

## Meal Production Summary - 04/08/2025

Meal	Clean Eats	Already Made	Total
Spaghetti Bolognese	123	0	123
Beef Chow Mein	69	0	69
Shepherd's Pie	103	0	103
Beef Burrito Bowl	97	0	97
Beef Meatballs	76	0	76
Lebanese Beef Stew	58	0	58
Mongolian Beef	139	0	139
Chicken with Vegetables	29	0	29
Chicken with Sweet Potato and Beans	69	0	69
Naked Chicken Parma	118	0	118
Chicken Pesto Pasta	117	0	117
Chicken and Broccoli Pasta	78	0	78
Butter Chicken	111	0	111
Thai Green Chicken Curry	94	0	94
Moroccan Chicken	46	0	46
Steak with Mushroom Sauce	121	0	121
Creamy Chicken & Mushroom Gnocchi	136	0	136
Roasted Lemon Chicken & Potatoes	71	0	71
Beef Lasagna	185	0	185
Bean Nachos with Rice	11	0	11
Lamb Souvlaki	118	0	118
Chicken Fajita Bowl	70	0	70
Family Mac and 3 Cheese Pasta Bake	10	0	10
Baked Family Lasagna	17	0	17
GIVE ME CHICKEN	1	0	1
MAKE YOUR OWN MEGA PACK	8	0	8
<b>TOTAL</b>	<b>2075</b>	<b>0</b>	<b>2075</b>

## Daily Production Report - 04/08/2025

### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	123	4182	2
Oil	0.7	123	43	

### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	195	5752	2
Oil	0.7	195	68	

### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	649	34397	1
Water	95	649	61655	
Salt	1	649	649	
Oil	1.5	649	974	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	46	8280	0
Oil	2	46	92	
Lemon Juice	6	46	276	
Moroccan Chicken Mix	4	46	184	

### Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	150	141	21150	
Oil	4	141	564	
Roast Chicken Mix	4	141	564	

### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	121	13310	0
Oil	1.5	121	181.5	
Baking Soda	3	121	363	

### Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	118	19116	0
Oil	2	118	236	
Salt	1.5	118	177.0	
Oregano	1.2	118	141.6	

### Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	197	29550	0
Cooking Cream	20	197	3940	
Butter	7	197	1379	
Salt	1.5	197	295.5	
White Pepper	0.5	197	98.5	

### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	185	172	31820	0
Salt	1	172	172	
White Pepper	0.5	172	86.0	

### Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	236	11210	4
Oil	1	236	59	
Spices Mix	2.5	236	148	

### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	71	7348	2
Oil	1	71	36	
Salt	1.2	71	43	

### Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	94	5640	0
Salt	1	94	94	

### Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	118	3540	0
Parsley	1.5	118	177.0	
Paprika	0.5	118	59.0	

### Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	219	13140	0

## Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	123	6150	2
Napoli Sauce	65	123	3998	
Crushed Tomatoes	45	123	2768	
Beef Stock	30	123	1845	
Onion	15	123	922	
Zucchini	15	123	922	
Carrot	15	123	922	
Vegetable Oil	1	123	62	
Salt	3	123	184	
Pepper	1	123	62	

### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	103	5150	2
Oil	2	103	103	
Carrots	15	103	772	
Capsicum	15	103	772	
Onion	15	103	772	
Mushroom	15	103	772	
Peas	15	103	772	
Tomato Paste	6	103	309	
Beef Stock	20	103	1030	
Salt	2	103	103	
Pepper	0.5	103	26	
Napoli Sauce	70	103	3605	

### Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	58	5626	1
Onion	30	58	1740	
Carrot	30	58	1740	
Potato	30	58	1740	
Peas	30	58	1740	
Oil	2	58	116	
Salt	2.5	58	145	
Pepper	0.5	58	29	
Tomato Paste	20	58	1160	
Water	30	58	1740	
Beef Stock	30	58	1740	
Rice	130	58	7540	

### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	120	69	8280	1
Celery	42	69	2898	
Carrot	42	69	2898	
Cabbage	42	69	2898	
Onion	42	69	2898	
Oil	2	69	138	
Pepper	1	69	69	
Salt	0.5	69	34	
Soy Sauce	13	69	897	
Oyster Sauce	13	69	897	

### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	95	97	9215	1
Onion	12	97	1164	
Capsicum	12	97	1164	
Vegetable Oil	2	97	194	
Taco Seasoning	7	97	679	
Salt	1.5	97	146	
Pepper	0.5	97	48	
Beef Stock	40	97	3880	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	76	11400	
Onion	10	76	760	
Parsley	3	76	228	
Salt	1.5	76	114.0	
Pepper	0.2	76	15.200000000000001	

### Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	97	139	13483	
Baking Soda	2.5	139	347.5	
Water	10	139	1390	
Soy Sauce	5	139	695	
Cornflour	2.5	139	347.5	
Capsicum	37	139	5143	
Onion	37	139	5143	
Rice	130	139	18070	

## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	29	3915	1
Corn	52	29	1508	
Beans	60	29	1740	
Broccoli	67	29	1943	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	117	15210	
Penne	59	117	6903	
Sundried Tomatoes	24	117	2808	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	111	15540	
Peas	40	111	4440	
Rice	130	111	14430	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	46	8280	

### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	46	920	
Zucchini	30	46	1380	
Red Capsicum	30	46	1380	
Garlic	2	46	92	
Oil	2	46	92	
Chickpeas	115	46	5290	
Mix Spices	1.7	46	78.2	
Chicken Stock	50	46	2300	

### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	185	27750	
Mozzerala Cheese	1750	185	138750	
Napoli Sauce	500	185	92500	
Bolognese	3200	185	592000	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	69	4658	2
Beans	60	69	2070	

### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	118	17700	

### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	78	10140	
Penne	59	78	4602	
Broccoli	40	78	3120	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	94	13160	
Rice	130	94	12220	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	121	13310	

### 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	11	880	1
Carrot	25	11	275	
Onion	20	11	220	
Taco Seasoning	1	11	11	
Salt	1.5	11	16	
Pepper	0.5	11	6	
Garlic	2.5	11	28	
Vegetable Oil	1.5	11	16	
Cumin	0.5	11	6	
Crushed Tomato	85	11	935	
Water	41.7	11	459	

## Meal Recipes (cont'd)

### Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	118	8260	2
Potatoes	140	118	8260	

### 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	70	5250	2
Capsicum	52	70	1820	
Red Onion	52	70	1820	
Salsa	30	70	1050	
Rice	130	70	4550	

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	136	5100	4
Chicken	80	136	2720	
Sauce	200	136	6800	
Spinach	25	136	850	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	94	658
Coconut Cream	90	94	8460

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	118	2360
Garlic	2	118	236
Salt	1	118	118

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	139	9730
MEATBALLS	120	76	9120
LEMON	50	71	3550
MUSHROOM	100	121	12100
FAJITA SAUCE	33	70	2310
BURRITO SAUCE	43	97	4171

### Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	97	2086	2
Black Beans	50	97	2425	2
Corn	50	97	2425	2
Rice	130	97	6305	2

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	118	5900
Mozzarella Cheese	40	118	4720

### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	24	117	2808

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	110	117	4290	3
Sauce	80	117	3120	3

### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	110	94	5170	2
Sauce	90	94	4230	2

### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	120	111	4440	3
Sauce	90	111	3330	3

### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	150	136	5100	4
Chicken	80	136	2720	4
Sauce	200	136	6800	4
Spinach	25	136	850	4

### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	100	78	3900	2
Sauce	100	78	3900	2

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	5626
BEEF TOPSIDE (MONG)	13483
MINCE	51495
TOPSIDE STEAK	13310
LAMB SHOULDER	19116
MORROCAN CHICKEN	8280
ITALIAN CHICKEN	33048
NORMAL CHICKEN	69680
CHICKEN THIGH	21150

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	1740
10MM DICED POTATO (LEBO)	1740
10MM DICED ZUCCHINI	1380
5MM DICED CABBAGE	2898
5MM DICED CAPSICUM	4088
5MM DICED CARROTS	4442
5MM DICED CELERY	2898
5MM DICED MUSHROOMS	1544
5MM DICED ONION	11090
5MM MONGOLIAN CAPSICUM	8783
5MM MONGOLIAN ONION	8783
5MM SLICED MUSHROOMS	0
BROCCOLI	5063
CRATED CARROTS	2119
CRATED ZUCCHINI	1844
LEMON POTATO	14696
ROASTED POTATO	44840
THAI POTATOS	5640
POTATO MASH	29550
SWEET POTATO MASH	31820
SPINACH	3400
RED ONION	3540
PARSLEY	177