

Meal Production Summary - 22/07/2025

Meal	Clean Eats	Already Made	Total
Spaghetti Bolognese	204	0	204
Beef Chow Mein	88	0	88
Shepherd's Pie	116	0	116
Beef Burrito Bowl	128	0	128
Beef Meatballs	101	0	101
Lebanese Beef Stew	46	0	46
Mongolian Beef	155	0	155
Chicken with Vegetables	38	0	38
Chicken with Sweet Potato and Beans	88	0	88
Naked Chicken Parma	186	0	186
Chicken Pesto Pasta	172	0	172
Chicken and Broccoli Pasta	98	0	98
Butter Chicken	155	0	155
Thai Green Chicken Curry	122	0	122
Moroccan Chicken	70	0	70
Steak with Mushroom Sauce	109	0	109
Creamy Chicken & Mushroom Gnocchi	154	0	154
Roasted Lemon Chicken & Potatoes	89	0	89
Beef Lasagna	273	0	273
Bean Nachos with Rice	19	0	19
Lamb Souvlaki	171	0	171
Chicken Fajita Bowl	97	0	97
Steak On Its Own	0	0	0
Chicken On Its Own	0	0	0
Family Mac and 3 Cheese Pasta Bake	11	0	11
Baked Family Lasagna	16	0	16
TOTAL	2706	0	2706

Daily Production Report - 22/07/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	204	4624	3
Oil	0.7	204	48	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	270	7965	2
Oil	0.7	270	94	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	810	42930	1
Water	95	810	76950	
Salt	1	810	810	
Oil	1.5	810	1215	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	70	12600	0
Oil	2	70	140	
Lemon Juice	6	70	420	
Moroccan Chicken Mix	4	70	280	

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	109	11990	0
Oil	1.5	109	163.5	
Baking Soda	3	109	327	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	171	27702	0
Oil	2	171	342	
Salt	1.5	171	256.5	
Oregano	1.2	171	205.2	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	210	31500	0
Cooking Cream	20	210	4200	
Butter	7	210	1470	
Salt	1.5	210	315.0	
White Pepper	0.5	210	105.0	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	185	204	37740	0
Salt	1	204	204	
White Pepper	0.5	204	102.0	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	357	11305	6
Oil	1	357	60	
Spices Mix	2.5	357	149	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	89	9212	2
Oil	1	89	44	
Salt	1.2	89	53	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	122	7320	0
Salt	1	122	122	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	171	5130	0
Parsley	1.5	171	256.5	
Paprika	0.5	171	85.5	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	235	14100	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	204	6800	3
Napoli Sauce	65	204	4420	
Crushed Tomatoes	45	204	3060	
Beef Stock	30	204	2040	
Onion	15	204	1020	
Zucchini	15	204	1020	
Carrot	15	204	1020	
Vegetable Oil	1	204	68	
Salt	3	204	204	
Pepper	1	204	68	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	120	88	5280	2
Celery	42	88	1848	
Carrot	42	88	1848	
Cabbage	42	88	1848	
Onion	42	88	1848	
Oil	2	88	88	
Pepper	1	88	44	
Salt	0.5	88	22	
Soy Sauce	13	88	572	
Oyster Sauce	13	88	572	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	116	5800	2
Oil	2	116	116	
Carrots	15	116	870	
Capsicum	15	116	870	
Onion	15	116	870	
Mushroom	15	116	870	
Peas	15	116	870	
Tomato Paste	6	116	348	
Beef Stock	20	116	1160	
Salt	2	116	116	
Pepper	0.5	116	29	
Napoli Sauce	70	116	4060	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	95	128	12160	1
Onion	12	128	1536	
Capsicum	12	128	1536	
Vegetable Oil	2	128	256	
Taco Seasoning	7	128	896	
Salt	1.5	128	192	
Pepper	0.5	128	64	
Beef Stock	40	128	5120	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	101	15150	
Onion	10	101	1010	
Parsley	3	101	303	
Salt	1.5	101	151.5	
Pepper	0.2	101	20.200000000000003	

Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	46	4462	1
Onion	30	46	1380	
Carrot	30	46	1380	
Potato	30	46	1380	
Peas	30	46	1380	
Oil	2	46	92	
Salt	2.5	46	115	
Pepper	0.5	46	23	
Tomato Paste	20	46	920	
Water	30	46	1380	
Beef Stock	30	46	1380	
Rice	130	46	5980	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	97	155	15035	
Baking Soda	2.5	155	387.5	
Water	10	155	1550	
Soy Sauce	5	155	775	
Cornflour	2.5	155	387.5	
Capsicum	37	155	5735	
Onion	37	155	5735	
Rice	130	155	20150	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	38	5130	1
Corn	52	38	1976	
Beans	60	38	2280	
Broccoli	67	38	2546	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	172	22360	
Penne	59	172	10148	
Sundried Tomatoes	24	172	4128	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	155	21700	
Peas	40	155	6200	
Rice	130	155	20150	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	70	12600	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	70	1400	
Zucchini	30	70	2100	
Red Capsicum	30	70	2100	
Garlic	2	70	140	
Oil	2	70	140	
Chickpeas	115	70	8050	
Mix Spices	1.7	70	119.0	
Chicken Stock	50	70	3500	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	273	40950	
Mozzerala Cheese	1750	273	204750	
Napoli Sauce	500	273	136500	
Bolognese	3200	273	873600	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	88	5940	2
Beans	60	88	2640	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	186	27900	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	98	12740	
Penne	59	98	5782	
Broccoli	40	98	3920	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	122	17080	
Rice	130	122	15860	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	109	11990	

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	19	1520	1
Carrot	25	19	475	
Onion	20	19	380	
Taco Seasoning	1	19	19	
Salt	1.5	19	28	
Pepper	0.5	19	10	
Garlic	2.5	19	48	
Vegetable Oil	1.5	19	28	
Cumin	0.5	19	10	
Crushed Tomato	85	19	1615	
Water	41.7	19	792	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	171	11970	2
Potatoes	140	171	11970	

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	97	7275	2
Capsicum	52	97	2522	
Red Onion	52	97	2522	
Salsa	30	97	1455	
Rice	130	97	6305	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	154	4620	5
Chicken	80	154	2464	
Sauce	200	154	6160	
Spinach	25	154	770	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	122	854
Coconut Cream	90	122	10980

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	171	3420
Garlic	2	171	342
Salt	1	171	171

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	155	10850
MEATBALLS	120	101	12120
LEMON	50	89	4450
MUSHROOM	100	109	10900
FAJITA SAUCE	33	97	3201
BURRITO SAUCE	43	128	5504

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	128	1835	3
Black Beans	50	128	2134	3
Corn	50	128	2134	3
Rice	130	128	5547	3

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	186	9300
Mozzarella Cheese	40	186	7440

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	24	172	4128

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	110	172	4730	4
Sauce	80	172	3440	4

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	110	122	4474	3
Sauce	90	122	3660	3

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	120	155	4650	4
Sauce	90	155	3488	4

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	150	154	4620	5
Chicken	80	154	2464	5
Sauce	200	154	6160	5
Spinach	25	154	770	5

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	100	98	4900	2
Sauce	100	98	4900	2

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	4462
BEEF TOPSIDE (MONG)	15035
MINCE	69870
TOPSIDE STEAK	11990
LAMB SHOULDER	27702
MORROCAN CHICKEN	12600
ITALIAN CHICKEN	47736
NORMAL CHICKEN	91130
CHICKEN THIGH	27900

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	1380
10MM DICED POTATO (LEBO)	1380
10MM DICED ZUCCHINI	2100
5MM DICED CABBAGE	3696
5MM DICED CAPSICUM	5376
5MM DICED CARROTS	5436
5MM DICED CELERY	3696
5MM DICED MUSHROOMS	1740
5MM DICED ONION	14202
5MM MONGOLIAN CAPSICUM	10779
5MM MONGOLIAN ONION	10779
5MM SLICED MUSHROOMS	0
BROCCOLI	6466
CRATED CARROTS	3535
CRATED ZUCCHINI	3060
LEMON POTATO	18422
ROASTED POTATO	67830
THAI POTATOS	7320
POTATO MASH	31500
SWEET POTATO MASH	37740
SPINACH	3846
RED ONION	5130
PARSLEY	256