

## Meal Production Summary - 16/09/2025

Meal	Clean Eats	Already Made	Total
Spaghetti Bolognese	78	0	78
Beef Chow Mein	45	0	45
Shepherd's Pie	27	0	27
Beef Burrito Bowl	31	0	31
Beef Meatballs	37	0	37
Lebanese Beef Stew	19	0	19
Mongolian Beef	59	0	59
Chicken with Vegetables	40	0	40
Chicken with Sweet Potato and Beans	39	0	39
Naked Chicken Parma	81	0	81
Chicken Pesto Pasta	82	0	82
Chicken and Broccoli Pasta	54	0	54
Butter Chicken	71	0	71
Thai Green Chicken Curry	28	0	28
Moroccan Chicken	25	0	25
Steak with Mushroom Sauce	52	0	52
Creamy Chicken & Mushroom Gnocchi	45	0	45
Roasted Lemon Chicken & Potatoes	67	0	67
Beef Lasagna	104	0	104
Bean Nachos with Rice	9	0	9
Lamb Souvlaki	55	0	55
Chicken Fajita Bowl	40	0	40
Steak On Its Own	0	0	0
Chicken On Its Own	0	0	0
Family Mac and 3 Cheese Pasta Bake	2	0	2
Baked Family Lasagna	4	0	4
<b>TOTAL</b>	<b>1094</b>	<b>0</b>	<b>1094</b>

## Daily Production Report - 16/09/2025

### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	78	5304	1
Oil	0.7	78	55	

### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	136	4012	2
Oil	0.7	136	48	

### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	302	16006	1
Water	95	302	28690	
Salt	1	302	302	
Oil	1.5	302	453	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	25	4500	0
Oil	2	25	50	
Lemon Juice	6	25	150	
Moroccan Chicken Mix	4	25	100	

### Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	107	17120	
Oil	4	107	428	
Roast Chicken Mix	4	107	428	

### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	52	5720	0
Oil	1.5	52	78.0	
Baking Soda	3	52	156	

### Lamb Marinade

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	55	8910	0
Oil	2	55	110	
Salt	1.5	55	82.5	
Oregano	1.2	55	66.0	

### Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	89	13350	0
Cooking Cream	20	89	1780	
Butter	7	89	623	
Salt	1.5	89	133.5	
White Pepper	0.5	89	44.5	

### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	66	13200	0
Salt	1	66	66	
White Pepper	0.5	66	33.0	

### Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	136	8613	3
Oil	1	136	45	
Spices Mix	2.5	136	113	

### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	67	6934	2
Oil	1	67	34	
Salt	1.2	67	40	

### Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	28	1680	0
Salt	1	28	28	

### Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	55	1650	0
Parsley	1.5	55	82.5	
Paprika	0.5	55	27.5	

### Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	131	7860	0

## Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	78	0	1
Napoli Sauce	0	78	0	
Crushed Tomatoes	0	78	0	
Beef Stock	0	78	0	
Onion	0	78	0	
Zucchini	0	78	0	
Carrot	0	78	0	
Vegetable Oil	0	78	0	
Salt	0	78	0	
Pepper	0	78	0	

### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	45	0	1
Celery	0	45	0	
Carrot	0	45	0	
Cabbage	0	45	0	
Onion	0	45	0	
Oil	0	45	0	
Pepper	0	45	0	
Salt	0	45	0	
Soy Sauce	0	45	0	
Oyster Sauce	0	45	0	

### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	27	0	1
Oil	0	27	0	
Carrots	0	27	0	
Capsicum	0	27	0	
Onion	0	27	0	
Mushroom	0	27	0	
Peas	0	27	0	
Tomato Paste	0	27	0	
Beef Stock	0	27	0	
Salt	0	27	0	
Pepper	0	27	0	
Napoli Sauce	0	27	0	

### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	31	0	1
Onion	0	31	0	
Capsicum	0	31	0	
Vegetable Oil	0	31	0	
Taco Seasoning	0	31	0	
Salt	0	31	0	
Pepper	0	31	0	
Beef Stock	0	31	0	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	37	5550	
Onion	10	37	370	
Parsley	3	37	111	
Salt	1.5	37	55.5	
Pepper	0.2	37	7.4	

### Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	19	1843	1
Onion	30	19	570	
Carrot	30	19	570	
Potato	30	19	570	
Peas	30	19	570	
Oil	2	19	38	
Salt	2.5	19	48	
Pepper	0.5	19	10	
Tomato Paste	20	19	380	
Water	30	19	570	
Beef Stock	30	19	570	
Rice	130	19	2470	

### Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	97	59	5723	
Baking Soda	2.5	59	147.5	
Water	10	59	590	
Soy Sauce	5	59	295	
Cornflour	2.5	59	147.5	
Capsicum	37	59	2183	
Onion	37	59	2183	
Rice	130	59	7670	

## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	40	5400	1
Corn	50	40	2000	
Beans	60	40	2400	
Broccoli	67	40	2680	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	82	10660	
Penne	59	82	4838	
Sundried Tomatoes	20	82	1640	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	71	4970	2
Peas	40	71	1420	
Rice	130	71	4615	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	25	4500	

### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	25	500	
Zucchini	30	25	750	
Red Capsicum	30	25	750	
Garlic	2	25	50	
Oil	2	25	50	
Chickpeas	115	25	2875	
Mix Spices	1.7	25	42.5	
Chicken Stock	50	25	1250	

### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	104	15600	
Mozzerala Cheese	1750	104	78000	
Napoli Sauce	500	104	52000	
Bolognese	3200	104	332800	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	39	5265	1
Beans	60	39	2340	

### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	81	12150	

### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	54	7020	
Penne	59	54	3186	
Broccoli	40	54	2160	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	28	3920	
Rice	130	28	3640	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	52	5720	

### 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	9	720	1
Carrot	25	9	225	
Onion	20	9	180	
Taco Seasoning	1	9	9	
Salt	1.5	9	14	
Pepper	0.5	9	4	
Garlic	2.5	9	22	
Vegetable Oil	1.5	9	14	
Cumin	0.5	9	4	
Crushed Tomato	85	9	765	
Water	41.7	9	375	

## Meal Recipes (cont'd)

### Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	55	7700	1
Potatoes	140	55	7700	

### 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	40	6000	1
Capsicum	52	40	2080	
Red Onion	52	40	2080	
Salsa	30	40	1200	
Rice	130	40	5200	

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	45	3375	2
Chicken	80	45	1800	
Sauce	200	45	4500	
Spinach	25	45	562	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	28	196
Coconut Cream	95	28	2660

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	55	1100
Garlic	1	55	55
Salt	0.2	55	11.0

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	59	4130
MEATBALLS	120	37	4440
LEMON	50	67	3350
MUSHROOM	100	52	5200
FAJITA SAUCE	33	40	1320
BURRITO SAUCE	43	31	1333

### Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	31	1333	1
Black Beans	50	31	1550	1
Corn	50	31	1550	1
Rice	130	31	4030	1

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	81	4050
Mozzarella Cheese	40	81	3240

### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	82	1640

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	82	4387	2
Sauce	80	82	3280	2

### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	28	3136	1
Sauce	90	28	2520	1

### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	71	4367	2
Sauce	90	71	3195	2

### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	45	3308	2
Chicken	80	45	1800	2
Sauce	200	45	4500	2
Spinach	25	45	563	2

### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	54	2754	2
Sauce	100	54	2700	2

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	1843
BEEF TOPSIDE (MONG)	5723
MINCE	5550
TOPSIDE STEAK	5720
LAMB SHOULDER	8910
MORROCAN CHICKEN	4500
ITALIAN CHICKEN	24480
NORMAL CHICKEN	36400
CHICKEN THIGH	17120

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	570
10MM DICED POTATO (LEBO)	570
10MM DICED ZUCCHINI	750
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	750
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	1620
5MM MONGOLIAN CAPSICUM	4263
5MM MONGOLIAN ONION	4263
5MM SLICED MUSHROOMS	0
BROCCOLI	4840
CRATED CARROTS	225
CRATED ZUCCHINI	0
LEMON POTATO	13868
ROASTED POTATO	25839
THAI POTATOS	1680
POTATO MASH	13350
SWEET POTATO MASH	13200
SPINACH	1124
RED ONION	1650
PARSLEY	82