

Meal Production Summary - 30/09/2025

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	203	15	8	210
Beef Chow Mein	161	2	10	153
Shepherd's Pie	99	0	13	86
Beef Burrito Bowl	120	5	0	125
Beef Meatballs	125	2	0	127
Lebanese Beef Stew	70	0	0	70
Mongolian Beef	193	9	0	202
Chicken with Vegetables	69	10	0	79
Chicken with Sweet Potato and Beans	119	0	0	119
Naked Chicken Parma	229	10	0	239
Chicken Pesto Pasta	146	7	0	153
Chicken and Broccoli Pasta	131	0	0	131
Butter Chicken	149	8	0	157
Thai Green Chicken Curry	144	9	0	153
Moroccan Chicken	70	0	0	70
Steak with Mushroom Sauce	164	12	0	176
Creamy Chicken & Mushroom Gnocchi	163	0	0	163
Roasted Lemon Chicken & Potatoes	135	5	0	140
Beef Lasagna	260	11	0	271
Bean Nachos with Rice	25	0	0	25
Lamb Souvlaki	182	12	0	194
Chicken Fajita Bowl	148	8	0	156
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	19	0	0	19
TOTAL	3135	125	31	3229

Daily Production Report - 30/09/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	210	4480	3
Oil	0.7	210	49	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	284	5585	3
Oil	0.7	284	66	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	1041	18391	3
Water	95	1041	32965	
Salt	1	1041	347	
Oil	1.5	1041	520	

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	160	296	47360	
Oil	4	296	1184	
Roast Chicken Mix	4	296	1184	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	176	16368	0
Oil	1.5	176	264.0	
Baking Soda	3	176	528	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	194	31428	0
Oil	2	194	388	
Salt	1.5	194	291.0	
Oregano	1.2	194	232.8	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	303	45450	0
Cooking Cream	20	303	6060	
Butter	7	303	2121	
Salt	1.5	303	454.5	
White Pepper	0.5	303	151.5	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	205	41000	0
Salt	1	205	205	
White Pepper	0.5	205	102.5	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	433	11753	7
Oil	1	433	62	
Spices Mix	2.5	433	155	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	140	9660	3
Oil	1	140	47	
Salt	1.2	140	56	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	153	9180	0
Salt	1	153	153	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	194	5820	0
Parsley	1.5	194	291.0	
Paprika	0.5	194	97.0	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	374	22440	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	210	0	3
Napoli Sauce	0	210	0	
Crushed Tomatoes	0	210	0	
Beef Stock	0	210	0	
Onion	0	210	0	
Zucchini	0	210	0	
Carrot	0	210	0	
Vegetable Oil	0	210	0	
Salt	0	210	0	
Pepper	0	210	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	153	0	2
Celery	0	153	0	
Carrot	0	153	0	
Cabbage	0	153	0	
Onion	0	153	0	
Oil	0	153	0	
Pepper	0	153	0	
Salt	0	153	0	
Soy Sauce	0	153	0	
Oyster Sauce	0	153	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	86	0	2
Oil	0	86	0	
Carrots	0	86	0	
Capsicum	0	86	0	
Onion	0	86	0	
Mushroom	0	86	0	
Peas	0	86	0	
Tomato Paste	0	86	0	
Beef Stock	0	86	0	
Salt	0	86	0	
Pepper	0	86	0	
Napoli Sauce	0	86	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	125	0	1
Onion	0	125	0	
Capsicum	0	125	0	
Vegetable Oil	0	125	0	
Taco Seasoning	0	125	0	
Salt	0	125	0	
Pepper	0	125	0	
Beef Stock	0	125	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	127	19050	
Onion	10	127	1270	
Parsley	3	127	381	
Salt	1.5	127	190.5	
Pepper	0.2	127	25.400000000000	0002

Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	70	6790	1
Onion	30	70	2100	
Carrot	30	70	2100	
Potato	30	70	2100	
Peas	30	70	2100	
Oil	2	70	140	
Salt	2.5	70	175	
Pepper	0.5	70	35	
Tomato Paste	20	70	1400	
Water	30	70	2100	
Beef Stock	30	70	2100	
Rice	130	70	9100	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	202	20200	
Baking Soda	2.5	202	505.0	
Water	10	202	2020	
Soy Sauce	5	202	1010	
Cornflour	2.5	202	505.0	
Capsicum	37	202	7474	
Onion	37	202	7474	
Rice	130	202	26260	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	79	5332	2
Corn	50	79	1975	
Beans	60	79	2370	
Broccoli	67	79	2646	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	153	19890	
Penne	59	153	9027	
Sundried Tomatoes	20	153	3060	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	157	7327	3
Peas	40	157	2093	
Rice	130	157	6803	

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	271	40650	
Mozzerala Cheese	1750	271	203250	
Napoli Sauce	500	271	135500	
Bolognese	3200	271	867200	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	119	8032	2
Beans	60	119	3570	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	239	35850	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	131	17030	
Penne	59	131	7729	
Broccoli	40	131	5240	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	153	21420	
Rice	130	153	19890	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	176	19360	

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	25	2000	1
Carrot	25	25	625	
Onion	20	25	500	
Taco Seasoning	1	25	25	
Salt	1.5	25	38	
Pepper	0.5	25	12	
Garlic	2.5	25	62	
Vegetable Oil	1.5	25	38	
Cumin	0.5	25	12	
Crushed Tomato	85	25	2125	
Water	41.7	25	1042	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	194	9053	3
Potatoes	140	194	9053	

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	156	7800	3
Capsicum	52	156	2704	
Red Onion	52	156	2704	
Salsa	30	156	1560	
Rice	130	156	6760	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	163	4890	5
Chicken	80	163	2608	
Sauce	200	163	6520	
Spinach	25	163	815	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	153	1071
Coconut Cream	95	153	14535

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	194	3880
Garlic	1	194	194
Salt	0.2	194	38.800000000000004

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	202	14140
MEATBALLS	120	127	15240
LEMON	50	140	7000
MUSHROOM	100	176	17600
FAJITA SAUCE	33	156	5148
BURRITO SAUCE	43	125	5375

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	125	1792	3
Black Beans	50	125	2084	3
Corn	50	125	2084	3
Rice	130	125	5417	3

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	239	11950
Mozzarella Cheese	40	239	9560

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	153	3060

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	153	4093	4
Sauce	80	153	3060	4

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	153	4284	4
Sauce	90	153	3443	4

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	157	4828	4
Sauce	90	157	3533	4

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	163	4793	5
Chicken	80	163	2608	5
Sauce	200	163	6520	5
Spinach	25	163	815	5

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	131	4454	3
Sauce	100	131	4367	3

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	6790
BEEF TOPSIDE (MONG)	20200
MINCE	19050
TOPSIDE STEAK	16368
LAMB SHOULDER	31428
MORROCAN CHICKEN	12600
ITALIAN CHICKEN	66861
NORMAL CHICKEN	98410
CHICKEN THIGH	47360

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	2100
10MM DICED POTATO (LEBO)	2100
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	5270
5MM MONGOLIAN CAPSICUM	15586
5MM MONGOLIAN ONION	15586
5MM SLICED MUSHROOMS	0
BROCCOLI	10532
CRATED CARROTS	625
CRATED ZUCCHINI	0
LEMON POTATO	28980
ROASTED POTATO	82264
THAI POTATOS	9180
POTATO MASH	45450
SWEET POTATO MASH	41000
SPINACH	4074
RED ONION	5820
PARSLEY	291