

Meal Production Summary - 10/07/2025

Meal	Clean Eats	Total
Baked Family Lasagna	0	0
Bean Nachos with Rice	0	0
Beef Burrito Bowl	30	30
Beef Chow Mein	13	13
Beef Lasagna	25	25
Beef Meatballs	12	12
Butter Chicken	17	17
Chicken Fajita Bowl	0	0
Chicken On Its Own	0	0
Chicken Pesto Pasta	17	17
Chicken and Broccoli Pasta	11	11
Chicken with Sweet Potato and Beans	10	10
Chicken with Vegetables	6	6
Creamy Chicken & Mushroom Gnocchi	5	5
Family Mac and 3 Cheese Pasta Bake	0	0
Lamb Souvlaki	0	0
Lebanese Beef Stew	0	0
Mongolian Beef	0	0
Moroccan Chicken	0	0
Naked Chicken Parma	22	22
Roasted Lemon Chicken & Potatoes	10	10
Shepherd's Pie	15	15
Spaghetti Bolognese	22	22
Steak On Its Own	0	0
Steak with Mushroom Sauce	17	17
Thai Green Chicken Curry	0	0

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Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	29	4350	0
Cooking Cream	20	29	580	
Butter	7	29	203	
Salt	1.5	29	43.5	
White Pepper	0.5	29	14.5	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	185	25	4625	0
Salt	1	25	25	
White Pepper	0.5	25	12.5	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	22	4180	1
Oil	1	22	22	
Spices Mix	2.5	22	55	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	10	2070	1
Oil	1	10	10	
Salt	1.2	10	12	

Roasted Thai Potatoes

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

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	0	0	0
Parsley	1.5	0	0.0	
Paprika	0.5	0	0.0	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	33	1980	0

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	22	1496	1
Oil	0.7	22	15	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	28	1652	1
Oil	0.7	28	20	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	60	3180	1
Water	95	60	5700	
Salt	1	60	60	
Oil	1.5	60	90	

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	150	10	1500	
Oil	4	10	40	
Roast Chicken Mix	4	10	40	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	17	1870	0
Oil	1.5	17	25.5	
Baking Soda	3	17	51	

Lamb Marinade

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	0	0	0
Oil	2	0	0	
Salt	1.5	0	0.0	
Oregano	1.2	0	0.0	

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	22	2200	1
Napoli Sauce	65	22	1430	
Crushed Tomatoes	45	22	990	
Beef Stock	30	22	660	
Onion	15	22	330	
Zucchini	15	22	330	
Carrot	15	22	330	
Vegetable Oil	1	22	22	
Salt	3	22	66	
Pepper	1	22	22	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	120	13	1560	1
Celery	42	13	546	
Carrot	42	13	546	
Cabbage	42	13	546	
Onion	42	13	546	
Oil	2	13	26	
Pepper	1	13	13	
Salt	0.5	13	6	
Soy Sauce	13	13	169	
Oyster Sauce	13	13	169	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	15	1500	1
Oil	2	15	30	
Carrots	15	15	225	
Capsicum	15	15	225	
Onion	15	15	225	
Mushroom	15	15	225	
Peas	15	15	225	
Tomato Paste	6	15	90	
Beef Stock	20	15	300	
Salt	2	15	30	
Pepper	0.5	15	8	
Napoli Sauce	70	15	1050	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	95	30	2850	1
Onion	12	30	360	
Capsicum	12	30	360	
Vegetable Oil	2	30	60	
Taco Seasoning	7	30	210	
Salt	1.5	30	45	
Pepper	0.5	30	15	
Beef Stock	40	30	1200	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	12	1800	
Onion	10	12	120	
Parsley	3	12	36	
Salt	1.5	12	18.0	
Pepper	0.2	12	2.4000000000000004	

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	97	0	0	
Baking Soda	2.5	0	0.0	
Water	10	0	0	
Soy Sauce	5	0	0	
Cornflour	2.5	0	0.0	
Capsicum	37	0	0	
Onion	37	0	0	
Rice	130	0	0	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	6	810	1
Corn	52	6	312	
Beans	60	6	360	
Broccoli	67	6	402	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	17	2210	
Penne	59	17	1003	
Sundried Tomatoes	24	17	408	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	17	2380	
Peas	40	17	680	
Rice	130	17	2210	

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	25	3750	
Mozzerala Cheese	1750	25	18750	
Napoli Sauce	500	25	12500	
Bolognese	3200	25	80000	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	10	1350	1
Beans	60	10	600	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	22	3300	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	11	1430	
Penne	59	11	649	
Broccoli	40	11	440	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	0	0	
Rice	130	0	0	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	17	1870	

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	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	0	0	
Potatoes	140	0	0	

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	0	0	
Capsicum	52	0	0	
Red Onion	52	0	0	
Salsa	30	0	0	
Rice	130	0	0	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	5	750	1
Chicken	80	5	400	
Sauce	200	5	1000	
Spinach	25	5	125	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	0	0
Coconut Cream	90	0	0

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	0	0
Garlic	2	0	0
Salt	1	0	0

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	0	0
MEATBALLS	120	12	1440
LEMON	50	10	500
MUSHROOM	100	17	1700
FAJITA SAUCE	33	0	0
BURRITO SAUCE	43	30	1290

Beef Burrito Mix

Ingredient	Qty	Amt	Total
Salsa	43	30	1290
Black Beans	50	30	1500
Corn	50	30	1500
Rice	130	30	3900

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	22	1100
Mozzarella Cheese	40	22	880

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Batches
Chicken	110	17	1
Sauce	80	17	1

Butter Chicken

Ingredient	Qty/Batch	Amount	Batches
Chicken	120	17	1
Sauce	90	17	1

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Batches
Chicken	100	11	1
Sauce	100	11	1

Thai

Ingredient	Qty/Batch	Amount	Batches
Chicken	110	0	1
Sauce	90	0	1

Gnocchi

Ingredient	Qty/Batch	Amount	Batches
Gnocchi	150	5	1
Chicken	80	5	1
Sauce	200	5	1
Spinach	25	5	1

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	0
MINCE	9910
TOPSIDE STEAK	1870
LAMB SHOULDER	0
MORROCAN CHICKEN	0
ITALIAN CHICKEN	5814
NORMAL CHICKEN	6500
CHICKEN THIGH	1500

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	0
5MM DICED CABBAGE	546
5MM DICED CAPSICUM	585
5MM DICED CARROTS	771
5MM DICED CELERY	546
5MM DICED MUSHROOMS	225
5MM DICED ONION	1581
5MM MONGOLIAN CAPSICUM	0
5MM MONGOLIAN ONION	0
5MM SLICED MUSHROOMS	0
BROCCOLI	842
CRATED CARROTS	330
CRATED ZUCCHINI	330
LEMON POTATO	2070
ROASTED POTATO	4180
THAI POTATOS	0
POTATO MASH	4350
SWEET POTATO MASH	4625
SPINACH	124
RED ONION	0
PARSLEY	0