

## Meal Production Summary - 10/09/2025

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	254	4	7	251
Beef Chow Mein	123	10	0	133
Shepherd's Pie	127	0	0	127
Beef Burrito Bowl	125	15	0	140
Beef Meatballs	142	3	6	139
Lebanese Beef Stew	83	0	11	72
Mongolian Beef	230	14	0	244
Chicken with Vegetables	86	1	0	87
Chicken with Sweet Potato and Beans	129	0	0	129
Naked Chicken Parma	300	2	0	302
Chicken Pesto Pasta	218	2	0	220
Chicken and Broccoli Pasta	157	0	0	157
Butter Chicken	182	8	0	190
Thai Green Chicken Curry	177	10	0	187
Moroccan Chicken	71	0	0	71
Steak with Mushroom Sauce	252	2	0	254
Creamy Chicken & Mushroom Gnocchi	190	0	0	190
Roasted Lemon Chicken & Potatoes	131	2	0	133
Beef Lasagna	320	11	0	331
Bean Nachos with Rice	18	0	0	18
Lamb Souvlaki	251	8	0	259
Chicken Fajita Bowl	109	1	0	110
Steak On Its Own	0	0	0	0
Chicken On Its Own	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	5	0	0	5
Baked Family Lasagna	34	0	33	1
<b>TOTAL</b>	<b>3714</b>	<b>93</b>	<b>57</b>	<b>3750</b>

## Daily Production Report - 10/09/2025

### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	251	5689	3
Oil	0.7	251	59	

### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	377	7414	3
Oil	0.7	377	88	

### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	1094	19327	3
Water	95	1094	34643	
Salt	1	1094	365	
Oil	1.5	1094	547	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	71	12780	0
Oil	2	71	142	
Lemon Juice	6	71	426	
Moroccan Chicken Mix	4	71	284	

### Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	155	243	37665	
Oil	4	243	972	
Roast Chicken Mix	4	243	972	

### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	254	27940	0
Oil	1.5	254	381.0	
Baking Soda	3	254	762	

### Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	259	41958	0
Oil	2	259	518	
Salt	1.5	259	388.5	
Oregano	1.2	259	310.8	

### Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	393	58950	0
Cooking Cream	20	393	7860	
Butter	7	393	2751	
Salt	1.5	393	589.5	
White Pepper	0.5	393	196.5	

### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	185	256	47360	0
Salt	1	256	256	
White Pepper	0.5	256	128.0	

### Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	561	11843	9
Oil	1	561	62	
Spices Mix	2.5	561	156	

### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	133	9177	3
Oil	1	133	44	
Salt	1.2	133	53	

### Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	187	11220	0
Salt	1	187	187	

### Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	259	7770	0
Parsley	1.5	259	388.5	
Paprika	0.5	259	129.5	

### Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	470	28200	0

## Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	251	8367	3
Napoli Sauce	65	251	5438	
Crushed Tomatoes	45	251	3765	
Beef Stock	30	251	2510	
Onion	15	251	1255	
Zucchini	15	251	1255	
Carrot	15	251	1255	
Vegetable Oil	1	251	84	
Salt	3	251	251	
Pepper	1	251	84	

### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	120	133	7980	2
Celery	42	133	2793	
Carrot	42	133	2793	
Cabbage	42	133	2793	
Onion	42	133	2793	
Oil	2	133	133	
Pepper	1	133	66	
Salt	0.5	133	33	
Soy Sauce	13	133	864	
Oyster Sauce	13	133	864	

### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	127	6350	2
Oil	2	127	127	
Carrots	15	127	952	
Capsicum	15	127	952	
Onion	15	127	952	
Mushroom	15	127	952	
Peas	15	127	952	
Tomato Paste	6	127	381	
Beef Stock	20	127	1270	
Salt	2	127	127	
Pepper	0.5	127	32	
Napoli Sauce	70	127	4445	

### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	95	140	6650	2
Onion	12	140	840	
Capsicum	12	140	840	
Vegetable Oil	2	140	140	
Taco Seasoning	7	140	490	
Salt	1.5	140	105	
Pepper	0.5	140	35	
Beef Stock	40	140	2800	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	139	20850	
Onion	10	139	1390	
Parsley	3	139	417	
Salt	1.5	139	208.5	
Pepper	0.2	139	27.8	

### Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	72	6984	1
Onion	30	72	2160	
Carrot	30	72	2160	
Potato	30	72	2160	
Peas	30	72	2160	
Oil	2	72	144	
Salt	2.5	72	180	
Pepper	0.5	72	36	
Tomato Paste	20	72	1440	
Water	30	72	2160	
Beef Stock	30	72	2160	
Rice	130	72	9360	

### Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	97	244	23668	
Baking Soda	2.5	244	610.0	
Water	10	244	2440	
Soy Sauce	5	244	1220	
Cornflour	2.5	244	610.0	
Capsicum	37	244	9028	
Onion	37	244	9028	
Rice	130	244	31720	

## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	87	5872	2
Corn	50	87	2175	
Beans	60	87	2610	
Broccoli	67	87	2914	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	220	28600	
Penne	59	220	12980	
Sundried Tomatoes	20	220	4400	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	190	6650	4
Peas	40	190	1900	
Rice	130	190	6175	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	71	12780	

### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	71	1420	
Zucchini	30	71	2130	
Red Capsicum	30	71	2130	
Garlic	2	71	142	
Oil	2	71	142	
Chickpeas	115	71	8165	
Mix Spices	1.7	71	120.7	
Chicken Stock	50	71	3550	

### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	331	49650	
Mozzerala Cheese	1750	331	248250	
Napoli Sauce	500	331	165500	
Bolognese	3200	331	1059200	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	129	5805	3
Beans	60	129	2580	

### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	302	45300	

### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	157	20410	
Penne	59	157	9263	
Broccoli	40	157	6280	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	187	26180	
Rice	130	187	24310	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	254	27940	

### 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	18	1440	1
Carrot	25	18	450	
Onion	20	18	360	
Taco Seasoning	1	18	18	
Salt	1.5	18	27	
Pepper	0.5	18	9	
Garlic	2.5	18	45	
Vegetable Oil	1.5	18	27	
Cumin	0.5	18	9	
Crushed Tomato	85	18	1530	
Water	41.7	18	751	

## Meal Recipes (cont'd)

### Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	259	12087	3
Potatoes	140	259	12087	

### 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	110	8250	2
Capsicum	52	110	2860	
Red Onion	52	110	2860	
Salsa	30	110	1650	
Rice	130	110	7150	

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	190	4750	6
Chicken	80	190	2533	
Sauce	200	190	6333	
Spinach	25	190	792	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	187	1309
Coconut Cream	95	187	17765

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	259	5180
Garlic	1.5	259	388.5
Salt	0.5	259	129.5

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	244	17080
MEATBALLS	120	139	16680
LEMON	50	133	6650
MUSHROOM	100	254	25400
FAJITA SAUCE	33	110	3630
BURRITO SAUCE	43	140	6020

### Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	140	2007	3
Black Beans	50	140	2334	3
Corn	50	140	2334	3
Rice	130	140	6067	3

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	302	15100
Mozzarella Cheese	40	302	12080

### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	220	4400

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	220	4708	5
Sauce	80	220	3520	5

### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	187	5236	4
Sauce	90	187	4208	4

### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	190	5843	4
Sauce	90	190	4275	4

### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	190	4655	6
Chicken	80	190	2534	6
Sauce	200	190	6334	6
Spinach	25	190	792	6

### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	157	4004	4
Sauce	100	157	3925	4

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	6984
BEEF TOPSIDE (MONG)	23668
MINCE	87910
TOPSIDE STEAK	27940
LAMB SHOULDER	41958
MORROCAN CHICKEN	12780
ITALIAN CHICKEN	79254
NORMAL CHICKEN	122720
CHICKEN THIGH	37665

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	2160
10MM DICED POTATO (LEBO)	2160
10MM DICED ZUCCHINI	2130
5MM DICED CABBAGE	5586
5MM DICED CAPSICUM	5714
5MM DICED CARROTS	7490
5MM DICED CELERY	5586
5MM DICED MUSHROOMS	1904
5MM DICED ONION	18265
5MM MONGOLIAN CAPSICUM	14748
5MM MONGOLIAN ONION	14748
5MM SLICED MUSHROOMS	0
BROCCOLI	12108
CRATED CARROTS	4215
CRATED ZUCCHINI	3765
LEMON POTATO	27531
ROASTED POTATO	106587
THAI POTATOS	11220
POTATO MASH	58950
SWEET POTATO MASH	47360
SPINACH	4746
RED ONION	7770
PARSLEY	388