

## Meal Production Summary - 21/10/2025

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	208	8	0	216
Beef Chow Mein	128	2	37	93
Shepherd's Pie	153	0	19	134
Beef Burrito Bowl	156	9	0	165
Beef Meatballs	175	3	0	178
Lebanese Beef Stew	9	0	0	9
Mongolian Beef	238	15	0	253
Chicken with Vegetables	77	3	0	80
Chicken with Sweet Potato and Beans	122	0	0	122
Naked Chicken Parma	292	12	0	304
Chicken Pesto Pasta	188	7	0	195
Chicken and Broccoli Pasta	146	0	0	146
Butter Chicken	199	6	0	205
Thai Green Chicken Curry	165	6	0	171
Moroccan Chicken	97	0	6	91
Steak with Mushroom Sauce	165	9	19	155
Creamy Chicken & Mushroom Gnocchi	191	0	10	181
Roasted Lemon Chicken & Potatoes	177	6	0	183
Beef Lasagna	335	4	0	339
Bean Nachos with Rice	23	0	0	23
Lamb Souvlaki	239	4	0	243
Chicken Fajita Bowl	155	6	0	161
Steak On Its Own	0	0	0	0
Chicken On Its Own	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	5	0	0	5
Baked Family Lasagna	24	0	0	24
ON Amino Energy Can	0	3	0	3
<b>TOTAL</b>	<b>3667</b>	<b>103</b>	<b>91</b>	<b>3679</b>

## Daily Production Report - 21/10/2025

### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	216	4608	3
Oil	0.7	216	50	

### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	341	6706	3
Oil	0.7	341	80	

### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	1080	19080	3
Water	95	1080	34200	
Salt	1	1080	360	
Oil	1.5	1080	540	

### 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	344	55040	
Oil	4	344	1376	
Roast Chicken Mix	4	344	1376	

### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	155	14415	0
Oil	1.5	155	232.5	
Baking Soda	3	155	465	

### Lamb Marinade

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	243	39366	0
Oil	2	243	486	
Salt	1.5	243	364.5	
Oregano	1.2	243	291.6	

### Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	333	49950	0
Cooking Cream	20	333	6660	
Butter	7	333	2331	
Salt	1.5	333	499.5	
White Pepper	0.5	333	166.5	

### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	256	51200	0
Salt	1	256	256	
White Pepper	0.5	256	128.0	

### Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	547	11548	9
Oil	1	547	61	
Spices Mix	2.5	547	152	

### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	183	12627	3
Oil	1	183	61	
Salt	1.2	183	73	

### Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	171	10260	0
Salt	1	171	171	

### Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	243	7290	0
Parsley	1.5	243	364.5	
Paprika	0.5	243	121.5	

### Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	357	21420	0

## Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	216	0	3
Napoli Sauce	0	216	0	
Crushed Tomatoes	0	216	0	
Beef Stock	0	216	0	
Onion	0	216	0	
Zucchini	0	216	0	
Carrot	0	216	0	
Vegetable Oil	0	216	0	
Salt	0	216	0	
Pepper	0	216	0	

### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	93	0	2
Celery	0	93	0	
Carrot	0	93	0	
Cabbage	0	93	0	
Onion	0	93	0	
Oil	0	93	0	
Pepper	0	93	0	
Salt	0	93	0	
Soy Sauce	0	93	0	
Oyster Sauce	0	93	0	

### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	134	0	2
Oil	0	134	0	
Carrots	0	134	0	
Capsicum	0	134	0	
Onion	0	134	0	
Mushroom	0	134	0	
Peas	0	134	0	
Tomato Paste	0	134	0	
Beef Stock	0	134	0	
Salt	0	134	0	
Pepper	0	134	0	
Napoli Sauce	0	134	0	

### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	165	0	2
Onion	0	165	0	
Capsicum	0	165	0	
Vegetable Oil	0	165	0	
Taco Seasoning	0	165	0	
Salt	0	165	0	
Pepper	0	165	0	
Beef Stock	0	165	0	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	178	26700	
Onion	10	178	1780	
Parsley	3	178	534	
Salt	1.5	178	267.0	
Pepper	0.2	178	35.6	

### Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	9	873	1
Onion	30	9	270	
Carrot	30	9	270	
Potato	30	9	270	
Peas	30	9	270	
Oil	2	9	18	
Salt	2.5	9	22	
Pepper	0.5	9	4	
Tomato Paste	20	9	180	
Water	30	9	270	
Beef Stock	30	9	270	
Rice	130	9	1170	

### Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	253	25300	
Baking Soda	2.5	253	632.5	
Water	10	253	2530	
Soy Sauce	5	253	1265	
Cornflour	2.5	253	632.5	
Capsicum	37	253	9361	
Onion	37	253	9361	
Rice	130	253	32890	

## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	80	5400	2
Corn	50	80	2000	
Beans	60	80	2400	
Broccoli	67	80	2680	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	195	25350	
Penne	59	195	11505	
Sundried Tomatoes	20	195	3900	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	205	7175	4
Peas	40	205	2050	
Rice	130	205	6662	

### Moroccan Chicken

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

### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	91	1820	
Zucchini	30	91	2730	
Red Capsicum	30	91	2730	
Garlic	2	91	182	
Oil	2	91	182	
Chickpeas	115	91	10465	
Mix Spices	1.7	91	154.7	
Chicken Stock	50	91	4550	

### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	339	50850	
Mozzerala Cheese	1750	339	254250	
Napoli Sauce	500	339	169500	
Bolognese	3200	339	1084800	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	122	5490	3
Beans	60	122	2440	

### 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	146	18980	
Penne	59	146	8614	
Broccoli	40	146	5840	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	171	23940	
Rice	130	171	22230	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	155	17050	

### 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	243	11340	3
Potatoes	140	243	11340	

### 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	161	8050	3
Capsicum	52	161	2791	
Red Onion	52	161	2791	
Salsa	30	161	1610	
Rice	130	161	6977	

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	181	4525	6
Chicken	80	181	2413	
Sauce	200	181	6033	
Spinach	25	181	754	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	171	1197
Coconut Cream	95	171	16245

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	243	4860
Garlic	1	243	243
Salt	0.2	243	48.6

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	253	17710
MEATBALLS	120	178	21360
LEMON	50	183	9150
MUSHROOM	100	155	15500
FAJITA SAUCE	33	161	5313
BURRITO SAUCE	43	165	7095

### Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	165	2365	3
Black Beans	50	165	2750	3
Corn	50	165	2750	3
Rice	130	165	7150	3

### 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	195	3900

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	195	5217	4
Sauce	80	195	3900	4

### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	171	4788	4
Sauce	90	171	3848	4

### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	205	5043	5
Sauce	90	205	3690	5

### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	181	4435	6
Chicken	80	181	2414	6
Sauce	200	181	6034	6
Spinach	25	181	755	6

### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	146	4964	3
Sauce	100	146	4867	3

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	873
BEEF TOPSIDE (MONG)	25300
MINCE	26700
TOPSIDE STEAK	14415
LAMB SHOULDER	39366
MORROCAN CHICKEN	16380
ITALIAN CHICKEN	77418
NORMAL CHICKEN	116740
CHICKEN THIGH	55040

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	270
10MM DICED POTATO (LEBO)	270
10MM DICED ZUCCHINI	2730
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	2730
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	4330
5MM MONGOLIAN CAPSICUM	17731
5MM MONGOLIAN ONION	17731
5MM SLICED MUSHROOMS	0
BROCCOLI	11200
CRATED CARROTS	575
CRATED ZUCCHINI	0
LEMON POTATO	37881
ROASTED POTATO	103923
THAI POTATOS	10260
POTATO MASH	49950
SWEET POTATO MASH	51200
SPINACH	4524
RED ONION	7290
PARSLEY	364