

## Meal Production Summary - 06/10/2025

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	68	16	0	84
Beef Chow Mein	36	3	0	39
Shepherd's Pie	20	0	0	20
Beef Burrito Bowl	39	8	0	47
Beef Meatballs	29	5	0	34
Lebanese Beef Stew	35	0	0	35
Mongolian Beef	61	7	0	68
Chicken with Vegetables	20	6	0	26
Chicken with Sweet Potato and Beans	45	0	0	45
Naked Chicken Parma	58	10	0	68
Chicken Pesto Pasta	41	10	0	51
Chicken and Broccoli Pasta	51	0	0	51
Butter Chicken	50	6	0	56
Thai Green Chicken Curry	43	9	0	52
Moroccan Chicken	20	0	0	20
Steak with Mushroom Sauce	37	3	0	40
Creamy Chicken & Mushroom Gnocchi	35	0	0	35
Roasted Lemon Chicken & Potatoes	34	5	0	39
Beef Lasagna	72	14	0	86
Bean Nachos with Rice	7	0	0	7
Lamb Souvlaki	42	4	0	46
Chicken Fajita Bowl	50	6	0	56
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	0	0	0	0
<b>TOTAL</b>	<b>893</b>	<b>112</b>	<b>0</b>	<b>1005</b>

## Daily Production Report - 06/10/2025

### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	84	5376	1
Oil	0.7	84	59	

### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	102	6018	1
Oil	0.7	102	71	

### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	360	19080	1
Water	95	360	34200	
Salt	1	360	360	
Oil	1.5	360	540	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	20	3600	0
Oil	2	20	40	
Lemon Juice	6	20	120	
Moroccan Chicken Mix	4	20	80	

### Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	95	15200	
Oil	4	95	380	
Roast Chicken Mix	4	95	380	

### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	40	3720	0
Oil	1.5	40	60.0	
Baking Soda	3	40	120	

### Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	46	7452	0
Oil	2	46	92	
Salt	1.5	46	69.0	
Oregano	1.2	46	55.2	

### Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	74	11100	0
Cooking Cream	20	74	1480	
Butter	7	74	518	
Salt	1.5	74	111.0	
White Pepper	0.5	74	37.0	

### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	65	13000	0
Salt	1	65	65	
White Pepper	0.5	65	32.5	

### Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	114	10830	2
Oil	1	114	57	
Spices Mix	2.5	114	142	

### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	39	8073	1
Oil	1	39	39	
Salt	1.2	39	47	

### Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	52	3120	0
Salt	1	52	52	

### Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	46	1380	0
Parsley	1.5	46	69.0	
Paprika	0.5	46	23.0	

### Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	111	6660	0

## Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	84	0	1
Napoli Sauce	0	84	0	
Crushed Tomatoes	0	84	0	
Beef Stock	0	84	0	
Onion	0	84	0	
Zucchini	0	84	0	
Carrot	0	84	0	
Vegetable Oil	0	84	0	
Salt	0	84	0	
Pepper	0	84	0	

### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	39	0	1
Celery	0	39	0	
Carrot	0	39	0	
Cabbage	0	39	0	
Onion	0	39	0	
Oil	0	39	0	
Pepper	0	39	0	
Salt	0	39	0	
Soy Sauce	0	39	0	
Oyster Sauce	0	39	0	

### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	20	0	1
Oil	0	20	0	
Carrots	0	20	0	
Capsicum	0	20	0	
Onion	0	20	0	
Mushroom	0	20	0	
Peas	0	20	0	
Tomato Paste	0	20	0	
Beef Stock	0	20	0	
Salt	0	20	0	
Pepper	0	20	0	
Napoli Sauce	0	20	0	

### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	47	0	1
Onion	0	47	0	
Capsicum	0	47	0	
Vegetable Oil	0	47	0	
Taco Seasoning	0	47	0	
Salt	0	47	0	
Pepper	0	47	0	
Beef Stock	0	47	0	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	34	5100	
Onion	10	34	340	
Parsley	3	34	102	
Salt	1.5	34	51.0	
Pepper	0.2	34	6.800000000000001	

### Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	35	3395	1
Onion	30	35	1050	
Carrot	30	35	1050	
Potato	30	35	1050	
Peas	30	35	1050	
Oil	2	35	70	
Salt	2.5	35	88	
Pepper	0.5	35	18	
Tomato Paste	20	35	700	
Water	30	35	1050	
Beef Stock	30	35	1050	
Rice	130	35	4550	

### Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	68	6800	
Baking Soda	2.5	68	170.0	
Water	10	68	680	
Soy Sauce	5	68	340	
Cornflour	2.5	68	170.0	
Capsicum	37	68	2516	
Onion	37	68	2516	
Rice	130	68	8840	

## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	26	3510	1
Corn	50	26	1300	
Beans	60	26	1560	
Broccoli	67	26	1742	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	51	6630	
Penne	59	51	3009	
Sundried Tomatoes	20	51	1020	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	56	7840	1
Peas	40	56	2240	
Rice	130	56	7280	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	20	3600	

### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	20	400	
Zucchini	30	20	600	
Red Capsicum	30	20	600	
Garlic	2	20	40	
Oil	2	20	40	
Chickpeas	115	20	2300	
Mix Spices	1.7	20	34.0	
Chicken Stock	50	20	1000	

### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	86	12900	
Mozzerala Cheese	1750	86	64500	
Napoli Sauce	500	86	43000	
Bolognese	3200	86	275200	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	45	6075	1
Beans	60	45	2700	

### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	68	10200	

### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	51	6630	
Penne	59	51	3009	
Broccoli	40	51	2040	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	52	7280	
Rice	130	52	6760	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	40	4400	

### 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	7	560	1
Carrot	25	7	175	
Onion	20	7	140	
Taco Seasoning	1	7	7	
Salt	1.5	7	10	
Pepper	0.5	7	4	
Garlic	2.5	7	18	
Vegetable Oil	1.5	7	10	
Cumin	0.5	7	4	
Crushed Tomato	85	7	595	
Water	41.7	7	292	

## Meal Recipes (cont'd)

### Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	46	6440	1
Potatoes	140	46	6440	

### 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	56	8400	1
Capsicum	52	56	2912	
Red Onion	52	56	2912	
Salsa	30	56	1680	
Rice	130	56	7280	

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	35	5250	1
Chicken	80	35	2800	
Sauce	200	35	7000	
Spinach	25	35	875	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	52	364
Coconut Cream	95	52	4940

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	46	920
Garlic	1	46	46
Salt	0.2	46	9.2000000000000001

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	68	4760
MEATBALLS	120	34	4080
LEMON	50	39	1950
MUSHROOM	100	40	4000
FAJITA SAUCE	33	56	1848
BURRITO SAUCE	43	47	2021

### Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	47	2021	1
Black Beans	50	47	2350	1
Corn	50	47	2350	1
Rice	130	47	6110	1

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	68	3400
Mozzarella Cheese	40	68	2720

### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	51	1020

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	51	2729	2
Sauce	80	51	2040	2

### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	52	2912	2
Sauce	90	52	2340	2

### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	56	3444	2
Sauce	90	56	2520	2

### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	35	5145	1
Chicken	80	35	2800	1
Sauce	200	35	7000	1
Spinach	25	35	875	1

### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	51	2601	2
Sauce	100	51	2550	2

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	3395
BEEF TOPSIDE (MONG)	6800
MINCE	5100
TOPSIDE STEAK	3720
LAMB SHOULDER	7452
MORROCAN CHICKEN	3600
ITALIAN CHICKEN	21267
NORMAL CHICKEN	31850
CHICKEN THIGH	15200

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	1050
10MM DICED POTATO (LEBO)	1050
10MM DICED ZUCCHINI	600
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	600
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	1930
5MM MONGOLIAN CAPSICUM	5428
5MM MONGOLIAN ONION	5428
5MM SLICED MUSHROOMS	0
BROCCOLI	3782
CRATED CARROTS	175
CRATED ZUCCHINI	0
LEMON POTATO	8073
ROASTED POTATO	21660
THAI POTATOS	3120
POTATO MASH	11100
SWEET POTATO MASH	13000
SPINACH	874
RED ONION	1380
PARSLEY	69