

Meal Production Summary - 30/11/2025

Meal	Clean Eats	Already Made	Total
Spaghetti Bolognese	178	0	178
Beef Chow Mein	132	0	132
Shepherd's Pie	111	0	111
Beef Burrito Bowl	199	0	199
Beef Meatballs	238	0	238
Lebanese Beef Stew	0	0	0
Mongolian Beef	280	0	280
Chicken with Vegetables	86	0	86
Chicken with Sweet Potato and Beans	139	0	139
Naked Chicken Parma	304	0	304
Chicken Pesto Pasta	246	0	246
Chicken and Broccoli Pasta	122	0	122
Butter Chicken	166	0	166
Thai Green Chicken Curry	151	0	151
Moroccan Chicken	91	0	91
Steak with Mushroom Sauce	234	0	234
Creamy Chicken & Mushroom Gnocchi	185	0	185
Roasted Lemon Chicken & Potatoes	139	0	139
Beef Lasagna	369	0	369
Bean Nachos with Rice	23	0	23
Lamb Souvlaki	263	0	263
Chicken Fajita Bowl	154	0	154
Steak On Its Own	0	0	0
Chicken On Its Own	0	0	0
Family Mac and 3 Cheese Pasta Bake	12	0	12
Baked Family Lasagna	28	0	28
TOTAL	3850	0	3850

Daily Production Report - 30/11/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	178	3797	3
Oil	0.7	178	42	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	368	7237	3
Oil	0.7	368	86	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	1105	8366	7
Water	95	1105	14996	
Salt	1	1105	158	
Oil	1.5	1105	237	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	91	16380	0
Oil	2	91	182	
Lemon Juice	6	91	546	
Moroccan Chicken Mix	4	91	364	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	293	46880	
Oil	4	293	1172	
Roast Chicken Mix	4	293	1172	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	234	21762	0
Oil	1.5	234	351.0	
Baking Soda	3	234	702	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	263	42606	0
Oil	2	263	526	
Salt	1.5	263	394.5	
Oregano	1.2	263	315.6	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	472	70800	0
Cooking Cream	20	472	9440	
Butter	7	472	3304	
Salt	1.5	472	708.0	
White Pepper	0.5	472	236.0	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	250	50000	0
Salt	1	250	250	
White Pepper	0.5	250	125.0	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	567	11970	9
Oil	1	567	63	
Spices Mix	2.5	567	158	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	139	9591	3
Oil	1	139	46	
Salt	1.2	139	56	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	151	9060	0
Salt	1	151	151	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	263	7890	0
Parsley	1.5	263	394.5	
Paprika	0.5	263	131.5	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	459	27540	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	178	8900	2
Napoli Sauce	65	178	5785	
Crushed Tomatoes	45	178	4005	
Beef Stock	30	178	2670	
Onion	15	178	1335	
Zucchini	15	178	1335	
Carrot	15	178	1335	
Vegetable Oil	1	178	89	
Salt	3	178	267	
Pepper	1	178	89	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	120	132	7920	2
Celery	42	132	2772	
Carrot	42	132	2772	
Cabbage	42	132	2772	
Onion	42	132	2772	
Oil	2	132	132	
Pepper	1	132	66	
Salt	0.5	132	33	
Soy Sauce	13	132	858	
Oyster Sauce	13	132	858	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	111	5550	2
Oil	2	111	111	
Carrots	15	111	832	
Capsicum	15	111	832	
Onion	15	111	832	
Mushroom	15	111	832	
Peas	15	111	832	
Tomato Paste	6	111	333	
Beef Stock	20	111	1110	
Salt	2	111	111	
Pepper	0.5	111	28	
Napoli Sauce	70	111	3885	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	95	199	9452	2
Onion	12	199	1194	
Capsicum	12	199	1194	
Vegetable Oil	2	199	199	
Taco Seasoning	7	199	696	
Salt	1.5	199	149	
Pepper	0.5	199	50	
Beef Stock	40	199	3980	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	238	35700	
Onion	10	238	2380	
Parsley	3	238	714	
Salt	1.5	238	357.0	
Pepper	0.2	238	47.6	

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	100	280	28000	
Baking Soda	2.5	280	700.0	
Water	10	280	2800	
Soy Sauce	5	280	1400	
Cornflour	2.5	280	700.0	
Capsicum	37	280	10360	
Onion	37	280	10360	
Rice	130	280	36400	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	86	5805	2
Corn	50	86	2150	
Beans	60	86	2580	
Broccoli	67	86	2881	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	246	31980	
Penne	59	246	14514	
Sundried Tomatoes	20	246	4920	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	166	7747	3
Peas	40	166	2213	
Rice	130	166	7193	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	91	16380	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	91	1638	
Zucchini	27	91	2457	
Red Capsicum	27	91	2457	
Garlic	1.8	91	163.8	
Oil	1.8	91	163.8	
Chickpeas	103.5	91	9418.5	
Mix Spices	1.53	91	139.23	
Chicken Stock	45	91	4095	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	369	55350	
Mozzerala Cheese	1750	369	276750	
Napoli Sauce	500	369	184500	
Bolognese	3200	369	1180800	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	139	6255	3
Beans	60	139	2780	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	304	45600	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	122	15860	
Penne	59	122	7198	
Broccoli	40	122	4880	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	151	21774.199999999997	
Rice	130	151	19630	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	234	25740	

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	23	1840	1
Carrot	25	23	575	
Onion	20	23	460	
Taco Seasoning	1	23	23	
Salt	1.5	23	34	
Pepper	0.5	23	12	
Garlic	2.5	23	58	
Vegetable Oil	1.5	23	34	
Cumin	0.5	23	12	
Crushed Tomato	85	23	1955	
Water	41.7	23	959	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	263	12273	3
Potatoes	140	263	12273	

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	154	7700	3
Capsicum	52	154	2669	
Red Onion	52	154	2669	
Salsa	30	154	1540	
Rice	130	154	6673	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	185	4625	6
Chicken	80	185	2467	
Sauce	200	185	6167	
Spinach	25	185	771	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7.21	151	1088.71
Coconut Cream	97.85	151	14775.349999999999

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	263	5260
Garlic	1	263	263
Salt	0.2	263	52.6

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	280	19600
MEATBALLS	120	238	28560
LEMON	50	139	6950
MUSHROOM	100	234	23400
FAJITA SAUCE	33	154	5082
BURRITO SAUCE	43	199	8557

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	199	2140	4
Black Beans	50	199	2488	4
Corn	50	199	2488	4
Rice	130	199	6468	4

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	304	15200
Mozzarella Cheese	40	304	12160

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	246	4920

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	246	5265	5
Sauce	80	246	3936	5

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	151	4355	4
Sauce	92.7	151	3500	4

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	166	5105	4
Sauce	90	166	3735	4

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	185	4533	6
Chicken	80	185	2467	6
Sauce	200	185	6167	6
Spinach	25	185	771	6

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	122	4148	3
Sauce	100	122	4067	3

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	28000
MINCE	99345
TOPSIDE STEAK	21762
LAMB SHOULDER	42606
MORROCAN CHICKEN	16380
ITALIAN CHICKEN	80937
NORMAL CHICKEN	113100
CHICKEN THIGH	46880

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	2457
5MM DICED CABBAGE	5544
5MM DICED CAPSICUM	6509
5MM DICED CARROTS	7208
5MM DICED CELERY	5544
5MM DICED MUSHROOMS	1664
5MM DICED ONION	16744
5MM MONGOLIAN CAPSICUM	18367
5MM MONGOLIAN ONION	18367
5MM SLICED MUSHROOMS	0
BROCCOLI	10642
CRATED CARROTS	3245
CRATED ZUCCHINI	2670
LEMON POTATO	28773
ROASTED POTATO	107730
THAI POTATOS	9060
POTATO MASH	70800
SWEET POTATO MASH	50000
SPINACH	4620
RED ONION	7890
PARSLEY	394