

## Meal Production Summary - 10/11/2025

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	258	11	0	269
Beef Chow Mein	96	29	0	125
Shepherd's Pie	105	0	0	105
Beef Burrito Bowl	152	14	0	166
Beef Meatballs	142	17	0	159
Lebanese Beef Stew	0	0	0	0
Mongolian Beef	212	26	0	238
Chicken with Vegetables	78	21	0	99
Chicken with Sweet Potato and Beans	127	0	0	127
Naked Chicken Parma	308	30	0	338
Chicken Pesto Pasta	232	35	0	267
Chicken and Broccoli Pasta	182	0	0	182
Butter Chicken	200	23	0	223
Thai Green Chicken Curry	179	23	0	202
Moroccan Chicken	106	0	0	106
Steak with Mushroom Sauce	234	18	0	252
Creamy Chicken & Mushroom Gnocchi	191	0	0	191
Roasted Lemon Chicken & Potatoes	203	13	0	216
Beef Lasagna	394	24	0	418
Bean Nachos with Rice	25	0	0	25
Lamb Souvlaki	239	15	0	254
Chicken Fajita Bowl	109	22	0	131
Steak On Its Own	0	0	0	0
Chicken On Its Own	0	1	0	1
Family Mac and 3 Cheese Pasta Bake	8	0	0	8
Baked Family Lasagna	13	0	0	13
ON Amino Energy Can	0	19	0	19
<b>TOTAL</b>	<b>3793</b>	<b>341</b>	<b>0</b>	<b>4134</b>

## Daily Production Report - 10/11/2025

### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	269	4304	4
Oil	0.7	269	47	

### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	449	6623	4
Oil	0.7	449	79	

### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	1110	19610	3
Water	95	1110	35150	
Salt	1	1110	370	
Oil	1.5	1110	555	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	106	19080	0
Oil	2	106	212	
Lemon Juice	6	106	636	
Moroccan Chicken Mix	4	106	424	

### Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	347	55520	
Oil	4	347	1388	
Roast Chicken Mix	4	347	1388	

### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	252	23436	0
Oil	1.5	252	378.0	
Baking Soda	3	252	756	

### Lamb Marinade

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	254	41148	0
Oil	2	254	508	
Salt	1.5	254	381.0	
Oregano	1.2	254	304.8	

### Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	411	61650	0
Cooking Cream	20	411	8220	
Butter	7	411	2877	
Salt	1.5	411	616.5	
White Pepper	0.5	411	205.5	

### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	232	46400	0
Salt	1	232	232	
White Pepper	0.5	232	116.0	

### Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	592	11248	10
Oil	1	592	59	
Spices Mix	2.5	592	148	

### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	216	11178	4
Oil	1	216	54	
Salt	1.2	216	65	

### Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	202	12120	0
Salt	1	202	202	

### Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	254	7620	0
Parsley	1.5	254	381.0	
Paprika	0.5	254	127.0	

### Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	478	28680	0

## Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	269	0	3
Napoli Sauce	0	269	0	
Crushed Tomatoes	0	269	0	
Beef Stock	0	269	0	
Onion	0	269	0	
Zucchini	0	269	0	
Carrot	0	269	0	
Vegetable Oil	0	269	0	
Salt	0	269	0	
Pepper	0	269	0	

### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	125	0	2
Celery	0	125	0	
Carrot	0	125	0	
Cabbage	0	125	0	
Onion	0	125	0	
Oil	0	125	0	
Pepper	0	125	0	
Salt	0	125	0	
Soy Sauce	0	125	0	
Oyster Sauce	0	125	0	

### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	105	0	2
Oil	0	105	0	
Carrots	0	105	0	
Capsicum	0	105	0	
Onion	0	105	0	
Mushroom	0	105	0	
Peas	0	105	0	
Tomato Paste	0	105	0	
Beef Stock	0	105	0	
Salt	0	105	0	
Pepper	0	105	0	
Napoli Sauce	0	105	0	

### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	166	0	2
Onion	0	166	0	
Capsicum	0	166	0	
Vegetable Oil	0	166	0	
Taco Seasoning	0	166	0	
Salt	0	166	0	
Pepper	0	166	0	
Beef Stock	0	166	0	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	159	23850	
Onion	10	159	1590	
Parsley	3	159	477	
Salt	1.5	159	238.5	
Pepper	0.2	159	31.8	

### Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	0	0	
Onion	30	0	0	
Carrot	30	0	0	
Potato	30	0	0	
Peas	30	0	0	
Oil	2	0	0	
Salt	2.5	0	0.0	
Pepper	0.5	0	0.0	
Tomato Paste	20	0	0	
Water	30	0	0	
Beef Stock	30	0	0	
Rice	130	0	0	

### Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	238	23800	
Baking Soda	2.5	238	595.0	
Water	10	238	2380	
Soy Sauce	5	238	1190	
Cornflour	2.5	238	595.0	
Capsicum	37	238	8806	
Onion	37	238	8806	
Rice	130	238	30940	

## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	99	6682	2
Corn	50	99	2475	
Beans	60	99	2970	
Broccoli	67	99	3316	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	267	34710	
Penne	59	267	15753	
Sundried Tomatoes	20	267	5340	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	223	7805	4
Peas	40	223	2230	
Rice	130	223	7248	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	106	19080	

### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	106	1908	
Zucchini	27	106	2862	
Red Capsicum	27	106	2862	
Garlic	1.8	106	190.8	
Oil	1.8	106	190.8	
Chickpeas	103.5	106	10971.0	
Mix Spices	1.53	106	162.18	
Chicken Stock	45	106	4770	

### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	418	62700	
Mozzerala Cheese	1750	418	313500	
Napoli Sauce	500	418	209000	
Bolognese	3200	418	1337600	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	127	5715	3
Beans	60	127	2540	

### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	338	50700	

### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	182	23660	
Penne	59	182	10738	
Broccoli	40	182	7280	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	202	29128.399999999998	
Rice	130	202	26260	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	252	27720	

### 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	25	2000	1
Carrot	25	25	625	
Onion	20	25	500	
Taco Seasoning	1	25	25	
Salt	1.5	25	38	
Pepper	0.5	25	12	
Garlic	2.5	25	62	
Vegetable Oil	1.5	25	38	
Cumin	0.5	25	12	
Crushed Tomato	85	25	2125	
Water	41.7	25	1042	

## Meal Recipes (cont'd)

### Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	254	11853	3
Potatoes	140	254	11853	

### Chicken On Its Own

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken Breast	200	1	200	1

### Chicken Fajita Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken Thigh	150	131	6550	3
Capsicum	52	131	2271	
Red Onion	52	131	2271	
Salsa	30	131	1310	
Rice	130	131	5677	

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	191	4775	6
Chicken	80	191	2547	
Sauce	200	191	6367	
Spinach	25	191	796	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7.21	202	1456.42
Coconut Cream	97.85	202	19765.699999999997

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	254	5080
Garlic	1	254	254
Salt	0.2	254	50.800000000000004

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	238	16660
MEATBALLS	120	159	19080
LEMON	50	216	10800
MUSHROOM	100	252	25200
FAJITA SAUCE	33	131	4323
BURRITO SAUCE	43	166	7138

### Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	166	2380	3
Black Beans	50	166	2767	3
Corn	50	166	2767	3
Rice	130	166	7194	3

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	338	16900
Mozzarella Cheese	40	338	13520

### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	267	5340

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	267	4762	6
Sauce	80	267	3560	6

### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	202	4661	5
Sauce	92.7	202	3746	5

### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	223	5486	5
Sauce	90	223	4014	5

### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	191	4680	6
Chicken	80	191	2547	6
Sauce	200	191	6367	6
Spinach	25	191	796	6

### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	182	4641	4
Sauce	100	182	4550	4

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	23800
MINCE	23850
TOPSIDE STEAK	23436
LAMB SHOULDER	41148
MORROCAN CHICKEN	19080
ITALIAN CHICKEN	86445
NORMAL CHICKEN	138450
CHICKEN THIGH	55520

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	2862
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	2862
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	3998
5MM MONGOLIAN CAPSICUM	15616
5MM MONGOLIAN ONION	15616
5MM SLICED MUSHROOMS	0
BROCCOLI	13912
CRATED CARROTS	625
CRATED ZUCCHINI	0
LEMON POTATO	44712
ROASTED POTATO	112480
THAI POTATOS	12120
POTATO MASH	61650
SWEET POTATO MASH	46400
SPINACH	4770
RED ONION	7620
PARSLEY	381