

Meal Production Summary - 08/09/2025

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	103	13	0	116
Beef Chow Mein	60	6	0	66
Shepherd's Pie	34	0	0	34
Beef Burrito Bowl	106	1	0	107
Beef Meatballs	62	2	0	64
Lebanese Beef Stew	57	0	0	57
Mongolian Beef	140	12	0	152
Chicken with Vegetables	31	4	0	35
Chicken with Sweet Potato and Beans	33	0	0	33
Naked Chicken Parma	146	12	0	158
Chicken Pesto Pasta	127	10	0	137
Chicken and Broccoli Pasta	48	0	0	48
Butter Chicken	109	12	0	121
Thai Green Chicken Curry	96	11	0	107
Moroccan Chicken	41	0	0	41
Steak with Mushroom Sauce	128	4	0	132
Creamy Chicken & Mushroom Gnocchi	106	0	0	106
Roasted Lemon Chicken & Potatoes	70	3	0	73
Beef Lasagna	189	20	0	209
Bean Nachos with Rice	17	0	0	17
Lamb Souvlaki	118	4	0	122
Chicken Fajita Bowl	116	3	0	119
Steak On Its Own	0	3	0	3
Chicken On Its Own	0	3	0	3
Family Mac and 3 Cheese Pasta Bake	2	0	0	2
Baked Family Lasagna	10	0	0	10
TOTAL	1949	123	0	2072

Daily Production Report - 08/09/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	116	3944	2
Oil	0.7	116	41	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	185	5458	2
Oil	0.7	185	65	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	746	19769	2
Water	95	746	35435	
Salt	1	746	373	
Oil	1.5	746	560	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	41	7380	0
Oil	2	41	82	
Lemon Juice	6	41	246	
Moroccan Chicken Mix	4	41	164	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	155	192	29760	
Oil	4	192	768	
Roast Chicken Mix	4	192	768	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	135	14850	0
Oil	1.5	135	202.5	
Baking Soda	3	135	405	

Lamb Marinade

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	122	19764	0
Oil	2	122	244	
Salt	1.5	122	183.0	
Oregano	1.2	122	146.4	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	196	29400	0
Cooking Cream	20	196	3920	
Butter	7	196	1372	
Salt	1.5	196	294.0	
White Pepper	0.5	196	98.0	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	185	67	12395	0
Salt	1	67	67	
White Pepper	0.5	67	33.5	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	280	10640	5
Oil	1	280	56	
Spices Mix	2.5	280	140	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	73	7556	2
Oil	1	73	36	
Salt	1.2	73	44	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	107	6420	0
Salt	1	107	107	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	122	3660	0
Parsley	1.5	122	183.0	
Paprika	0.5	122	61.0	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	200	12000	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	116	0	2
Napoli Sauce	0	116	0	
Crushed Tomatoes	0	116	0	
Beef Stock	0	116	0	
Onion	0	116	0	
Zucchini	0	116	0	
Carrot	0	116	0	
Vegetable Oil	0	116	0	
Salt	0	116	0	
Pepper	0	116	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	66	0	1
Celery	0	66	0	
Carrot	0	66	0	
Cabbage	0	66	0	
Onion	0	66	0	
Oil	0	66	0	
Pepper	0	66	0	
Salt	0	66	0	
Soy Sauce	0	66	0	
Oyster Sauce	0	66	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	34	0	1
Oil	0	34	0	
Carrots	0	34	0	
Capsicum	0	34	0	
Onion	0	34	0	
Mushroom	0	34	0	
Peas	0	34	0	
Tomato Paste	0	34	0	
Beef Stock	0	34	0	
Salt	0	34	0	
Pepper	0	34	0	
Napoli Sauce	0	34	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	107	0	1
Onion	0	107	0	
Capsicum	0	107	0	
Vegetable Oil	0	107	0	
Taco Seasoning	0	107	0	
Salt	0	107	0	
Pepper	0	107	0	
Beef Stock	0	107	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	64	9600	
Onion	10	64	640	
Parsley	3	64	192	
Salt	1.5	64	96.0	
Pepper	0.2	64	12.8	

Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	57	5529	1
Onion	30	57	1710	
Carrot	30	57	1710	
Potato	30	57	1710	
Peas	30	57	1710	
Oil	2	57	114	
Salt	2.5	57	142	
Pepper	0.5	57	28	
Tomato Paste	20	57	1140	
Water	30	57	1710	
Beef Stock	30	57	1710	
Rice	130	57	7410	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	97	152	14744	
Baking Soda	2.5	152	380.0	
Water	10	152	1520	
Soy Sauce	5	152	760	
Cornflour	2.5	152	380.0	
Capsicum	37	152	5624	
Onion	37	152	5624	
Rice	130	152	19760	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	35	4725	1
Corn	50	35	1750	
Beans	60	35	2100	
Broccoli	67	35	2345	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	137	17810	
Penne	59	137	8083	
Sundried Tomatoes	20	137	2740	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	121	5647	3
Peas	40	121	1613	
Rice	130	121	5243	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	41	7380	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	41	820	
Zucchini	30	41	1230	
Red Capsicum	30	41	1230	
Garlic	2	41	82	
Oil	2	41	82	
Chickpeas	115	41	4715	
Mix Spices	1.7	41	69.7	
Chicken Stock	50	41	2050	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	209	31350	
Mozzerala Cheese	1750	209	156750	
Napoli Sauce	500	209	104500	
Bolognese	3200	209	668800	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	33	4455	1
Beans	60	33	1980	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	158	23700	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	48	6240	
Penne	59	48	2832	
Broccoli	40	48	1920	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	107	14980	
Rice	130	107	13910	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	132	14520	

Steak On Its Own

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	200	3	600	1

Bean Nachos with Rice

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Drained Beans	80	17	1360	1
Carrot	25	17	425	
Onion	20	17	340	
Taco Seasoning	1	17	17	
Salt	1.5	17	26	
Pepper	0.5	17	8	
Garlic	2.5	17	42	
Vegetable Oil	1.5	17	26	
Cumin	0.5	17	8	
Crushed Tomato	85	17	1445	
Water	41.7	17	709	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	122	8540	2
Potatoes	140	122	8540	

Chicken On Its Own

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken Breast	200	3	600	1

Chicken Fajita Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken Thigh	150	119	8925	2
Capsicum	52	119	3094	
Red Onion	52	119	3094	
Salsa	30	119	1785	
Rice	130	119	7735	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	106	5300	3
Chicken	80	106	2827	
Sauce	200	106	7067	
Spinach	25	106	883	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	107	749
Coconut Cream	95	107	10165

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	122	2440
Garlic	1.5	122	183.0
Salt	0.5	122	61.0

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	152	10640
MEATBALLS	120	64	7680
LEMON	50	73	3650
MUSHROOM	100	132	13200
FAJITA SAUCE	33	119	3927
BURRITO SAUCE	43	107	4601

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	107	2301	2
Black Beans	50	107	2675	2
Corn	50	107	2675	2
Rice	130	107	6955	2

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	158	7900
Mozzarella Cheese	40	158	6320

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	137	2740

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	137	4887	3
Sauce	80	137	3654	3

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	107	3995	3
Sauce	90	107	3210	3

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	121	4961	3
Sauce	90	121	3630	3

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	106	5194	3
Chicken	80	106	2827	3
Sauce	200	106	7067	3
Spinach	25	106	884	3

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	48	4896	1
Sauce	100	48	4800	1

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	5529
BEEF TOPSIDE (MONG)	14744
MINCE	9600
TOPSIDE STEAK	14850
LAMB SHOULDER	19764
MORROCAN CHICKEN	7380
ITALIAN CHICKEN	35037
NORMAL CHICKEN	67470
CHICKEN THIGH	29760

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	1710
10MM DICED POTATO (LEBO)	1710
10MM DICED ZUCCHINI	1230
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	1230
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	3510
5MM MONGOLIAN CAPSICUM	11812
5MM MONGOLIAN ONION	11812
5MM SLICED MUSHROOMS	0
BROCCOLI	4265
CRATED CARROTS	425
CRATED ZUCCHINI	0
LEMON POTATO	15110
ROASTED POTATO	53200
THAI POTATOS	6420
POTATO MASH	29400
SWEET POTATO MASH	12395
SPINACH	2648
RED ONION	3660
PARSLEY	183