

Meal Production Summary - 26/12/2025

Meal	Clean Eats	Already Made	Total
Spaghetti Bolognese	76	0	76
Beef Chow Mein	68	0	68
Shepherd's Pie	56	0	56
Beef Burrito Bowl	56	0	56
Beef Meatballs	82	0	82
Lebanese Beef Stew	0	0	0
Mongolian Beef	106	0	106
Chicken with Vegetables	64	0	64
Chicken with Sweet Potato and Beans	76	0	76
Naked Chicken Parma	126	0	126
Chicken Pesto Pasta	112	0	112
Chicken and Broccoli Pasta	98	0	98
Butter Chicken	92	0	92
Thai Green Chicken Curry	84	0	84
Moroccan Chicken	68	0	68
Steak with Mushroom Sauce	138	0	138
Creamy Chicken & Mushroom Gnocchi	118	0	118
Roasted Lemon Chicken & Potatoes	66	0	66
Beef Lasagna	110	0	110
Bean Nachos with Rice	0	0	0
Lamb Souvlaki	110	0	110
Chicken Fajita Bowl	54	0	54
Steak On Its Own	0	0	0
Chicken On Its Own	0	0	0
Family Mac and 3 Cheese Pasta Bake	0	0	0
Baked Family Lasagna	0	0	0
TOTAL	1760	0	1760

Daily Production Report - 26/12/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	76	4864	1
Oil	0.7	76	53	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	210	6195	2
Oil	0.7	210	74	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	460	8127	3
Water	95	460	14567	
Salt	1	460	153	
Oil	1.5	460	230	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	68	12240	0
Oil	2	68	136	
Lemon Juice	6	68	408	
Moroccan Chicken Mix	4	68	272	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	120	19200	
Oil	4	120	480	
Roast Chicken Mix	4	120	480	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	138	12834	0
Oil	1.5	138	207.0	
Baking Soda	3	138	414	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	110	17820	0
Oil	2	110	220	
Salt	1.5	110	165.0	
Oregano	0.3	110	33.0	

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	200	132	26400	0
Salt	1	132	132	
White Pepper	0.5	132	66.0	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	236	11210	4
Oil	1	236	59	
Spices Mix	2.5	236	148	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	66	6831	2
Oil	1	66	33	
Salt	1.2	66	40	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	84	5040	0
Salt	1	84	84	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	110	3300	0
Parsley	1.5	110	165.0	
Paprika	0.5	110	55.0	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	278	16680	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	76	7600	1
Napoli Sauce	65	76	4940	
Crushed Tomatoes	45	76	3420	
Beef Stock	30	76	2280	
Onion	15	76	1140	
Zucchini	15	76	1140	
Carrot	15	76	1140	
Vegetable Oil	1	76	76	
Salt	3	76	228	
Pepper	1	76	76	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	120	68	8160	1
Celery	42	68	2856	
Carrot	42	68	2856	
Cabbage	42	68	2856	
Onion	42	68	2856	
Oil	2	68	136	
Pepper	1	68	68	
Salt	0.5	68	34	
Soy Sauce	13	68	884	
Oyster Sauce	13	68	884	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	56	5600	1
Oil	2	56	112	
Carrots	15	56	840	
Capsicum	15	56	840	
Onion	15	56	840	
Mushroom	15	56	840	
Peas	15	56	840	
Tomato Paste	6	56	336	
Beef Stock	20	56	1120	
Salt	2	56	112	
Pepper	0.5	56	28	
Napoli Sauce	70	56	3920	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	95	56	5320	1
Onion	12	56	672	
Capsicum	12	56	672	
Vegetable Oil	2	56	112	
Taco Seasoning	7	56	392	
Salt	1.5	56	84	
Pepper	0.5	56	28	
Beef Stock	40	56	2240	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	82	12300	
Onion	10	82	820	
Parsley	3	82	246	
Salt	1.5	82	123.0	
Pepper	0.2	82	16.400000000000002	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	106	10600	
Baking Soda	2.5	106	265.0	
Water	10	106	1060	
Soy Sauce	5	106	530	
Cornflour	2.5	106	265.0	
Capsicum	37	106	3922	
Onion	37	106	3922	
Rice	130	106	13780	

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	64	4320	2
Corn	50	64	1600	
Beans	60	64	1920	
Broccoli	67	64	2144	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	112	14560	
Penne	59	112	6608	
Sundried Tomatoes	20	112	2240	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	92	6440	2
Peas	40	92	1840	
Rice	130	92	5980	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	68	12240	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	68	1224	
Zucchini	27	68	1836	
Red Capsicum	27	68	1836	
Garlic	1.8	68	122.4	
Oil	1.8	68	122.4	
Chickpeas	103.5	68	7038.0	
Mix Spices	1.53	68	104.04	
Chicken Stock	45	68	3060	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	110	16500	
Mozzerala Cheese A	1750	110	82500	
Napoli Sauce	500	110	55000	
Bolognese	3200	110	352000	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	76	5130	2
Beans	60	76	2280	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	126	18900	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	98	12740	
Penne	59	98	5782	
Broccoli	40	98	3920	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	84	12112.8	
Rice	130	84	10920	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	138	15180	

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	0	0	
Carrot	25	0	0	
Onion	20	0	0	
Taco Seasoning	1	0	0	
Salt	1.5	0	0.0	
Pepper	0.5	0	0.0	
Garlic	2.5	0	0.0	
Vegetable Oil	1.5	0	0.0	
Cumin	0.5	0	0.0	
Crushed Tomato	85	0	0	
Water	41.7	0	0.0	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	110	7700	2
Potatoes	140	110	7700	

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	54	8100	1
Capsicum	52	54	2808	
Red Onion	52	54	2808	
Salsa	30	54	1620	
Rice	130	54	7020	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	118	4425	4
Chicken	80	118	2360	
Sauce	200	118	5900	
Spinach	25	118	738	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7.21	84	605.64
Coconut Cream	97.85	84	8219.4

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	110	2200
Garlic	1	110	110
Salt	0.2	110	22.0

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	106	7420
MEATBALLS	120	82	9840
LEMON	50	66	3300
MUSHROOM	100	138	13800
FAJITA SAUCE	33	54	1782
BURRITO SAUCE	43	56	2408

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	56	2408	1
Black Beans	50	56	2800	1
Corn	50	56	2800	1
Rice	130	56	7280	1

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	126	6300
Mozzarella Cheese	40	126	5040

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	112	2240

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	112	3995	3
Sauce	80	112	2987	3

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	84	4846	2
Sauce	92.7	84	3894	2

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	92	5658	2
Sauce	90	92	4140	2

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	118	4337	4
Chicken	80	118	2360	4
Sauce	200	118	5900	4
Spinach	25	118	738	4

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	98	4998	2
Sauce	100	98	4900	2

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	10600
MINCE	38980
TOPSIDE STEAK	12834
LAMB SHOULDER	17820
MORROCAN CHICKEN	12240
ITALIAN CHICKEN	40698
NORMAL CHICKEN	65520
CHICKEN THIGH	19200

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	1836
5MM DICED CABBAGE	2856
5MM DICED CAPSICUM	3348
5MM DICED CARROTS	3696
5MM DICED CELERY	2856
5MM DICED MUSHROOMS	840
5MM DICED ONION	7552
5MM MONGOLIAN CAPSICUM	6730
5MM MONGOLIAN ONION	6730
5MM SLICED MUSHROOMS	0
BROCCOLI	8208
CRATED CARROTS	1140
CRATED ZUCCHINI	1140
LEMON POTATO	13662
ROASTED POTATO	44840
THAI POTATOS	5040
POTATO MASH	33000
SWEET POTATO MASH	26400
SPINACH	2948
RED ONION	3300
PARSLEY	165