

## Meal Production Summary - 25/11/2025

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	178	9	0	187
Beef Chow Mein	132	2	0	134
Shepherd's Pie	111	0	0	111
Beef Burrito Bowl	199	6	0	205
Beef Meatballs	238	7	0	245
Lebanese Beef Stew	0	0	0	0
Mongolian Beef	280	5	0	285
Chicken with Vegetables	86	14	0	100
Chicken with Sweet Potato and Beans	139	0	0	139
Naked Chicken Parma	304	8	0	312
Chicken Pesto Pasta	246	7	0	253
Chicken and Broccoli Pasta	122	0	0	122
Butter Chicken	166	7	0	173
Thai Green Chicken Curry	151	6	0	157
Moroccan Chicken	91	0	0	91
Steak with Mushroom Sauce	234	3	0	237
Creamy Chicken & Mushroom Gnocchi	185	0	0	185
Roasted Lemon Chicken & Potatoes	139	1	0	140
Beef Lasagna	369	9	0	378
Bean Nachos with Rice	23	0	0	23
Lamb Souvlaki	263	6	0	269
Chicken Fajita Bowl	154	3	0	157
Steak On Its Own	0	3	0	3
Chicken On Its Own	0	2	0	2
Family Mac and 3 Cheese Pasta Bake	12	0	0	12
Baked Family Lasagna	28	0	0	28
ON Amino Energy Can	0	3	0	3
<b>TOTAL</b>	<b>3850</b>	<b>101</b>	<b>0</b>	<b>3951</b>

# Daily Production Report - 25/11/2025

## Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	187	3989	3
Oil	0.7	187	44	

## Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	375	7375	3
Oil	0.7	375	88	

## Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	1134	20034	3
Water	95	1134	35910	
Salt	1	1134	378	
Oil	1.5	1134	567	

## Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	91	16380	0
Oil	2	91	182	
Lemon Juice	6	91	546	
Moroccan Chicken Mix	4	91	364	

## Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	297	47520	
Oil	4	297	1188	
Roast Chicken Mix	4	297	1188	

## Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	240	22320	0
Oil	1.5	240	360.0	
Baking Soda	3	240	720	

## Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	269	43578	0
Oil	2	269	538	
Salt	1.5	269	403.5	
Oregano	1.2	269	322.8	

## Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	482	72300	0
Cooking Cream	20	482	9640	
Butter	7	482	3374	
Salt	1.5	482	723.0	
White Pepper	0.5	482	241.0	

## Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	250	50000	0
Salt	1	250	250	
White Pepper	0.5	250	125.0	

## Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	581	11039	10
Oil	1	581	58	
Spices Mix	2.5	581	145	

## 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	157	9420	0
Salt	1	157	157	

## Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	269	8070	0
Parsley	1.5	269	403.5	
Paprika	0.5	269	134.5	

## Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	476	28560	0

## Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	187	0	3
Napoli Sauce	0	187	0	
Crushed Tomatoes	0	187	0	
Beef Stock	0	187	0	
Onion	0	187	0	
Zucchini	0	187	0	
Carrot	0	187	0	
Vegetable Oil	0	187	0	
Salt	0	187	0	
Pepper	0	187	0	

### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	134	0	2
Celery	0	134	0	
Carrot	0	134	0	
Cabbage	0	134	0	
Onion	0	134	0	
Oil	0	134	0	
Pepper	0	134	0	
Salt	0	134	0	
Soy Sauce	0	134	0	
Oyster Sauce	0	134	0	

### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	111	0	2
Oil	0	111	0	
Carrots	0	111	0	
Capsicum	0	111	0	
Onion	0	111	0	
Mushroom	0	111	0	
Peas	0	111	0	
Tomato Paste	0	111	0	
Beef Stock	0	111	0	
Salt	0	111	0	
Pepper	0	111	0	
Napoli Sauce	0	111	0	

### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	205	0	2
Onion	0	205	0	
Capsicum	0	205	0	
Vegetable Oil	0	205	0	
Taco Seasoning	0	205	0	
Salt	0	205	0	
Pepper	0	205	0	
Beef Stock	0	205	0	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	245	36750	
Onion	10	245	2450	
Parsley	3	245	735	
Salt	1.5	245	367.5	
Pepper	0.2	245	49.0	

### Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	285	28500	
Baking Soda	2.5	285	712.5	
Water	10	285	2850	
Soy Sauce	5	285	1425	
Cornflour	2.5	285	712.5	
Capsicum	37	285	10545	
Onion	37	285	10545	
Rice	130	285	37050	

### Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	0	0	
Onion	30	0	0	
Carrot	30	0	0	
Potato	30	0	0	
Peas	30	0	0	
Oil	2	0	0	
Salt	2.5	0	0.0	
Pepper	0.5	0	0.0	
Tomato Paste	20	0	0	
Water	30	0	0	
Beef Stock	30	0	0	
Rice	130	0	0	

## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	100	6750	2
Corn	50	100	2500	
Beans	60	100	3000	
Broccoli	67	100	3350	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	253	32890	
Penne	59	253	14927	
Sundried Tomatoes	20	253	5060	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	173	8073	3
Peas	40	173	2307	
Rice	130	173	7497	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	91	16380	

### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	91	1638	
Zucchini	27	91	2457	
Red Capsicum	27	91	2457	
Garlic	1.8	91	163.8	
Oil	1.8	91	163.8	
Chickpeas	103.5	91	9418.5	
Mix Spices	1.53	91	139.23	
Chicken Stock	45	91	4095	

### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	378	56700	
Mozzerala Cheese A	1750	378	283500	
Napoli Sauce	500	378	189000	
Bolognese	3200	378	1209600	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	139	6255	3
Beans	60	139	2780	

### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	312	46800	

### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	122	15860	
Penne	59	122	7198	
Broccoli	40	122	4880	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	157	22639.3999999999999998	
Rice	130	157	20410	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	237	26070	

### 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	23	1840	1
Carrot	25	23	575	
Onion	20	23	460	
Taco Seasoning	1	23	23	
Salt	1.5	23	34	
Pepper	0.5	23	12	
Garlic	2.5	23	58	
Vegetable Oil	1.5	23	34	
Cumin	0.5	23	12	
Crushed Tomato	85	23	1955	
Water	41.7	23	959	

## Meal Recipes (cont'd)

### Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	269	12553	3
Potatoes	140	269	12553	

### Chicken On Its Own

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken Breast	200	2	400	1

### Chicken Fajita Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken Thigh	150	157	7850	3
Capsicum	52	157	2721	
Red Onion	52	157	2721	
Salsa	30	157	1570	
Rice	130	157	6803	

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	185	4625	6
Chicken	80	185	2467	
Sauce	200	185	6167	
Spinach	25	185	771	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7.21	157	1131.97
Coconut Cream	97.85	157	15362.449999999999

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	269	5380
Garlic	1	269	269
Salt	0.2	269	53.800000000000004

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	285	19950
MEATBALLS	120	245	29400
LEMON	50	140	7000
MUSHROOM	100	237	23700
FAJITA SAUCE	33	157	5181
BURRITO SAUCE	43	205	8815

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	312	15600
Mozzarella Cheese	40	312	12480

### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	253	5060

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	253	4512	6
Sauce	80	253	3374	6

### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	173	5320	4
Sauce	90	173	3893	4

### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	122	4148	3
Sauce	100	122	4067	3

### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	157	4528	4
Sauce	92.7	157	3639	4

### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	185	4533	6
Chicken	80	185	2467	6
Sauce	200	185	6167	6
Spinach	25	185	771	6

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	28500
MINCE	36750
TOPSIDE STEAK	22920
LAMB SHOULDER	43578
MORROCAN CHICKEN	16380
ITALIAN CHICKEN	84609
NORMAL CHICKEN	115700
CHICKEN THIGH	47520

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	2457
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	2457
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	4548
5MM MONGOLIAN CAPSICUM	18708
5MM MONGOLIAN ONION	18708
5MM SLICED MUSHROOMS	0
BROCCOLI	11580
CRATED CARROTS	575
CRATED ZUCCHINI	0
LEMON POTATO	28980
ROASTED POTATO	110390
THAI POTATOS	9420
POTATO MASH	72300
SWEET POTATO MASH	50000
SPINACH	4620
RED ONION	8070
PARSLEY	404