

Meal Production Summary - 20/07/2025

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	199	22	0	221
Beef Chow Mein	83	6	0	89
Shepherd's Pie	116	0	0	116
Beef Burrito Bowl	128	18	0	146
Beef Meatballs	96	13	0	109
Lebanese Beef Stew	41	0	0	41
Mongolian Beef	150	14	0	164
Chicken with Vegetables	33	1	0	34
Chicken with Sweet Potato and Beans	83	0	0	83
Naked Chicken Parma	181	17	0	198
Chicken Pesto Pasta	172	3	0	175
Chicken and Broccoli Pasta	93	0	0	93
Butter Chicken	147	7	0	154
Thai Green Chicken Curry	122	4	0	126
Moroccan Chicken	70	0	0	70
Steak with Mushroom Sauce	104	3	0	107
Creamy Chicken & Mushroom Gnocchi	149	0	0	149
Roasted Lemon Chicken & Potatoes	84	0	0	84
Beef Lasagna	263	19	0	282
Bean Nachos with Rice	19	0	0	19
Lamb Souvlaki	166	14	0	180
Chicken Fajita Bowl	92	6	0	98
Steak On Its Own	0	0	0	0
Chicken On Its Own	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	11	0	0	11
Baked Family Lasagna	16	0	0	16
TOTAL	2618	147	0	2765

Daily Production Report - 20/07/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	221	5009	3
Oil	0.7	221	52	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	268	7906	2
Oil	0.7	268	94	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	837	44361	1
Water	95	837	79515	
Salt	1	837	837	
Oil	1.5	837	1256	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	70	12600	0
Oil	2	70	140	
Lemon Juice	6	70	420	
Moroccan Chicken Mix	4	70	280	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	150	182	27300	
Oil	4	182	728	
Roast Chicken Mix	4	182	728	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	107	11770	0
Oil	1.5	107	160.5	
Baking Soda	3	107	321	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	180	29160	0
Oil	2	180	360	
Salt	1.5	180	270.0	
Oregano	1.2	180	216.0	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	216	32400	0
Cooking Cream	20	216	4320	
Butter	7	216	1512	
Salt	1.5	216	324.0	
White Pepper	0.5	216	108.0	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	185	199	36815	0
Salt	1	199	199	
White Pepper	0.5	199	99.5	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	378	11970	6
Oil	1	378	63	
Spices Mix	2.5	378	158	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	84	8694	2
Oil	1	84	42	
Salt	1.2	84	50	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	126	7560	0
Salt	1	126	126	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	180	5400	0
Parsley	1.5	180	270.0	
Paprika	0.5	180	90.0	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	224	13440	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	221	0	3
Napoli Sauce	0	221	0	
Crushed Tomatoes	0	221	0	
Beef Stock	0	221	0	
Onion	0	221	0	
Zucchini	0	221	0	
Carrot	0	221	0	
Vegetable Oil	0	221	0	
Salt	0	221	0	
Pepper	0	221	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	89	0	2
Celery	0	89	0	
Carrot	0	89	0	
Cabbage	0	89	0	
Onion	0	89	0	
Oil	0	89	0	
Pepper	0	89	0	
Salt	0	89	0	
Soy Sauce	0	89	0	
Oyster Sauce	0	89	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	116	0	2
Oil	0	116	0	
Carrots	0	116	0	
Capsicum	0	116	0	
Onion	0	116	0	
Mushroom	0	116	0	
Peas	0	116	0	
Tomato Paste	0	116	0	
Beef Stock	0	116	0	
Salt	0	116	0	
Pepper	0	116	0	
Napoli Sauce	0	116	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	146	0	2
Onion	0	146	0	
Capsicum	0	146	0	
Vegetable Oil	0	146	0	
Taco Seasoning	0	146	0	
Salt	0	146	0	
Pepper	0	146	0	
Beef Stock	0	146	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	109	16350	
Onion	10	109	1090	
Parsley	3	109	327	
Salt	1.5	109	163.5	
Pepper	0.2	109	21.8	

Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	41	3977	1
Onion	30	41	1230	
Carrot	30	41	1230	
Potato	30	41	1230	
Peas	30	41	1230	
Oil	2	41	82	
Salt	2.5	41	102	
Pepper	0.5	41	20	
Tomato Paste	20	41	820	
Water	30	41	1230	
Beef Stock	30	41	1230	
Rice	130	41	5330	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	97	164	15908	
Baking Soda	2.5	164	410.0	
Water	10	164	1640	
Soy Sauce	5	164	820	
Cornflour	2.5	164	410.0	
Capsicum	37	164	6068	
Onion	37	164	6068	
Rice	130	164	21320	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	34	4590	1
Corn	52	34	1768	
Beans	60	34	2040	
Broccoli	67	34	2278	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	175	22750	
Penne	59	175	10325	
Sundried Tomatoes	24	175	4200	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	154	21560	
Peas	40	154	6160	
Rice	130	154	20020	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	70	12600	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	70	1400	
Zucchini	30	70	2100	
Red Capsicum	30	70	2100	
Garlic	2	70	140	
Oil	2	70	140	
Chickpeas	115	70	8050	
Mix Spices	1.7	70	119.0	
Chicken Stock	50	70	3500	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	282	42300	
Mozzerala Cheese	1750	282	211500	
Napoli Sauce	500	282	141000	
Bolognese	3200	282	902400	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	83	5602	2
Beans	60	83	2490	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	198	29700	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	93	12090	
Penne	59	93	5487	
Broccoli	40	93	3720	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	126	17640	
Rice	130	126	16380	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	107	11770	

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	19	1520	1
Carrot	25	19	475	
Onion	20	19	380	
Taco Seasoning	1	19	19	
Salt	1.5	19	28	
Pepper	0.5	19	10	
Garlic	2.5	19	48	
Vegetable Oil	1.5	19	28	
Cumin	0.5	19	10	
Crushed Tomato	85	19	1615	
Water	41.7	19	792	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	180	12600	2
Potatoes	140	180	12600	

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	98	7350	2
Capsicum	52	98	2548	
Red Onion	52	98	2548	
Salsa	30	98	1470	
Rice	130	98	6370	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	149	4470	5
Chicken	80	149	2384	
Sauce	200	149	5960	
Spinach	25	149	745	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	126	882
Coconut Cream	90	126	11340

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	180	3600
Garlic	2	180	360
Salt	1	180	180

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	164	11480
MEATBALLS	120	109	13080
LEMON	50	84	4200
MUSHROOM	100	107	10700
FAJITA SAUCE	33	98	3234
BURRITO SAUCE	43	146	6278

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	146	2093	3
Black Beans	50	146	2434	3
Corn	50	146	2434	3
Rice	130	146	6327	3

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	198	9900
Mozzarella Cheese	40	198	7920

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	24	175	4200

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	110	175	4813	4
Sauce	80	175	3500	4

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	110	126	4620	3
Sauce	90	126	3780	3

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	120	154	4620	4
Sauce	90	154	3465	4

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	150	149	4470	5
Chicken	80	149	2384	5
Sauce	200	149	5960	5
Spinach	25	149	745	5

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	100	93	4650	2
Sauce	100	93	4650	2

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	3977
BEEF TOPSIDE (MONG)	15908
MINCE	16350
TOPSIDE STEAK	11770
LAMB SHOULDER	29160
MORROCAN CHICKEN	12600
ITALIAN CHICKEN	48195
NORMAL CHICKEN	90610
CHICKEN THIGH	27300

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	1230
10MM DICED POTATO (LEBO)	1230
10MM DICED ZUCCHINI	2100
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	2100
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	4100
5MM MONGOLIAN CAPSICUM	11164
5MM MONGOLIAN ONION	11164
5MM SLICED MUSHROOMS	0
BROCCOLI	5998
CRATED CARROTS	475
CRATED ZUCCHINI	0
LEMON POTATO	17388
ROASTED POTATO	71820
THAI POTATOS	7560
POTATO MASH	32400
SWEET POTATO MASH	36815
SPINACH	3720
RED ONION	5400
PARSLEY	270