

Meal Production Summary - 06/10/2025

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	167	16	0	183
Beef Chow Mein	99	3	0	102
Shepherd's Pie	60	0	0	60
Beef Burrito Bowl	153	8	0	161
Beef Meatballs	83	5	0	88
Lebanese Beef Stew	87	0	0	87
Mongolian Beef	186	7	0	193
Chicken with Vegetables	57	6	0	63
Chicken with Sweet Potato and Beans	111	0	0	111
Naked Chicken Parma	209	10	0	219
Chicken Pesto Pasta	176	10	0	186
Chicken and Broccoli Pasta	106	0	0	106
Butter Chicken	154	6	0	160
Thai Green Chicken Curry	135	9	0	144
Moroccan Chicken	59	0	0	59
Steak with Mushroom Sauce	212	3	0	215
Creamy Chicken & Mushroom Gnocchi	143	0	0	143
Roasted Lemon Chicken & Potatoes	92	5	0	97
Beef Lasagna	299	14	0	313
Bean Nachos with Rice	9	0	0	9
Lamb Souvlaki	92	4	0	96
Chicken Fajita Bowl	157	6	0	163
Steak On Its Own	0	0	0	0
Chicken On Its Own	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	0	0	0	0
Baked Family Lasagna	10	0	0	10
TOTAL	2856	112	0	2968

Daily Production Report - 06/10/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	183	3904	3
Oil	0.7	183	43	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	292	5743	3
Oil	0.7	292	68	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	1019	18002	3
Water	95	1019	32268	
Salt	1	1019	340	
Oil	1.5	1019	510	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	59	10620	0
Oil	2	59	118	
Lemon Juice	6	59	354	
Moroccan Chicken Mix	4	59	236	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	260	41600	
Oil	4	260	1040	
Roast Chicken Mix	4	260	1040	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	215	19995	0
Oil	1.5	215	322.5	
Baking Soda	3	215	645	

Lamb Marinade

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	96	15552	0
Oil	2	96	192	
Salt	1.5	96	144.0	
Oregano	1.2	96	115.2	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	303	45450	0
Cooking Cream	20	303	6060	
Butter	7	303	2121	
Salt	1.5	303	454.5	
White Pepper	0.5	303	151.5	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	171	34200	0
Salt	1	171	171	
White Pepper	0.5	171	85.5	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	315	11970	5
Oil	1	315	63	
Spices Mix	2.5	315	158	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	97	10040	2
Oil	1	97	48	
Salt	1.2	97	58	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	144	8640	0
Salt	1	144	144	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	96	2880	0
Parsley	1.5	96	144.0	
Paprika	0.5	96	48.0	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	389	23340	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	183	0	3
Napoli Sauce	0	183	0	
Crushed Tomatoes	0	183	0	
Beef Stock	0	183	0	
Onion	0	183	0	
Zucchini	0	183	0	
Carrot	0	183	0	
Vegetable Oil	0	183	0	
Salt	0	183	0	
Pepper	0	183	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	102	0	2
Celery	0	102	0	
Carrot	0	102	0	
Cabbage	0	102	0	
Onion	0	102	0	
Oil	0	102	0	
Pepper	0	102	0	
Salt	0	102	0	
Soy Sauce	0	102	0	
Oyster Sauce	0	102	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	60	0	1
Oil	0	60	0	
Carrots	0	60	0	
Capsicum	0	60	0	
Onion	0	60	0	
Mushroom	0	60	0	
Peas	0	60	0	
Tomato Paste	0	60	0	
Beef Stock	0	60	0	
Salt	0	60	0	
Pepper	0	60	0	
Napoli Sauce	0	60	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	161	0	2
Onion	0	161	0	
Capsicum	0	161	0	
Vegetable Oil	0	161	0	
Taco Seasoning	0	161	0	
Salt	0	161	0	
Pepper	0	161	0	
Beef Stock	0	161	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	88	13200	
Onion	10	88	880	
Parsley	3	88	264	
Salt	1.5	88	132.0	
Pepper	0.2	88	17.6	

Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	87	4220	2
Onion	30	87	1305	
Carrot	30	87	1305	
Potato	30	87	1305	
Peas	30	87	1305	
Oil	2	87	87	
Salt	2.5	87	109	
Pepper	0.5	87	22	
Tomato Paste	20	87	870	
Water	30	87	1305	
Beef Stock	30	87	1305	
Rice	130	87	5655	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	193	19300	
Baking Soda	2.5	193	482.5	
Water	10	193	1930	
Soy Sauce	5	193	965	
Cornflour	2.5	193	482.5	
Capsicum	37	193	7141	
Onion	37	193	7141	
Rice	130	193	25090	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	63	4252	2
Corn	50	63	1575	
Beans	60	63	1890	
Broccoli	67	63	2110	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	186	24180	
Penne	59	186	10974	
Sundried Tomatoes	20	186	3720	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	160	7467	3
Peas	40	160	2133	
Rice	130	160	6933	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	59	10620	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	59	1180	
Zucchini	30	59	1770	
Red Capsicum	30	59	1770	
Garlic	2	59	118	
Oil	2	59	118	
Chickpeas	115	59	6785	
Mix Spices	1.7	59	100.3	
Chicken Stock	50	59	2950	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	313	46950	
Mozzerala Cheese	1750	313	234750	
Napoli Sauce	500	313	156500	
Bolognese	3200	313	1001600	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	111	7492	2
Beans	60	111	3330	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	219	32850	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	106	13780	
Penne	59	106	6254	
Broccoli	40	106	4240	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	144	20160	
Rice	130	144	18720	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	215	23650	

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	9	720	1
Carrot	25	9	225	
Onion	20	9	180	
Taco Seasoning	1	9	9	
Salt	1.5	9	14	
Pepper	0.5	9	4	
Garlic	2.5	9	22	
Vegetable Oil	1.5	9	14	
Cumin	0.5	9	4	
Crushed Tomato	85	9	765	
Water	41.7	9	375	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	96	6720	2
Potatoes	140	96	6720	

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	163	8150	3
Capsicum	52	163	2825	
Red Onion	52	163	2825	
Salsa	30	163	1630	
Rice	130	163	7063	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	143	5362	4
Chicken	80	143	2860	
Sauce	200	143	7150	
Spinach	25	143	894	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	144	1008
Coconut Cream	95	144	13680

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	96	1920
Garlic	1	96	96
Salt	0.2	96	19.200000000000003

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	193	13510
MEATBALLS	120	88	10560
LEMON	50	97	4850
MUSHROOM	100	215	21500
FAJITA SAUCE	33	163	5379
BURRITO SAUCE	43	161	6923

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	161	2308	3
Black Beans	50	161	2684	3
Corn	50	161	2684	3
Rice	130	161	6977	3

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	219	10950
Mozzarella Cheese	40	219	8760

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	186	3720

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	186	4976	4
Sauce	80	186	3720	4

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	144	5376	3
Sauce	90	144	4320	3

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	160	4920	4
Sauce	90	160	3600	4

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	143	5256	4
Chicken	80	143	2860	4
Sauce	200	143	7150	4
Spinach	25	143	894	4

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	106	3604	3
Sauce	100	106	3534	3

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	8439
BEEF TOPSIDE (MONG)	19300
MINCE	13200
TOPSIDE STEAK	19995
LAMB SHOULDER	15552
MORROCAN CHICKEN	10620
ITALIAN CHICKEN	60129
NORMAL CHICKEN	96070
CHICKEN THIGH	41600

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	2610
10MM DICED POTATO (LEBO)	2610
10MM DICED ZUCCHINI	1770
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	1770
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	4850
5MM MONGOLIAN CAPSICUM	15616
5MM MONGOLIAN ONION	15616
5MM SLICED MUSHROOMS	0
BROCCOLI	8460
CRATED CARROTS	225
CRATED ZUCCHINI	0
LEMON POTATO	20078
ROASTED POTATO	59850
THAI POTATOS	8640
POTATO MASH	45450
SWEET POTATO MASH	34200
SPINACH	3572
RED ONION	2880
PARSLEY	144