

Meal Production Summary - 21/07/2025

| Meal | Clean Eats | Made Active | Already Made | Total |
|-------------------------------------|-------------|-------------|--------------|-------------|
| Spaghetti Bolognese | 199 | 22 | 0 | 221 |
| Beef Chow Mein | 83 | 6 | 0 | 89 |
| Shepherd's Pie | 116 | 0 | 0 | 116 |
| Beef Burrito Bowl | 128 | 18 | 0 | 146 |
| Beef Meatballs | 96 | 13 | 0 | 109 |
| Lebanese Beef Stew | 41 | 0 | 0 | 41 |
| Mongolian Beef | 150 | 14 | 0 | 164 |
| Chicken with Vegetables | 33 | 1 | 0 | 34 |
| Chicken with Sweet Potato and Beans | 83 | 0 | 0 | 83 |
| Naked Chicken Parma | 181 | 17 | 0 | 198 |
| Chicken Pesto Pasta | 172 | 3 | 0 | 175 |
| Chicken and Broccoli Pasta | 93 | 0 | 0 | 93 |
| Butter Chicken | 147 | 7 | 0 | 154 |
| Thai Green Chicken Curry | 122 | 4 | 0 | 126 |
| Moroccan Chicken | 70 | 0 | 0 | 70 |
| Steak with Mushroom Sauce | 104 | 3 | 0 | 107 |
| Creamy Chicken & Mushroom Gnocchi | 149 | 0 | 0 | 149 |
| Roasted Lemon Chicken & Potatoes | 84 | 0 | 0 | 84 |
| Beef Lasagna | 263 | 19 | 0 | 282 |
| Bean Nachos with Rice | 19 | 0 | 0 | 19 |
| Lamb Souvlaki | 166 | 14 | 0 | 180 |
| Chicken Fajita Bowl | 92 | 6 | 0 | 98 |
| Steak On Its Own | 0 | 0 | 0 | 0 |
| Chicken On Its Own | 0 | 0 | 0 | 0 |
| Family Mac and 3 Cheese Pasta Bake | 11 | 0 | 0 | 11 |
| Baked Family Lasagna | 16 | 0 | 0 | 16 |
| TOTAL | 2618 | 147 | 0 | 2765 |

Daily Production Report - 21/07/2025

Spaghetti Order

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Spaghetti | 68 | 221 | 5009 | 3 |
| Oil | 0.7 | 221 | 52 | |

Penne Order

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Penne | 59 | 268 | 7906 | 2 |
| Oil | 0.7 | 268 | 94 | |

Rice Order

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Rice | 53 | 837 | 44361 | 1 |
| Water | 95 | 837 | 79515 | |
| Salt | 1 | 837 | 837 | |
| Oil | 1.5 | 837 | 1256 | |

Moroccan Chicken

| Ingredient | Qty/Meal | Meals | Total | Batches |
|----------------------|----------|-------|-------|---------|
| Chicken | 180 | 70 | 12600 | 0 |
| Oil | 2 | 70 | 140 | |
| Lemon Juice | 6 | 70 | 420 | |
| Moroccan Chicken Mix | 4 | 70 | 280 | |

Chicken Thigh

| Ingredient | Qty/Meal | Meals | Total | Batches |
|-------------------|----------|-------|-------|---------|
| Chicken | 150 | 182 | 27300 | |
| Oil | 4 | 182 | 728 | |
| Roast Chicken Mix | 4 | 182 | 728 | |

Steak

| Ingredient | Qty/Meal | Meals | Total | Batches |
|-------------|----------|-------|-------|---------|
| Steak | 110 | 107 | 11770 | 0 |
| Oil | 1.5 | 107 | 160.5 | |
| Baking Soda | 3 | 107 | 321 | |

Lamb Marinate

| Ingredient | Qty/Meal | Meals | Total | Batches |
|---------------|----------|-------|-------|---------|
| Lamb Shoulder | 162 | 180 | 29160 | 0 |
| Oil | 2 | 180 | 360 | |
| Salt | 1.5 | 180 | 270.0 | |
| Oregano | 1.2 | 180 | 216.0 | |

Potato Mash

| Ingredient | Qty/Meal | Meals | Total | Batches |
|---------------|----------|-------|-------|---------|
| Potato | 150 | 216 | 32400 | 0 |
| Cooking Cream | 20 | 216 | 4320 | |
| Butter | 7 | 216 | 1512 | |
| Salt | 1.5 | 216 | 324.0 | |
| White Pepper | 0.5 | 216 | 108.0 | |

Sweet Potato Mash

| Ingredient | Qty/Meal | Meals | Total | Batches |
|--------------|----------|-------|-------|---------|
| Sweet Potato | 185 | 199 | 36815 | 0 |
| Salt | 1 | 199 | 199 | |
| White Pepper | 0.5 | 199 | 99.5 | |

Roasted Potatoes

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------------|----------|-------|-------|---------|
| Roasted Potatoes | 190 | 378 | 11970 | 6 |
| Oil | 1 | 378 | 63 | |
| Spices Mix | 2.5 | 378 | 158 | |

Roasted Lemon Potatoes

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Potatoes | 207 | 84 | 8694 | 2 |
| Oil | 1 | 84 | 42 | |
| Salt | 1.2 | 84 | 50 | |

Roasted Thai Potatoes

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Potato | 60 | 126 | 7560 | 0 |
| Salt | 1 | 126 | 126 | |

Lamb Onion Marinated

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Red Onion | 30 | 180 | 5400 | 0 |
| Parsley | 1.5 | 180 | 270.0 | |
| Paprika | 0.5 | 180 | 90.0 | |

Green Beans

| Ingredient | Qty/Meal | Meals | Total | Batches |
|-------------|----------|-------|-------|---------|
| Green Beans | 60 | 224 | 13440 | 0 |

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------------|----------|-------|-------------|-------|
| Beef Mince | 0 | 221 | 0 | 3 |
| Napoli Sauce | 0 | 221 | 0 | |
| Crushed Tomatoes | 0 | 221 | 0 | |
| Beef Stock | 0 | 221 | 0 | |
| Onion | 0 | 221 | 0 | |
| Zucchini | 0 | 221 | 0 | |
| Carrot | 0 | 221 | 0 | |
| Vegetable Oil | 0 | 221 | 0 | |
| Salt | 0 | 221 | 0 | |
| Pepper | 0 | 221 | 0 | |

Beef Chow Mein

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|--------------|----------|-------|-------------|-------|
| Beef Mince | 0 | 89 | 0 | 2 |
| Celery | 0 | 89 | 0 | |
| Carrot | 0 | 89 | 0 | |
| Cabbage | 0 | 89 | 0 | |
| Onion | 0 | 89 | 0 | |
| Oil | 0 | 89 | 0 | |
| Pepper | 0 | 89 | 0 | |
| Salt | 0 | 89 | 0 | |
| Soy Sauce | 0 | 89 | 0 | |
| Oyster Sauce | 0 | 89 | 0 | |

Shepherd's Pie

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|--------------|----------|-------|-------------|-------|
| Beef Mince | 0 | 116 | 0 | 2 |
| Oil | 0 | 116 | 0 | |
| Carrots | 0 | 116 | 0 | |
| Capsicum | 0 | 116 | 0 | |
| Onion | 0 | 116 | 0 | |
| Mushroom | 0 | 116 | 0 | |
| Peas | 0 | 116 | 0 | |
| Tomato Paste | 0 | 116 | 0 | |
| Beef Stock | 0 | 116 | 0 | |
| Salt | 0 | 116 | 0 | |
| Pepper | 0 | 116 | 0 | |
| Napoli Sauce | 0 | 116 | 0 | |

Beef Burrito Bowl

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|----------------|----------|-------|-------------|-------|
| Beef Mince | 0 | 146 | 0 | 2 |
| Onion | 0 | 146 | 0 | |
| Capsicum | 0 | 146 | 0 | |
| Vegetable Oil | 0 | 146 | 0 | |
| Taco Seasoning | 0 | 146 | 0 | |
| Salt | 0 | 146 | 0 | |
| Pepper | 0 | 146 | 0 | |
| Beef Stock | 0 | 146 | 0 | |

Beef Meatballs

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Mince | 150 | 109 | 16350 | |
| Onion | 10 | 109 | 1090 | |
| Parsley | 3 | 109 | 327 | |
| Salt | 1.5 | 109 | 163.5 | |
| Pepper | 0.2 | 109 | 21.8 | |

Lebanese Beef Stew

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|--------------|----------|-------|-------------|-------|
| Chuck Diced | 97 | 41 | 3977 | 1 |
| Onion | 30 | 41 | 1230 | |
| Carrot | 30 | 41 | 1230 | |
| Potato | 30 | 41 | 1230 | |
| Peas | 30 | 41 | 1230 | |
| Oil | 2 | 41 | 82 | |
| Salt | 2.5 | 41 | 102 | |
| Pepper | 0.5 | 41 | 20 | |
| Tomato Paste | 20 | 41 | 820 | |
| Water | 30 | 41 | 1230 | |
| Beef Stock | 30 | 41 | 1230 | |
| Rice | 130 | 41 | 5330 | |

Mongolian Beef

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|-------------|----------|-------|-------------|-------|
| Chuck | 97 | 164 | 15908 | |
| Baking Soda | 2.5 | 164 | 410.0 | |
| Water | 10 | 164 | 1640 | |
| Soy Sauce | 5 | 164 | 820 | |
| Cornflour | 2.5 | 164 | 410.0 | |
| Capsicum | 37 | 164 | 6068 | |
| Onion | 37 | 164 | 6068 | |
| Rice | 130 | 164 | 21320 | |

Meal Recipes (cont'd)

Chicken With Vegetables

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken | 135 | 34 | 4590 | 1 |
| Corn | 52 | 34 | 1768 | |
| Beans | 60 | 34 | 2040 | |
| Broccoli | 67 | 34 | 2278 | |

Chicken Pesto Pasta

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|-------------------|----------|-------|-------------|-------|
| Chicken | 130 | 175 | 22750 | |
| Penne | 59 | 175 | 10325 | |
| Sundried Tomatoes | 24 | 175 | 4200 | |

Butter Chicken

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken | 140 | 154 | 21560 | |
| Peas | 40 | 154 | 6160 | |
| Rice | 130 | 154 | 20020 | |

Moroccan Chicken

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken | 180 | 70 | 12600 | |

Chickpea Recipe

| Ingredient | Qty/Meal | Meals | Total | |
|---------------|----------|-------|-------|--|
| Onion | 20 | 70 | 1400 | |
| Zucchini | 30 | 70 | 2100 | |
| Red Capsicum | 30 | 70 | 2100 | |
| Garlic | 2 | 70 | 140 | |
| Oil | 2 | 70 | 140 | |
| Chickpeas | 115 | 70 | 8050 | |
| Mix Spices | 1.7 | 70 | 119.0 | |
| Chicken Stock | 50 | 70 | 3500 | |

Beef Lasagna

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------------|----------|-------|-------------|-------|
| Lasange Sheets | 150 | 282 | 42300 | |
| Mozzerala Cheese | 1750 | 282 | 211500 | |
| Napoli Sauce | 500 | 282 | 141000 | |
| Bolognese | 3200 | 282 | 902400 | |

Chicken with Sweet Potato and Beans

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken | 135 | 83 | 5602 | 2 |
| Beans | 60 | 83 | 2490 | |

Naked Chicken Parma

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken | 150 | 198 | 29700 | |

Chicken and Broccoli Pasta

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken | 130 | 93 | 12090 | |
| Penne | 59 | 93 | 5487 | |
| Broccoli | 40 | 93 | 3720 | |

Thai Green Chicken Curry

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken | 140 | 126 | 17640 | |
| Rice | 130 | 126 | 16380 | |

Steak with Mushroom Sauce

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|---------------|----------|-------|-------------|-------|
| Topside Steak | 110 | 107 | 11770 | |

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 | 19 | 1520 | 1 |
| Carrot | 25 | 19 | 475 | |
| Onion | 20 | 19 | 380 | |
| Taco Seasoning | 1 | 19 | 19 | |
| Salt | 1.5 | 19 | 28 | |
| Pepper | 0.5 | 19 | 10 | |
| Garlic | 2.5 | 19 | 48 | |
| Vegetable Oil | 1.5 | 19 | 28 | |
| Cumin | 0.5 | 19 | 10 | |
| Crushed Tomato | 85 | 19 | 1615 | |
| Water | 41.7 | 19 | 792 | |

Meal Recipes (cont'd)

Lamb Souvlaki

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|---------------|----------|-------|-------------|-------|
| Lamb Shoulder | 140 | 180 | 12600 | 2 |
| Potatoes | 140 | 180 | 12600 | |

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 | 98 | 7350 | 2 |
| Capsicum | 52 | 98 | 2548 | |
| Red Onion | 52 | 98 | 2548 | |
| Salsa | 30 | 98 | 1470 | |
| Rice | 130 | 98 | 6370 | |

Creamy Chicken & Mushroom Gnocchi

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Gnocchi | 150 | 149 | 4470 | 5 |
| Chicken | 80 | 149 | 2384 | |
| Sauce | 200 | 149 | 5960 | |
| Spinach | 25 | 149 | 745 | |

Sauces

Thai Sauce

| Ingredient | Meal Amount | Total Meals | Required Ingredient |
|-------------------|-------------|-------------|---------------------|
| Green Curry Paste | 7 | 126 | 882 |
| Coconut Cream | 90 | 126 | 11340 |

Lamb Sauce

| Ingredient | Meal Amount | Total Meals | Required Ingredient |
|--------------|-------------|-------------|---------------------|
| Greek Yogurt | 20 | 180 | 3600 |
| Garlic | 2 | 180 | 360 |
| Salt | 1 | 180 | 180 |

To Pack In Fridge

Sauces to Prepare

| Sauce | Qty | Amt | Total |
|---------------|-----|-----|-------|
| MONGOLIAN | 70 | 164 | 11480 |
| MEATBALLS | 120 | 109 | 13080 |
| LEMON | 50 | 84 | 4200 |
| MUSHROOM | 100 | 107 | 10700 |
| FAJITA SAUCE | 33 | 98 | 3234 |
| BURRITO SAUCE | 43 | 146 | 6278 |

Beef Burrito Mix

| Ingredient | Qty | Amt | Total | Batches |
|-------------|-----|-----|-------|---------|
| Salsa | 43 | 146 | 2093 | 3 |
| Black Beans | 50 | 146 | 2434 | 3 |
| Corn | 50 | 146 | 2434 | 3 |
| Rice | 130 | 146 | 6327 | 3 |

Parma Mix

| Ingredient | Qty | Amt | Total |
|-------------------|-----|-----|-------|
| Napoli Sauce | 50 | 198 | 9900 |
| Mozzarella Cheese | 40 | 198 | 7920 |

Chicken Pesto Sundried

| Ingredient | Qty | Meals | Total |
|------------------|-----|-------|-------|
| Sundried Tomatos | 24 | 175 | 4200 |

Chicken Mixing

Pesto

| Ingredient | Qty/Batch | Amount | Total | Batches |
|------------|-----------|--------|-------|---------|
| Chicken | 110 | 175 | 4813 | 4 |
| Sauce | 80 | 175 | 3500 | 4 |

Thai

| Ingredient | Qty/Batch | Amount | Total | Batches |
|------------|-----------|--------|-------|---------|
| Chicken | 110 | 126 | 4620 | 3 |
| Sauce | 90 | 126 | 3780 | 3 |

Butter Chicken

| Ingredient | Qty/Batch | Amount | Total | Batches |
|------------|-----------|--------|-------|---------|
| Chicken | 120 | 154 | 4620 | 4 |
| Sauce | 90 | 154 | 3465 | 4 |

Gnocchi

| Ingredient | Qty/Batch | Amount | Total | Batches |
|------------|-----------|--------|-------|---------|
| Gnocchi | 150 | 149 | 4470 | 5 |
| Chicken | 80 | 149 | 2384 | 5 |
| Sauce | 200 | 149 | 5960 | 5 |
| Spinach | 25 | 149 | 745 | 5 |

Broccoli Pasta

| Ingredient | Qty/Batch | Amount | Total | Batches |
|------------|-----------|--------|-------|---------|
| Chicken | 100 | 93 | 4650 | 2 |
| Sauce | 100 | 93 | 4650 | 2 |

Meat Order and Veg Prep

Meat Order

| Meat Type | Amount (g) |
|---------------------|------------|
| CHUCK ROLL (LEBO) | 3977 |
| BEEF TOPSIDE (MONG) | 15908 |
| MINCE | 16350 |
| TOPSIDE STEAK | 11770 |
| LAMB SHOULDER | 29160 |
| MORROCAN CHICKEN | 12600 |
| ITALIAN CHICKEN | 48195 |
| NORMAL CHICKEN | 90610 |
| CHICKEN THIGH | 27300 |

Veg Prep

| Veg Prep | Amount (g) |
|--------------------------|------------|
| 10MM DICED CARROT | 1230 |
| 10MM DICED POTATO (LEBO) | 1230 |
| 10MM DICED ZUCCHINI | 2100 |
| 5MM DICED CABBAGE | 0 |
| 5MM DICED CAPSICUM | 2100 |
| 5MM DICED CARROTS | 0 |
| 5MM DICED CELERY | 0 |
| 5MM DICED MUSHROOMS | 0 |
| 5MM DICED ONION | 4100 |
| 5MM MONGOLIAN CAPSICUM | 11164 |
| 5MM MONGOLIAN ONION | 11164 |
| 5MM SLICED MUSHROOMS | 0 |
| BROCCOLI | 5998 |
| CRATED CARROTS | 475 |
| CRATED ZUCCHINI | 0 |
| LEMON POTATO | 17388 |
| ROASTED POTATO | 71820 |
| THAI POTATOS | 7560 |
| POTATO MASH | 32400 |
| SWEET POTATO MASH | 36815 |
| SPINACH | 3720 |
| RED ONION | 5400 |
| PARSLEY | 270 |