

## Meal Production Summary - 13/07/2025

Meal	Clean Eats	Total
Baked Family Lasagna	18	18
Bean Nachos with Rice	7	7
Beef Burrito Bowl	100	100
Beef Chow Mein	86	86
Beef Lasagna	215	215
Beef Meatballs	77	77
Butter Chicken	141	141
Chicken Fajita Bowl	90	90
Chicken On Its Own	0	0
Chicken Pesto Pasta	128	128
Chicken and Broccoli Pasta	89	89
Chicken with Sweet Potato and Beans	97	97
Chicken with Vegetables	58	58
Creamy Chicken & Mushroom Gnocchi	130	130
Family Mac and 3 Cheese Pasta Bake	16	16
Lamb Souvlaki	148	148
Lebanese Beef Stew	47	47
Mongolian Beef	152	152
Moroccan Chicken	71	71
Naked Chicken Parma	197	197
Roasted Lemon Chicken & Potatoes	96	96
Shepherd's Pie	111	111
Spaghetti Bolognese	145	145
Steak On Its Own	0	0
Steak with Mushroom Sauce	127	127
Thai Green Chicken Curry	103	103

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### Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	204	30600	0
Cooking Cream	20	204	4080	
Butter	7	204	1428	
Salt	1.5	204	306.0	
White Pepper	0.5	204	102.0	

### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	185	208	38480	0
Salt	1	208	208	
White Pepper	0.5	208	104.0	

### Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	345	10925	6
Oil	1	345	58	
Spices Mix	2.5	345	144	

### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	96	9936	2
Oil	1	96	48	
Salt	1.2	96	58	

### Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	103	6180	0
Salt	1	103	103	

### 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	282	16920	0

### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	145	4930	2
Oil	0.7	145	51	

### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	217	6402	2
Oil	0.7	217	76	

### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	726	38478	1
Water	95	726	68970	
Salt	1	726	726	
Oil	1.5	726	1089	

### 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	186	27900	
Oil	4	186	744	
Roast Chicken Mix	4	186	744	

### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	127	13970	0
Oil	1.5	127	190.5	
Baking Soda	3	127	381	

### Lamb Marinade

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	

## Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	145	0	2
Napoli Sauce	0	145	0	
Crushed Tomatoes	0	145	0	
Beef Stock	0	145	0	
Onion	0	145	0	
Zucchini	0	145	0	
Carrot	0	145	0	
Vegetable Oil	0	145	0	
Salt	0	145	0	
Pepper	0	145	0	

### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	86	0	2
Celery	0	86	0	
Carrot	0	86	0	
Cabbage	0	86	0	
Onion	0	86	0	
Oil	0	86	0	
Pepper	0	86	0	
Salt	0	86	0	
Soy Sauce	0	86	0	
Oyster Sauce	0	86	0	

### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	111	0	2
Oil	0	111	0	
Carrots	0	111	0	
Capsicum	0	111	0	
Onion	0	111	0	
Mushroom	0	111	0	
Peas	0	111	0	
Tomato Paste	0	111	0	
Beef Stock	0	111	0	
Salt	0	111	0	
Pepper	0	111	0	
Napoli Sauce	0	111	0	

### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	100	0	1
Onion	0	100	0	
Capsicum	0	100	0	
Vegetable Oil	0	100	0	
Taco Seasoning	0	100	0	
Salt	0	100	0	
Pepper	0	100	0	
Beef Stock	0	100	0	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	77	11550	
Onion	10	77	770	
Parsley	3	77	231	
Salt	1.5	77	115.5	
Pepper	0.2	77	15.4	

### Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	47	4559	1
Onion	30	47	1410	
Carrot	30	47	1410	
Potato	30	47	1410	
Peas	30	47	1410	
Oil	2	47	94	
Salt	2.5	47	118	
Pepper	0.5	47	24	
Tomato Paste	20	47	940	
Water	30	47	1410	
Beef Stock	30	47	1410	
Rice	130	47	6110	

### Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	97	152	14744	
Baking Soda	2.5	152	380.0	
Water	10	152	1520	
Soy Sauce	5	152	760	
Cornflour	2.5	152	380.0	
Capsicum	37	152	5624	
Onion	37	152	5624	
Rice	130	152	19760	

## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	58	7830	1
Corn	52	58	3016	
Beans	60	58	3480	
Broccoli	67	58	3886	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	128	16640	
Penne	59	128	7552	
Sundried Tomatoes	24	128	3072	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	141	19740	
Peas	40	141	5640	
Rice	130	141	18330	

### 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	215	32250	
Mozzerala Cheese	1750	215	161250	
Napoli Sauce	500	215	107500	
Bolognese	3200	215	688000	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	97	6548	2
Beans	60	97	2910	

### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	197	29550	

### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	89	11570	
Penne	59	89	5251	
Broccoli	40	89	3560	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	103	14420	
Rice	130	103	13390	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	127	13970	

### 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	7	560	1
Carrot	25	7	175	
Onion	20	7	140	
Taco Seasoning	1	7	7	
Salt	1.5	7	10	
Pepper	0.5	7	4	
Garlic	2.5	7	18	
Vegetable Oil	1.5	7	10	
Cumin	0.5	7	4	
Crushed Tomato	85	7	595	
Water	41.7	7	292	

## 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	90	6750	2
Capsicum	52	90	2340	
Red Onion	52	90	2340	
Salsa	30	90	1350	
Rice	130	90	5850	

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	130	4875	4
Chicken	80	130	2600	
Sauce	200	130	6500	
Spinach	25	130	812	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	103	721
Coconut Cream	90	103	9270

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	148	2960
Garlic	2	148	296
Salt	1	148	148

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	152	10640
MEATBALLS	120	77	9240
LEMON	50	96	4800
MUSHROOM	100	127	12700
FAJITA SAUCE	33	90	2970
BURRITO SAUCE	43	100	4300

### Beef Burrito Mix

Ingredient	Qty	Amt	Total
Salsa	43	100	4300
Black Beans	50	100	5000
Corn	50	100	5000
Rice	130	100	13000

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	197	9850
Mozzarella Cheese	40	197	7880

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Batches
Chicken	110	128	3
Sauce	80	128	3

### Butter Chicken

Ingredient	Qty/Batch	Amount	Batches
Chicken	120	141	3
Sauce	90	141	3

### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Batches
Chicken	100	89	2
Sauce	100	89	2

### Thai

Ingredient	Qty/Batch	Amount	Batches
Chicken	110	103	3
Sauce	90	103	3

### Gnocchi

Ingredient	Qty/Batch	Amount	Batches
Gnocchi	150	130	4
Chicken	80	130	4
Sauce	200	130	4
Spinach	25	130	4

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	4559
BEEF TOPSIDE (MONG)	14744
MINCE	11550
TOPSIDE STEAK	13970
LAMB SHOULDER	23976
MORROCAN CHICKEN	12780
ITALIAN CHICKEN	53856
NORMAL CHICKEN	76830
CHICKEN THIGH	27900

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	1410
10MM DICED POTATO (LEBO)	1410
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	3740
5MM MONGOLIAN CAPSICUM	10304
5MM MONGOLIAN ONION	10304
5MM SLICED MUSHROOMS	0
BROCCOLI	7446
CRATED CARROTS	175
CRATED ZUCCHINI	0
LEMON POTATO	19872
ROASTED POTATO	65550
THAI POTATOS	6180
POTATO MASH	30600
SWEET POTATO MASH	38480
SPINACH	3248
RED ONION	4440
PARSLEY	222