

Meal Production Summary - 29/09/2025

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	105	9	0	114
Beef Chow Mein	60	3	0	63
Shepherd's Pie	64	0	0	64
Beef Burrito Bowl	77	23	0	100
Beef Meatballs	79	9	0	88
Lebanese Beef Stew	50	0	0	50
Mongolian Beef	125	21	0	146
Chicken with Vegetables	42	8	0	50
Chicken with Sweet Potato and Beans	70	0	0	70
Naked Chicken Parma	159	23	0	182
Chicken Pesto Pasta	138	10	0	148
Chicken and Broccoli Pasta	85	0	0	85
Butter Chicken	133	16	0	149
Thai Green Chicken Curry	104	21	0	125
Moroccan Chicken	31	0	0	31
Steak with Mushroom Sauce	136	10	0	146
Creamy Chicken & Mushroom Gnocchi	137	0	0	137
Roasted Lemon Chicken & Potatoes	74	6	0	80
Beef Lasagna	214	17	0	231
Bean Nachos with Rice	8	0	0	8
Lamb Souvlaki	132	10	0	142
Chicken Fajita Bowl	110	15	0	125
Steak On Its Own	0	0	0	0
Chicken On Its Own	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	4	0	0	4
Baked Family Lasagna	1	0	0	1
TOTAL	2138	201	0	2339

Daily Production Report - 29/09/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	114	3648	2
Oil	0.7	114	40	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	233	6874	2
Oil	0.7	233	82	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	766	20299	2
Water	95	766	36385	
Salt	1	766	383	
Oil	1.5	766	574	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	31	5580	0
Oil	2	31	62	
Lemon Juice	6	31	186	
Moroccan Chicken Mix	4	31	124	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	205	32800	
Oil	4	205	820	
Roast Chicken Mix	4	205	820	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	146	13578	0
Oil	1.5	146	219.0	
Baking Soda	3	146	438	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	142	23004	0
Oil	2	142	284	
Salt	1.5	142	213.0	
Oregano	1.2	142	170.4	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	234	35100	0
Cooking Cream	20	234	4680	
Butter	7	234	1638	
Salt	1.5	234	351.0	
White Pepper	0.5	234	117.0	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	134	26800	0
Salt	1	134	134	
White Pepper	0.5	134	67.0	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	324	10260	6
Oil	1	324	54	
Spices Mix	2.5	324	135	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	80	8280	2
Oil	1	80	40	
Salt	1.2	80	48	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	125	7500	0
Salt	1	125	125	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	142	4260	0
Parsley	1.5	142	213.0	
Paprika	0.5	142	71.0	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	266	15960	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	114	0	2
Napoli Sauce	0	114	0	
Crushed Tomatoes	0	114	0	
Beef Stock	0	114	0	
Onion	0	114	0	
Zucchini	0	114	0	
Carrot	0	114	0	
Vegetable Oil	0	114	0	
Salt	0	114	0	
Pepper	0	114	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	63	0	1
Celery	0	63	0	
Carrot	0	63	0	
Cabbage	0	63	0	
Onion	0	63	0	
Oil	0	63	0	
Pepper	0	63	0	
Salt	0	63	0	
Soy Sauce	0	63	0	
Oyster Sauce	0	63	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	64	0	1
Oil	0	64	0	
Carrots	0	64	0	
Capsicum	0	64	0	
Onion	0	64	0	
Mushroom	0	64	0	
Peas	0	64	0	
Tomato Paste	0	64	0	
Beef Stock	0	64	0	
Salt	0	64	0	
Pepper	0	64	0	
Napoli Sauce	0	64	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	100	0	1
Onion	0	100	0	
Capsicum	0	100	0	
Vegetable Oil	0	100	0	
Taco Seasoning	0	100	0	
Salt	0	100	0	
Pepper	0	100	0	
Beef Stock	0	100	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	50	4850	1
Onion	30	50	1500	
Carrot	30	50	1500	
Potato	30	50	1500	
Peas	30	50	1500	
Oil	2	50	100	
Salt	2.5	50	125	
Pepper	0.5	50	25	
Tomato Paste	20	50	1000	
Water	30	50	1500	
Beef Stock	30	50	1500	
Rice	130	50	6500	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	146	14600	
Baking Soda	2.5	146	365.0	
Water	10	146	1460	
Soy Sauce	5	146	730	
Cornflour	2.5	146	365.0	
Capsicum	37	146	5402	
Onion	37	146	5402	
Rice	130	146	18980	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	50	6750	1
Corn	50	50	2500	
Beans	60	50	3000	
Broccoli	67	50	3350	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	148	19240	
Penne	59	148	8732	
Sundried Tomatoes	20	148	2960	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	149	6953	3
Peas	40	149	1987	
Rice	130	149	6457	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	31	5580	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	31	620	
Zucchini	30	31	930	
Red Capsicum	30	31	930	
Garlic	2	31	62	
Oil	2	31	62	
Chickpeas	115	31	3565	
Mix Spices	1.7	31	52.699999999999996	
Chicken Stock	50	31	1550	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	231	34650	
Mozzerala Cheese	1750	231	173250	
Napoli Sauce	500	231	115500	
Bolognese	3200	231	739200	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	70	4725	2
Beans	60	70	2100	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	182	27300	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	85	11050	
Penne	59	85	5015	
Broccoli	40	85	3400	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	125	17500	
Rice	130	125	16250	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	146	16060	

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	8	640	1
Carrot	25	8	200	
Onion	20	8	160	
Taco Seasoning	1	8	8	
Salt	1.5	8	12	
Pepper	0.5	8	4	
Garlic	2.5	8	20	
Vegetable Oil	1.5	8	12	
Cumin	0.5	8	4	
Crushed Tomato	85	8	680	
Water	41.7	8	334	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	142	9940	2
Potatoes	140	142	9940	

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	125	6250	3
Capsicum	52	125	2167	
Red Onion	52	125	2167	
Salsa	30	125	1250	
Rice	130	125	5417	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	137	5138	4
Chicken	80	137	2740	
Sauce	200	137	6850	
Spinach	25	137	856	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	125	875
Coconut Cream	95	125	11875

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	142	2840
Garlic	1	142	142
Salt	0.2	142	28.400000000000002

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	146	10220
MEATBALLS	120	88	10560
LEMON	50	80	4000
MUSHROOM	100	146	14600
FAJITA SAUCE	33	125	4125
BURRITO SAUCE	43	100	4300

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	100	2150	2
Black Beans	50	100	2500	2
Corn	50	100	2500	2
Rice	130	100	6500	2

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	182	9100
Mozzarella Cheese	40	182	7280

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	148	2960

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	148	5279	3
Sauce	80	148	3947	3

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	125	4667	3
Sauce	90	125	3750	3

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	149	4582	4
Sauce	90	149	3353	4

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	137	5035	4
Chicken	80	137	2740	4
Sauce	200	137	6850	4
Spinach	25	137	857	4

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	85	4335	2
Sauce	100	85	4250	2

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	4850
BEEF TOPSIDE (MONG)	14600
MINCE	13200
TOPSIDE STEAK	13578
LAMB SHOULDER	23004
MORROCAN CHICKEN	5580
ITALIAN CHICKEN	46206
NORMAL CHICKEN	83720
CHICKEN THIGH	32800

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	1500
10MM DICED POTATO (LEBO)	1500
10MM DICED ZUCCHINI	930
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	930
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	3160
5MM MONGOLIAN CAPSICUM	11900
5MM MONGOLIAN ONION	11900
5MM SLICED MUSHROOMS	0
BROCCOLI	6750
CRATED CARROTS	200
CRATED ZUCCHINI	0
LEMON POTATO	16560
ROASTED POTATO	61560
THAI POTATOS	7500
POTATO MASH	35100
SWEET POTATO MASH	26800
SPINACH	3424
RED ONION	4260
PARSLEY	213