

## Meal Production Summary - 24/09/2025

Meal	Clean Eats	Already Made	Total
Spaghetti Bolognese	21	0	21
Beef Chow Mein	6	0	6
Shepherd's Pie	0	0	0
Beef Burrito Bowl	13	0	13
Beef Meatballs	19	0	19
Lebanese Beef Stew	0	0	0
Mongolian Beef	18	0	18
Chicken with Vegetables	18	0	18
Chicken with Sweet Potato and Beans	0	0	0
Naked Chicken Parma	27	0	27
Chicken Pesto Pasta	15	0	15
Chicken and Broccoli Pasta	0	0	0
Butter Chicken	21	0	21
Thai Green Chicken Curry	14	0	14
Moroccan Chicken	0	0	0
Steak with Mushroom Sauce	8	0	8
Creamy Chicken & Mushroom Gnocchi	0	0	0
Roasted Lemon Chicken & Potatoes	14	0	14
Beef Lasagna	34	0	34
Bean Nachos with Rice	0	0	0
Lamb Souvlaki	13	0	13
Chicken Fajita Bowl	7	0	7
Steak On Its Own	1	0	1
Chicken On Its Own	0	0	0
Family Mac and 3 Cheese Pasta Bake	0	0	0
Baked Family Lasagna	0	0	0
<b>TOTAL</b>	<b>249</b>	<b>0</b>	<b>249</b>

## Daily Production Report - 24/09/2025

### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	21	1344	1
Oil	0.7	21	15	

### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	15	885	1
Oil	0.7	15	10	

### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	79	4187	1
Water	95	79	7505	
Salt	1	79	79	
Oil	1.5	79	118	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	0	0	0
Oil	2	0	0	
Lemon Juice	6	0	0	
Moroccan Chicken Mix	4	0	0	

### Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	21	3360	
Oil	4	21	84	
Roast Chicken Mix	4	21	84	

### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	9	837	0
Oil	1.5	9	13.5	
Baking Soda	3	9	27	

### Lamb Marinade

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	13	2106	0
Oil	2	13	26	
Salt	1.5	13	19.5	
Oregano	1.2	13	15.6	

### Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	27	4050	0
Cooking Cream	20	27	540	
Butter	7	27	189	
Salt	1.5	27	40.5	
White Pepper	0.5	27	13.5	

### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	0	0	0
Salt	1	0	0	
White Pepper	0.5	0	0.0	

### Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	40	7600	1
Oil	1	40	40	
Spices Mix	2.5	40	100	

### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	14	2898	1
Oil	1	14	14	
Salt	1.2	14	17	

### Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	14	840	0
Salt	1	14	14	

### Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	13	390	0
Parsley	1.5	13	19.5	
Paprika	0.5	13	6.5	

### Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	26	1560	0

## Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	21	2100	1
Napoli Sauce	65	21	1365	
Crushed Tomatoes	45	21	945	
Beef Stock	30	21	630	
Onion	15	21	315	
Zucchini	15	21	315	
Carrot	15	21	315	
Vegetable Oil	1	21	21	
Salt	3	21	63	
Pepper	1	21	21	

### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	120	6	720	1
Celery	42	6	252	
Carrot	42	6	252	
Cabbage	42	6	252	
Onion	42	6	252	
Oil	2	6	12	
Pepper	1	6	6	
Salt	0.5	6	3	
Soy Sauce	13	6	78	
Oyster Sauce	13	6	78	

### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	0	0	
Oil	2	0	0	
Carrots	15	0	0	
Capsicum	15	0	0	
Onion	15	0	0	
Mushroom	15	0	0	
Peas	15	0	0	
Tomato Paste	6	0	0	
Beef Stock	20	0	0	
Salt	2	0	0	
Pepper	0.5	0	0.0	
Napoli Sauce	70	0	0	

### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	95	13	1235	1
Onion	12	13	156	
Capsicum	12	13	156	
Vegetable Oil	2	13	26	
Taco Seasoning	7	13	91	
Salt	1.5	13	20	
Pepper	0.5	13	6	
Beef Stock	40	13	520	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	19	2850	
Onion	10	19	190	
Parsley	3	19	57	
Salt	1.5	19	28.5	
Pepper	0.2	19	3.8000000000000003	

### 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	18	1800	
Baking Soda	2.5	18	45.0	
Water	10	18	180	
Soy Sauce	5	18	90	
Cornflour	2.5	18	45.0	
Capsicum	37	18	666	
Onion	37	18	666	
Rice	130	18	2340	

## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	18	2430	1
Corn	50	18	900	
Beans	60	18	1080	
Broccoli	67	18	1206	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	15	1950	
Penne	59	15	885	
Sundried Tomatoes	20	15	300	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	21	2940	1
Peas	40	21	840	
Rice	130	21	2730	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	0	0	

### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	0	0	
Zucchini	30	0	0	
Red Capsicum	30	0	0	
Garlic	2	0	0	
Oil	2	0	0	
Chickpeas	115	0	0	
Mix Spices	1.7	0	0.0	
Chicken Stock	50	0	0	

### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	34	5100	
Mozzerala Cheese	1750	34	25500	
Napoli Sauce	500	34	17000	
Bolognese	3200	34	108800	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	0	0	
Beans	60	0	0	

### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	27	4050	

### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	0	0	
Penne	59	0	0	
Broccoli	40	0	0	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	14	1960	
Rice	130	14	1820	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	8	880	

### Steak On Its Own

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	200	1	200	1

### Bean Nachos with Rice

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Drained Beans	80	0	0	
Carrot	25	0	0	
Onion	20	0	0	
Taco Seasoning	1	0	0	
Salt	1.5	0	0.0	
Pepper	0.5	0	0.0	
Garlic	2.5	0	0.0	
Vegetable Oil	1.5	0	0.0	
Cumin	0.5	0	0.0	
Crushed Tomato	85	0	0	
Water	41.7	0	0.0	

## Meal Recipes (cont'd)

### Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	13	1820	1
Potatoes	140	13	1820	

### 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	7	1050	1
Capsicum	52	7	364	
Red Onion	52	7	364	
Salsa	30	7	210	
Rice	130	7	910	

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	0	0	
Chicken	80	0	0	
Sauce	200	0	0	
Spinach	25	0	0	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	14	98
Coconut Cream	95	14	1330

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	13	260
Garlic	1	13	13
Salt	0.2	13	2.6

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	18	1260
MEATBALLS	120	19	2280
LEMON	50	14	700
MUSHROOM	100	8	800
FAJITA SAUCE	33	7	231
BURRITO SAUCE	43	13	559

### Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	13	559	1
Black Beans	50	13	650	1
Corn	50	13	650	1
Rice	130	13	1690	1

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	27	1350
Mozzarella Cheese	40	27	1080

### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	15	300

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	15	1605	1
Sauce	80	15	1200	1

### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	14	1568	1
Sauce	90	14	1260	1

### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	21	2583	1
Sauce	90	21	1890	1

### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	0	0	1
Chicken	80	0	0	1
Sauce	200	0	0	1
Spinach	25	0	0	1

### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	0	0	1
Sauce	100	0	0	1

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	1800
MINCE	6905
TOPSIDE STEAK	1037
LAMB SHOULDER	2106
MORROCAN CHICKEN	0
ITALIAN CHICKEN	6885
NORMAL CHICKEN	6500
CHICKEN THIGH	3360

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	0
5MM DICED CABBAGE	252
5MM DICED CAPSICUM	156
5MM DICED CARROTS	252
5MM DICED CELERY	252
5MM DICED MUSHROOMS	0
5MM DICED ONION	913
5MM MONGOLIAN CAPSICUM	1030
5MM MONGOLIAN ONION	1030
5MM SLICED MUSHROOMS	0
BROCCOLI	1206
CRATED CARROTS	315
CRATED ZUCCHINI	315
LEMON POTATO	2898
ROASTED POTATO	7600
THAI POTATOS	840
POTATO MASH	4050
SWEET POTATO MASH	0
SPINACH	0
RED ONION	390
PARSLEY	20