	0	234	0	
Zucchini	0	234	0	
Carrot	0	234	0	
Vegetable Oil	0	234	0	
Salt	0	234	0	
Pepper	0	234	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	120	0	2
Celery	0	120	0	
Carrot	0	120	0	
Cabbage	0	120	0	
Onion	0	120	0	
Oil	0	120	0	
Pepper	0	120	0	
Salt	0	120	0	
Soy Sauce	0	120	0	
Oyster Sauce	0	120	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	132	0	2
Oil	0	132	0	
Carrots	0	132	0	
Capsicum	0	132	0	
Onion	0	132	0	
Mushroom	0	132	0	
Peas	0	132	0	
Tomato Paste	0	132	0	
Beef Stock	0	132	0	
Salt	0	132	0	
Pepper	0	132	0	
Napoli Sauce	0	132	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	157	0	2
Onion	0	157	0	
Capsicum	0	157	0	
Vegetable Oil	0	157	0	
Taco Seasoning	0	157	0	
Salt	0	157	0	
Pepper	0	157	0	
Beef Stock	0	157	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	146	21900	
Onion	10	146	1460	
Parsley	3	146	438	
Salt	1.5	146	219.0	
Pepper	0.2	146	29.200000000000003	

Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	54	5238	1
Onion	30	54	1620	
Carrot	30	54	1620	
Potato	30	54	1620	
Peas	30	54	1620	
Oil	2	54	108	
Salt	2.5	54	135	
Pepper	0.5	54	27	
Tomato Paste	20	54	1080	
Water	30	54	1620	
Beef Stock	30	54	1620	
Rice	130	54	7020	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	118	266	31388	
Baking Soda	2.5	266	665.0	
Water	10	266	2660	
Soy Sauce	5	266	1330	
Cornflour	2.5	266	665.0	
Capsicum	37	266	9842	
Onion	37	266	9842	
Rice	130	266	34580	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	75	5062	2
Corn	50	75	1875	
Beans	60	75	2250	
Broccoli	67	75	2512	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	197	25610	
Penne	59	197	11623	
Sundried Tomatoes	20	197	3940	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	204	7140	4
Peas	40	204	2040	
Rice	130	204	6630	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	51	9180	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	51	1020	
Zucchini	30	51	1530	
Red Capsicum	30	51	1530	
Garlic	2	51	102	
Oil	2	51	102	
Chickpeas	115	51	5865	
Mix Spices	1.7	51	86.7	
Chicken Stock	50	51	2550	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	374	56100	
Mozzerala Cheese	1750	374	280500	
Napoli Sauce	500	374	187000	
Bolognese	3200	374	1196800	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	84	5670	2
Beans	60	84	2520	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	282	42300	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	137	17810	
Penne	59	137	8083	
Broccoli	40	137	5480	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	171	23940	
Rice	130	171	22230	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	200	22000	

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	13	1040	1
Carrot	25	13	325	
Onion	20	13	260	
Taco Seasoning	1	13	13	
Salt	1.5	13	20	
Pepper	0.5	13	6	
Garlic	2.5	13	32	
Vegetable Oil	1.5	13	20	
Cumin	0.5	13	6	
Crushed Tomato	85	13	1105	
Water	41.7	13	542	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	230	10733	3
Potatoes	140	230	10733	

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	137	6850	3
Capsicum	52	137	2375	
Red Onion	52	137	2375	
Salsa	30	137	1370	
Rice	130	137	5937	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	187	4675	6
Chicken	80	187	2493	
Sauce	200	187	6233	
Spinach	25	187	779	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	171	1197
Coconut Cream	95	171	16245

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	230	4600
Garlic	1	230	230
Salt	0.2	230	46.0

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	266	18620
MEATBALLS	120	146	17520
LEMON	50	162	8100
MUSHROOM	100	200	20000
FAJITA SAUCE	33	137	4521
BURRITO SAUCE	43	157	6751

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	157	2251	3
Black Beans	50	157	2617	3
Corn	50	157	2617	3
Rice	130	157	6804	3

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	282	14100
Mozzarella Cheese	40	282	11280

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	197	3940

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	197	5270	4
Sauce	80	197	3940	4

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	171	4788	4
Sauce	90	171	3848	4

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	204	5019	5
Sauce	90	204	3672	5

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	187	4582	6
Chicken	80	187	2494	6
Sauce	200	187	6234	6
Spinach	25	187	780	6

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	137	4658	3
Sauce	100	137	4567	3

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	5238
BEEF TOPSIDE (MONG)	31388
MINCE	21900
TOPSIDE STEAK	22000
LAMB SHOULDER	37260
MORROCAN CHICKEN	9180
ITALIAN CHICKEN	67473
NORMAL CHICKEN	116480
CHICKEN THIGH	47840

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	1620
10MM DICED POTATO (LEBO)	1620
10MM DICED ZUCCHINI	1530
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	1530
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	4360
5MM MONGOLIAN CAPSICUM	16964
5MM MONGOLIAN ONION	16964
5MM SLICED MUSHROOMS	0
BROCCOLI	10504
CRATED CARROTS	325
CRATED ZUCCHINI	0
LEMON POTATO	33534
ROASTED POTATO	97272
THAI POTATOS	10260
POTATO MASH	51900
SWEET POTATO MASH	43200
SPINACH	4674
RED ONION	6900
PARSLEY	345