

## Meal Production Summary - 16/09/2025

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	182	11	0	193
Beef Chow Mein	117	1	0	118
Shepherd's Pie	98	0	0	98
Beef Burrito Bowl	123	8	0	131
Beef Meatballs	96	6	0	102
Lebanese Beef Stew	27	0	0	27
Mongolian Beef	197	11	0	208
Chicken with Vegetables	50	10	0	60
Chicken with Sweet Potato and Beans	89	0	0	89
Naked Chicken Parma	230	19	0	249
Chicken Pesto Pasta	151	6	0	157
Chicken and Broccoli Pasta	109	0	0	109
Butter Chicken	134	6	0	140
Thai Green Chicken Curry	120	9	0	129
Moroccan Chicken	59	0	0	59
Steak with Mushroom Sauce	196	8	0	204
Creamy Chicken & Mushroom Gnocchi	157	0	0	157
Roasted Lemon Chicken & Potatoes	121	7	0	128
Beef Lasagna	228	9	0	237
Bean Nachos with Rice	19	0	0	19
Lamb Souvlaki	186	8	0	194
Chicken Fajita Bowl	113	4	0	117
Steak On Its Own	0	0	0	0
Chicken On Its Own	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	14	0	0	14
Baked Family Lasagna	20	0	0	20
<b>TOTAL</b>	<b>2836</b>	<b>123</b>	<b>0</b>	<b>2959</b>

## Daily Production Report - 16/09/2025

### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	193	4375	3
Oil	0.7	193	45	

### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	266	7847	2
Oil	0.7	266	93	

### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	889	23558	2
Water	95	889	42228	
Salt	1	889	444	
Oil	1.5	889	667	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	59	10620	0
Oil	2	59	118	
Lemon Juice	6	59	354	
Moroccan Chicken Mix	4	59	236	

### Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	245	39200	
Oil	4	245	980	
Roast Chicken Mix	4	245	980	

### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	204	22440	0
Oil	1.5	204	306.0	
Baking Soda	3	204	612	

### Lamb Marinade

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	306	45900	0
Cooking Cream	20	306	6120	
Butter	7	306	2142	
Salt	1.5	306	459.0	
White Pepper	0.5	306	153.0	

### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	187	37400	0
Salt	1	187	187	
White Pepper	0.5	187	93.5	

### Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	443	10521	8
Oil	1	443	55	
Spices Mix	2.5	443	138	

### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	128	8832	3
Oil	1	128	43	
Salt	1.2	128	51	

### Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	129	7740	0
Salt	1	129	129	

### 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	353	21180	0

## Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	193	0	3
Napoli Sauce	0	193	0	
Crushed Tomatoes	0	193	0	
Beef Stock	0	193	0	
Onion	0	193	0	
Zucchini	0	193	0	
Carrot	0	193	0	
Vegetable Oil	0	193	0	
Salt	0	193	0	
Pepper	0	193	0	

### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	118	0	2
Celery	0	118	0	
Carrot	0	118	0	
Cabbage	0	118	0	
Onion	0	118	0	
Oil	0	118	0	
Pepper	0	118	0	
Salt	0	118	0	
Soy Sauce	0	118	0	
Oyster Sauce	0	118	0	

### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	98	0	2
Oil	0	98	0	
Carrots	0	98	0	
Capsicum	0	98	0	
Onion	0	98	0	
Mushroom	0	98	0	
Peas	0	98	0	
Tomato Paste	0	98	0	
Beef Stock	0	98	0	
Salt	0	98	0	
Pepper	0	98	0	
Napoli Sauce	0	98	0	

### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	131	0	2
Onion	0	131	0	
Capsicum	0	131	0	
Vegetable Oil	0	131	0	
Taco Seasoning	0	131	0	
Salt	0	131	0	
Pepper	0	131	0	
Beef Stock	0	131	0	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	102	15300	
Onion	10	102	1020	
Parsley	3	102	306	
Salt	1.5	102	153.0	
Pepper	0.2	102	20.400000000000002	

### Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	27	2619	1
Onion	30	27	810	
Carrot	30	27	810	
Potato	30	27	810	
Peas	30	27	810	
Oil	2	27	54	
Salt	2.5	27	68	
Pepper	0.5	27	14	
Tomato Paste	20	27	540	
Water	30	27	810	
Beef Stock	30	27	810	
Rice	130	27	3510	

### Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	97	208	20176	
Baking Soda	2.5	208	520.0	
Water	10	208	2080	
Soy Sauce	5	208	1040	
Cornflour	2.5	208	520.0	
Capsicum	37	208	7696	
Onion	37	208	7696	
Rice	130	208	27040	

## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	60	8100	1
Corn	50	60	3000	
Beans	60	60	3600	
Broccoli	67	60	4020	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	157	20410	
Penne	59	157	9263	
Sundried Tomatoes	20	157	3140	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	140	6533	3
Peas	40	140	1867	
Rice	130	140	6067	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	59	10620	

### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	59	1180	
Zucchini	30	59	1770	
Red Capsicum	30	59	1770	
Garlic	2	59	118	
Oil	2	59	118	
Chickpeas	115	59	6785	
Mix Spices	1.7	59	100.3	
Chicken Stock	50	59	2950	

### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	237	35550	
Mozzerala Cheese	1750	237	177750	
Napoli Sauce	500	237	118500	
Bolognese	3200	237	758400	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	89	6008	2
Beans	60	89	2670	

### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	249	37350	

### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	109	14170	
Penne	59	109	6431	
Broccoli	40	109	4360	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	129	18060	
Rice	130	129	16770	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	204	22440	

### 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	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	117	8775	2
Capsicum	52	117	3042	
Red Onion	52	117	3042	
Salsa	30	117	1755	
Rice	130	117	7605	

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	157	4710	5
Chicken	80	157	2512	
Sauce	200	157	6280	
Spinach	25	157	785	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	129	903
Coconut Cream	95	129	12255

### 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	208	14560
MEATBALLS	120	102	12240
LEMON	50	128	6400
MUSHROOM	100	204	20400
FAJITA SAUCE	33	117	3861
BURRITO SAUCE	43	131	5633

### Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	131	1878	3
Black Beans	50	131	2184	3
Corn	50	131	2184	3
Rice	130	131	5677	3

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	249	12450
Mozzarella Cheese	40	249	9960

### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	157	3140

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	157	4200	4
Sauce	80	157	3140	4

### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	129	4816	3
Sauce	90	129	3870	3

### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	140	5740	3
Sauce	90	140	4200	3

### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	157	4616	5
Chicken	80	157	2512	5
Sauce	200	157	6280	5
Spinach	25	157	785	5

### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	109	3706	3
Sauce	100	109	3634	3

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	2619
BEEF TOPSIDE (MONG)	20176
MINCE	15300
TOPSIDE STEAK	22440
LAMB SHOULDER	31428
MORROCAN CHICKEN	10620
ITALIAN CHICKEN	60894
NORMAL CHICKEN	89960
CHICKEN THIGH	39200

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	810
10MM DICED POTATO (LEBO)	810
10MM DICED ZUCCHINI	1770
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	1770
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	3390
5MM MONGOLIAN CAPSICUM	13780
5MM MONGOLIAN ONION	13780
5MM SLICED MUSHROOMS	0
BROCCOLI	8380
CRATED CARROTS	475
CRATED ZUCCHINI	0
LEMON POTATO	26496
ROASTED POTATO	84168
THAI POTATOS	7740
POTATO MASH	45900
SWEET POTATO MASH	37400
SPINACH	3924
RED ONION	5820
PARSLEY	291