

## Meal Production Summary - 28/08/2025

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	16	4	0	20
Beef Chow Mein	10	5	0	15
Shepherd's Pie	9	0	0	9
Beef Burrito Bowl	15	3	0	18
Beef Meatballs	23	3	0	26
Lebanese Beef Stew	10	0	0	10
Mongolian Beef	12	11	0	23
Chicken with Vegetables	13	0	0	13
Chicken with Sweet Potato and Beans	12	0	0	12
Naked Chicken Parma	25	16	0	41
Chicken Pesto Pasta	15	9	0	24
Chicken and Broccoli Pasta	10	0	0	10
Butter Chicken	15	0	0	15
Thai Green Chicken Curry	12	4	0	16
Moroccan Chicken	5	0	0	5
Steak with Mushroom Sauce	55	0	0	55
Creamy Chicken & Mushroom Gnocchi	15	0	0	15
Roasted Lemon Chicken & Potatoes	8	0	0	8
Beef Lasagna	27	3	0	30
Lamb Souvlaki	14	4	0	18
Chicken Fajita Bowl	7	0	0	7
30 Pack	0	1	0	1
10 Pack	0	1	0	1
20 Pack	0	1	0	1
Chicken with Broccoli & Beans	0	3	0	3
Butter Chicken with Basmati Rice	0	7	0	7
Lunch or Dinner Only - 7 Meals	0	1	0	1
Made to Try	0	1	0	1
Porterhouse Steak	0	4	0	4
<b>TOTAL</b>	<b>328</b>	<b>81</b>	<b>0</b>	<b>409</b>

## Daily Production Report - 28/08/2025

### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	20	1360	1
Oil	0.7	20	14	

### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	34	2006	1
Oil	0.7	34	24	

### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	104	5512	1
Water	95	104	9880	
Salt	1	104	104	
Oil	1.5	104	156	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	5	900	0
Oil	2	5	10	
Lemon Juice	6	5	30	
Moroccan Chicken Mix	4	5	20	

### Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	155	15	2325	
Oil	4	15	60	
Roast Chicken Mix	4	15	60	

### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	55	6050	0
Oil	1.5	55	82.5	
Baking Soda	3	55	165	

### Lamb Marinade

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	18	2916	0
Oil	2	18	36	
Salt	1.5	18	27.0	
Oregano	1.2	18	21.6	

### Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	81	12150	0
Cooking Cream	20	81	1620	
Butter	7	81	567	
Salt	1.5	81	121.5	
White Pepper	0.5	81	40.5	

### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	185	21	3885	0
Salt	1	21	21	
White Pepper	0.5	21	10.5	

### Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	59	11210	1
Oil	1	59	59	
Spices Mix	2.5	59	148	

### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	8	1656	1
Oil	1	8	8	
Salt	1.2	8	10	

### Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	16	960	0
Salt	1	16	16	

### Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	18	540	0
Parsley	1.5	18	27.0	
Paprika	0.5	18	9.0	

### Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	80	4800	0

## Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	20	2000	1
Napoli Sauce	65	20	1300	
Crushed Tomatoes	45	20	900	
Beef Stock	30	20	600	
Onion	15	20	300	
Zucchini	15	20	300	
Carrot	15	20	300	
Vegetable Oil	1	20	20	
Salt	3	20	60	
Pepper	1	20	20	

### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	120	15	1800	1
Celery	42	15	630	
Carrot	42	15	630	
Cabbage	42	15	630	
Onion	42	15	630	
Oil	2	15	30	
Pepper	1	15	15	
Salt	0.5	15	8	
Soy Sauce	13	15	195	
Oyster Sauce	13	15	195	

### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	9	900	1
Oil	2	9	18	
Carrots	15	9	135	
Capsicum	15	9	135	
Onion	15	9	135	
Mushroom	15	9	135	
Peas	15	9	135	
Tomato Paste	6	9	54	
Beef Stock	20	9	180	
Salt	2	9	18	
Pepper	0.5	9	4	
Napoli Sauce	70	9	630	

### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	95	18	1710	1
Onion	12	18	216	
Capsicum	12	18	216	
Vegetable Oil	2	18	36	
Taco Seasoning	7	18	126	
Salt	1.5	18	27	
Pepper	0.5	18	9	
Beef Stock	40	18	720	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	26	3900	
Onion	10	26	260	
Parsley	3	26	78	
Salt	1.5	26	39.0	
Pepper	0.2	26	5.2	

### Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	10	970	1
Onion	30	10	300	
Carrot	30	10	300	
Potato	30	10	300	
Peas	30	10	300	
Oil	2	10	20	
Salt	2.5	10	25	
Pepper	0.5	10	5	
Tomato Paste	20	10	200	
Water	30	10	300	
Beef Stock	30	10	300	
Rice	130	10	1300	

### Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	97	23	2231	
Baking Soda	2.5	23	57.5	
Water	10	23	230	
Soy Sauce	5	23	115	
Cornflour	2.5	23	57.5	
Capsicum	37	23	851	
Onion	37	23	851	
Rice	130	23	2990	

## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	13	1755	1
Corn	50	13	650	
Beans	60	13	780	
Broccoli	67	13	871	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	24	3120	
Penne	59	24	1416	
Sundried Tomatoes	20	24	480	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	15	2100	1
Peas	40	15	600	
Rice	130	15	1950	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	5	900	

### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	5	100	
Zucchini	30	5	150	
Red Capsicum	30	5	150	
Garlic	2	5	10	
Oil	2	5	10	
Chickpeas	115	5	575	
Mix Spices	1.7	5	8.5	
Chicken Stock	50	5	250	

### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	30	4500	
Mozzerala Cheese	1750	30	22500	
Napoli Sauce	500	30	15000	
Bolognese	3200	30	96000	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	12	1620	1
Beans	60	12	720	

### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	41	6150	

### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	10	1300	
Penne	59	10	590	
Broccoli	40	10	400	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	16	2240	
Rice	130	16	2080	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	55	6050	

### 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	18	2520	1
Potatoes	140	18	2520	

### 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	15	2250	1
Chicken	80	15	1200	
Sauce	200	15	3000	
Spinach	25	15	375	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	16	112
Coconut Cream	95	16	1520

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	18	360
Garlic	1.5	18	27.0
Salt	0.5	18	9.0

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	23	1610
MEATBALLS	120	26	3120
LEMON	50	8	400
MUSHROOM	100	55	5500
FAJITA SAUCE	33	7	231
BURRITO SAUCE	43	18	774

### Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	18	774	1
Black Beans	50	18	900	1
Corn	50	18	900	1
Rice	130	18	2340	1

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	41	2050
Mozzarella Cheese	40	41	1640

### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	24	480

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	24	2568	1
Sauce	80	24	1920	1

### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	16	1792	1
Sauce	90	16	1440	1

### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	15	1845	1
Sauce	90	15	1350	1

### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	15	2205	1
Chicken	80	15	1200	1
Sauce	200	15	3000	1
Spinach	25	15	375	1

### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	10	1020	1
Sauce	100	10	1000	1

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	970
BEEF TOPSIDE (MONG)	2231
MINCE	10310
TOPSIDE STEAK	6050
LAMB SHOULDER	2916
MORROCAN CHICKEN	900
ITALIAN CHICKEN	10098
NORMAL CHICKEN	10400
CHICKEN THIGH	2325

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	300
10MM DICED POTATO (LEBO)	300
10MM DICED ZUCCHINI	150
5MM DICED CABBAGE	630
5MM DICED CAPSICUM	501
5MM DICED CARROTS	765
5MM DICED CELERY	630
5MM DICED MUSHROOMS	135
5MM DICED ONION	1941
5MM MONGOLIAN CAPSICUM	1215
5MM MONGOLIAN ONION	1215
5MM SLICED MUSHROOMS	0
BROCCOLI	1271
CRATED CARROTS	300
CRATED ZUCCHINI	300
LEMON POTATO	1656
ROASTED POTATO	11210
THAI POTATOS	960
POTATO MASH	12150
SWEET POTATO MASH	3885
SPINACH	374
RED ONION	540
PARSLEY	27