

## Meal Production Summary - 14/07/2025

Meal	Clean Eats	Made Active	Total
Baked Family Lasagna	18	0	18
Bean Nachos with Rice	7	0	7
Beef Burrito Bowl	100	3	103
Beef Chow Mein	86	0	86
Beef Lasagna	215	13	228
Beef Meatballs	77	9	86
Butter Chicken	141	4	145
Chicken Fajita Bowl	90	6	96
Chicken On Its Own	0	0	0
Chicken Pesto Pasta	128	5	133
Chicken and Broccoli Pasta	89	0	89
Chicken with Sweet Potato and Beans	97	0	97
Chicken with Vegetables	58	9	67
Creamy Chicken & Mushroom Gnocchi	130	0	130
Family Mac and 3 Cheese Pasta Bake	16	0	16
GIVE ME CHICKEN	2	0	2
Lamb Souvlaki	148	3	151
Lebanese Beef Stew	47	0	47
MAKE YOUR OWN MEGA PACK	7	0	7
Mongolian Beef	152	4	156
Moroccan Chicken	71	0	71
Naked Chicken Parma	197	10	207
Roasted Lemon Chicken & Potatoes	96	0	96
SUPER CHARGED CALORIES	1	0	1
Shepherd's Pie	111	0	111
Spaghetti Bolognese	145	9	154
Steak On Its Own	0	0	0
Steak with Mushroom Sauce	127	7	134
THE MEGA PACK	2	0	2
Thai Green Chicken Curry	103	7	110

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### Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	220	33000	0
Cooking Cream	20	220	4400	
Butter	7	220	1540	
Salt	1.5	220	330.0	
White Pepper	0.5	220	110.0	

### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	185	208	38480	0
Salt	1	208	208	
White Pepper	0.5	208	104.0	

### Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	358	11337	6
Oil	1	358	60	
Spices Mix	2.5	358	149	

### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	96	9936	2
Oil	1	96	48	
Salt	1.2	96	58	

### Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	110	6600	0
Salt	1	110	110	

### Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	151	4530	0
Parsley	1.5	151	226.5	
Paprika	0.5	151	75.5	

### Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	298	17880	0

### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	154	5236	2
Oil	0.7	154	54	

### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	222	6549	2
Oil	0.7	222	78	

### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	750	39750	1
Water	95	750	71250	
Salt	1	750	750	
Oil	1.5	750	1125	

### 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	150	192	28800	
Oil	4	192	768	
Roast Chicken Mix	4	192	768	

### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	134	14740	0
Oil	1.5	134	201.0	
Baking Soda	3	134	402	

### Lamb Marinade

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	151	24462	0
Oil	2	151	302	
Salt	1.5	151	226.5	
Oregano	1.2	151	181.2	

## Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	154	0	2
Napoli Sauce	0	154	0	
Crushed Tomatoes	0	154	0	
Beef Stock	0	154	0	
Onion	0	154	0	
Zucchini	0	154	0	
Carrot	0	154	0	
Vegetable Oil	0	154	0	
Salt	0	154	0	
Pepper	0	154	0	

### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	86	0	2
Celery	0	86	0	
Carrot	0	86	0	
Cabbage	0	86	0	
Onion	0	86	0	
Oil	0	86	0	
Pepper	0	86	0	
Salt	0	86	0	
Soy Sauce	0	86	0	
Oyster Sauce	0	86	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	103	0	1
Onion	0	103	0	
Capsicum	0	103	0	
Vegetable Oil	0	103	0	
Taco Seasoning	0	103	0	
Salt	0	103	0	
Pepper	0	103	0	
Beef Stock	0	103	0	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	86	12900	
Onion	10	86	860	
Parsley	3	86	258	
Salt	1.5	86	129.0	
Pepper	0.2	86	17.2	

### Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	47	4559	1
Onion	30	47	1410	
Carrot	30	47	1410	
Potato	30	47	1410	
Peas	30	47	1410	
Oil	2	47	94	
Salt	2.5	47	118	
Pepper	0.5	47	24	
Tomato Paste	20	47	940	
Water	30	47	1410	
Beef Stock	30	47	1410	
Rice	130	47	6110	

### Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	97	156	15132	
Baking Soda	2.5	156	390.0	
Water	10	156	1560	
Soy Sauce	5	156	780	
Cornflour	2.5	156	390.0	
Capsicum	37	156	5772	
Onion	37	156	5772	
Rice	130	156	20280	

## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	67	4522	2
Corn	52	67	1742	
Beans	60	67	2010	
Broccoli	67	67	2244	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	133	17290	
Penne	59	133	7847	
Sundried Tomatoes	24	133	3192	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	145	20300	
Peas	40	145	5800	
Rice	130	145	18850	

### 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	228	34200	
Mozzerala Cheese	1750	228	171000	
Napoli Sauce	500	228	114000	
Bolognese	3200	228	729600	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	97	6548	2
Beans	60	97	2910	

### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	207	31050	

### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	89	11570	
Penne	59	89	5251	
Broccoli	40	89	3560	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	110	15400	
Rice	130	110	14300	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	134	14740	

### 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	7	560	1
Carrot	25	7	175	
Onion	20	7	140	
Taco Seasoning	1	7	7	
Salt	1.5	7	10	
Pepper	0.5	7	4	
Garlic	2.5	7	18	
Vegetable Oil	1.5	7	10	
Cumin	0.5	7	4	
Crushed Tomato	85	7	595	
Water	41.7	7	292	

## Meal Recipes (cont'd)

### Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	151	10570	2
Potatoes	140	151	10570	

### 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	96	7200	2
Capsicum	52	96	2496	
Red Onion	52	96	2496	
Salsa	30	96	1440	
Rice	130	96	6240	

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	130	4875	4
Chicken	80	130	2600	
Sauce	200	130	6500	
Spinach	25	130	812	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	110	770
Coconut Cream	90	110	9900

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	151	3020
Garlic	2	151	302
Salt	1	151	151

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	156	10920
MEATBALLS	120	86	10320
LEMON	50	96	4800
MUSHROOM	100	134	13400
FAJITA SAUCE	33	96	3168
BURRITO SAUCE	43	103	4429

### Beef Burrito Mix

Ingredient	Qty	Amt	Total
Salsa	43	103	4429
Black Beans	50	103	5150
Corn	50	103	5150
Rice	130	103	13390

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	207	10350
Mozzarella Cheese	40	207	8280

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Batches
Chicken	110	133	3
Sauce	80	133	3

### Butter Chicken

Ingredient	Qty/Batch	Amount	Batches
Chicken	120	145	3
Sauce	90	145	3

### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Batches
Chicken	100	89	2
Sauce	100	89	2

### Thai

Ingredient	Qty/Batch	Amount	Batches
Chicken	110	110	3
Sauce	90	110	3

### Gnocchi

Ingredient	Qty/Batch	Amount	Batches
Gnocchi	150	130	4
Chicken	80	130	4
Sauce	200	130	4
Spinach	25	130	4

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	4559
BEEF TOPSIDE (MONG)	15132
MINCE	12900
TOPSIDE STEAK	14740
LAMB SHOULDER	24462
MORROCAN CHICKEN	12780
ITALIAN CHICKEN	56763
NORMAL CHICKEN	78910
CHICKEN THIGH	28800

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	1410
10MM DICED POTATO (LEBO)	1410
10MM DICED ZUCCHINI	2130
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	2130
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	3830
5MM MONGOLIAN CAPSICUM	10764
5MM MONGOLIAN ONION	10764
5MM SLICED MUSHROOMS	0
BROCCOLI	8048
CRATED CARROTS	175
CRATED ZUCCHINI	0
LEMON POTATO	19872
ROASTED POTATO	68016
THAI POTATOS	6600
POTATO MASH	33000
SWEET POTATO MASH	38480
SPINACH	3248
RED ONION	4530
PARSLEY	226