

## Meal Production Summary - 10/07/2025

Meal	Clean Eats	Made Active	Total
Baked Family Lasagna	0	0	0
Bean Nachos with Rice	20	20	40
Beef Burrito Bowl	140	140	280
Beef Chow Mein	150	150	300
Beef Lasagna	355	355	710
Beef Meatballs	77	77	154
Butter Chicken	125	125	250
Chicken Fajita Bowl	116	116	232
Chicken On Its Own	0	0	0
Chicken Pesto Pasta	162	162	324
Chicken and Broccoli Pasta	64	64	128
Chicken with Sweet Potato and Beans	38	38	76
Chicken with Vegetables	53	53	106
Creamy Chicken & Mushroom Gnocchi	85	85	170
Family Mac and 3 Cheese Pasta Bake	0	0	0
Lamb Souvlaki	94	94	188
Lebanese Beef Stew	49	49	98
Mongolian Beef	224	224	448
Moroccan Chicken	29	29	58
Naked Chicken Parma	194	194	388
Roasted Lemon Chicken & Potatoes	115	115	230
Shepherd's Pie	49	49	98
Spaghetti Bolognese	234	234	468
Steak On Its Own	0	0	0
Steak with Mushroom Sauce	75	75	150
Thai Green Chicken Curry	85	85	170

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### Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	304	45600	0
Cooking Cream	20	304	6080	
Butter	7	304	2128	
Salt	1.5	304	456.0	
White Pepper	0.5	304	152.0	

### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	185	174	32190	0
Salt	1	174	174	
White Pepper	0.5	174	87.0	

### Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	576	10944	10
Oil	1	576	58	
Spices Mix	2.5	576	144	

### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	230	11902	4
Oil	1	230	58	
Salt	1.2	230	69	

### Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	170	10200	0
Salt	1	170	170	

### Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	188	5640	0
Parsley	1.5	188	282.0	
Paprika	0.5	188	94.0	

### Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	332	19920	0

### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	468	5304	6
Oil	0.7	468	55	

### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	452	8889	3
Oil	0.7	452	105	

### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	1818	48177	2
Water	95	1818	86355	
Salt	1	1818	909	
Oil	1.5	1818	1364	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	58	10440	0
Oil	2	58	116	
Lemon Juice	6	58	348	
Moroccan Chicken Mix	4	58	232	

### Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	150	462	69300	
Oil	4	462	1848	
Roast Chicken Mix	4	462	1848	

### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	150	16500	0
Oil	1.5	150	225.0	
Baking Soda	3	150	450	

### Lamb Marinade

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	188	30456	0
Oil	2	188	376	
Salt	1.5	188	282.0	
Oregano	1.2	188	225.6	

## Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	468	7800	6
Napoli Sauce	65	468	5070	
Crushed Tomatoes	45	468	3510	
Beef Stock	30	468	2340	
Onion	15	468	1170	
Zucchini	15	468	1170	
Carrot	15	468	1170	
Vegetable Oil	1	468	78	
Salt	3	468	234	
Pepper	1	468	78	

### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	120	300	9000	4
Celery	42	300	3150	
Carrot	42	300	3150	
Cabbage	42	300	3150	
Onion	42	300	3150	
Oil	2	300	150	
Pepper	1	300	75	
Salt	0.5	300	38	
Soy Sauce	13	300	975	
Oyster Sauce	13	300	975	

### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	98	4900	2
Oil	2	98	98	
Carrots	15	98	735	
Capsicum	15	98	735	
Onion	15	98	735	
Mushroom	15	98	735	
Peas	15	98	735	
Tomato Paste	6	98	294	
Beef Stock	20	98	980	
Salt	2	98	98	
Pepper	0.5	98	24	
Napoli Sauce	70	98	3430	

### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	95	280	8867	3
Onion	12	280	1120	
Capsicum	12	280	1120	
Vegetable Oil	2	280	187	
Taco Seasoning	7	280	653	
Salt	1.5	280	140	
Pepper	0.5	280	47	
Beef Stock	40	280	3733	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	154	23100	
Onion	10	154	1540	
Parsley	3	154	462	
Salt	1.5	154	231.0	
Pepper	0.2	154	30.8	

### Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	98	4753	2
Onion	30	98	1470	
Carrot	30	98	1470	
Potato	30	98	1470	
Peas	30	98	1470	
Oil	2	98	98	
Salt	2.5	98	122	
Pepper	0.5	98	24	
Tomato Paste	20	98	980	
Water	30	98	1470	
Beef Stock	30	98	1470	
Rice	130	98	6370	

### Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	97	448	43456	
Baking Soda	2.5	448	1120.0	
Water	10	448	4480	
Soy Sauce	5	448	2240	
Cornflour	2.5	448	1120.0	
Capsicum	37	448	16576	
Onion	37	448	16576	
Rice	130	448	58240	

## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	106	7155	2
Corn	52	106	2756	
Beans	60	106	3180	
Broccoli	67	106	3551	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	324	42120	
Penne	59	324	19116	
Sundried Tomatoes	24	324	7776	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	250	35000	
Peas	40	250	10000	
Rice	130	250	32500	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	58	10440	

### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	58	1160	
Zucchini	30	58	1740	
Red Capsicum	30	58	1740	
Garlic	2	58	116	
Oil	2	58	116	
Chickpeas	115	58	6670	
Mix Spices	1.7	58	98.6	
Chicken Stock	50	58	2900	

### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	710	106500	
Mozzerala Cheese	1750	710	532500	
Napoli Sauce	500	710	355000	
Bolognese	3200	710	2272000	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	76	5130	2
Beans	60	76	2280	

### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	388	58200	

### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	128	16640	
Penne	59	128	7552	
Broccoli	40	128	5120	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	170	23800	
Rice	130	170	22100	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	150	16500	

### 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	40	3200	1
Carrot	25	40	1000	
Onion	20	40	800	
Taco Seasoning	1	40	40	
Salt	1.5	40	60	
Pepper	0.5	40	20	
Garlic	2.5	40	100	
Vegetable Oil	1.5	40	60	
Cumin	0.5	40	20	
Crushed Tomato	85	40	3400	
Water	41.7	40	1668	

## Meal Recipes (cont'd)

### Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	188	8773	3
Potatoes	140	188	8773	

### 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	232	8700	4
Capsicum	52	232	3016	
Red Onion	52	232	3016	
Salsa	30	232	1740	
Rice	130	232	7540	

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	170	5100	5
Chicken	80	170	2720	
Sauce	200	170	6800	
Spinach	25	170	850	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	170	1190
Coconut Cream	90	170	15300

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	188	3760
Garlic	2	188	376
Salt	1	188	188

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	448	31360
MEATBALLS	120	154	18480
LEMON	50	230	11500
MUSHROOM	100	150	15000
FAJITA SAUCE	33	232	7656
BURRITO SAUCE	43	280	12040

### Beef Burrito Mix

Ingredient	Qty	Amt	Total
Salsa	43	280	12040
Black Beans	50	280	14000
Corn	50	280	14000
Rice	130	280	36400

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	388	19400
Mozzarella Cheese	40	388	15520

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Batches
Chicken	110	324	7
Sauce	80	324	7

### Butter Chicken

Ingredient	Qty/Batch	Amount	Batches
Chicken	120	250	6
Sauce	90	250	6

### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Batches
Chicken	100	128	3
Sauce	100	128	3

### Thai

Ingredient	Qty/Batch	Amount	Batches
Chicken	110	170	4
Sauce	90	170	4

### Gnocchi

Ingredient	Qty/Batch	Amount	Batches
Gnocchi	150	170	5
Chicken	80	170	5
Sauce	200	170	5
Spinach	25	170	5

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	9506
BEEF TOPSIDE (MONG)	43456
MINCE	142300
TOPSIDE STEAK	16500
LAMB SHOULDER	30456
MORROCAN CHICKEN	10440
ITALIAN CHICKEN	87210
NORMAL CHICKEN	135460
CHICKEN THIGH	69300

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	2940
10MM DICED POTATO (LEBO)	2940
10MM DICED ZUCCHINI	1740
5MM DICED CABBAGE	12600
5MM DICED CAPSICUM	6570
5MM DICED CARROTS	14070
5MM DICED CELERY	12600
5MM DICED MUSHROOMS	1470
5MM DICED ONION	30890
5MM MONGOLIAN CAPSICUM	28640
5MM MONGOLIAN ONION	28640
5MM SLICED MUSHROOMS	0
BROCCOLI	12222
CRATED CARROTS	8020
CRATED ZUCCHINI	7020
LEMON POTATO	47608
ROASTED POTATO	109440
THAI POTATOS	10200
POTATO MASH	45600
SWEET POTATO MASH	32190
SPINACH	4248
RED ONION	5640
PARSLEY	282