

## Meal Production Summary - 10/09/2025

| Meal                                | Clean Eats  | Made Active | Already Made | Total       |
|-------------------------------------|-------------|-------------|--------------|-------------|
| Spaghetti Bolognese                 | 254         | 4           | 6            | 252         |
| Beef Chow Mein                      | 123         | 10          | 0            | 133         |
| Shepherd's Pie                      | 127         | 0           | 0            | 127         |
| Beef Burrito Bowl                   | 120         | 15          | 0            | 135         |
| Beef Meatballs                      | 142         | 3           | 6            | 139         |
| Lebanese Beef Stew                  | 83          | 0           | 11           | 72          |
| Mongolian Beef                      | 225         | 14          | 0            | 239         |
| Chicken with Vegetables             | 86          | 1           | 0            | 87          |
| Chicken with Sweet Potato and Beans | 129         | 0           | 0            | 129         |
| Naked Chicken Parma                 | 295         | 2           | 0            | 297         |
| Chicken Pesto Pasta                 | 213         | 2           | 0            | 215         |
| 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                        | 315         | 11          | 0            | 326         |
| Bean Nachos with Rice               | 18          | 0           | 0            | 18          |
| Lamb Souvlaki                       | 246         | 8           | 0            | 254         |
| 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>3684</b> | <b>93</b>   | <b>56</b>    | <b>3721</b> |

## Daily Production Report - 10/09/2025

### Spaghetti Order

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Spaghetti  | 68       | 252   | 5712  | 3       |
| Oil        | 0.7      | 252   | 59    |         |

### Penne Order

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Penne      | 59       | 372   | 7316  | 3       |
| Oil        | 0.7      | 372   | 87    |         |

### Rice Order

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Rice       | 53       | 1084  | 19151 | 3       |
| Water      | 95       | 1084  | 34327 |         |
| Salt       | 1        | 1084  | 361   |         |
| Oil        | 1.5      | 1084  | 542   |         |

### 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      | 254   | 41148 | 0       |
| Oil           | 2        | 254   | 508   |         |
| Salt          | 1.5      | 254   | 381.0 |         |
| Oregano       | 1.2      | 254   | 304.8 |         |

### 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      | 551   | 11632 | 9       |
| Oil              | 1        | 551   | 61    |         |
| Spices Mix       | 2.5      | 551   | 153   |         |

### 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       | 254   | 7620  | 0       |
| Parsley    | 1.5      | 254   | 381.0 |         |
| Paprika    | 0.5      | 254   | 127.0 |         |

### 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       | 0        | 252   | 0           | 3     |
| Napoli Sauce     | 0        | 252   | 0           |       |
| Crushed Tomatoes | 0        | 252   | 0           |       |
| Beef Stock       | 0        | 252   | 0           |       |
| Onion            | 0        | 252   | 0           |       |
| Zucchini         | 0        | 252   | 0           |       |
| Carrot           | 0        | 252   | 0           |       |
| Vegetable Oil    | 0        | 252   | 0           |       |
| Salt             | 0        | 252   | 0           |       |
| Pepper           | 0        | 252   | 0           |       |

### Beef Chow Mein

| Ingredient   | Qty/Meal | Meals | Batch Total | Batch |
|--------------|----------|-------|-------------|-------|
| Beef Mince   | 0        | 133   | 0           | 2     |
| Celery       | 0        | 133   | 0           |       |
| Carrot       | 0        | 133   | 0           |       |
| Cabbage      | 0        | 133   | 0           |       |
| Onion        | 0        | 133   | 0           |       |
| Oil          | 0        | 133   | 0           |       |
| Pepper       | 0        | 133   | 0           |       |
| Salt         | 0        | 133   | 0           |       |
| Soy Sauce    | 0        | 133   | 0           |       |
| Oyster Sauce | 0        | 133   | 0           |       |

### Shepherd's Pie

| Ingredient   | Qty/Meal | Meals | Batch Total | Batch |
|--------------|----------|-------|-------------|-------|
| Beef Mince   | 0        | 127   | 0           | 2     |
| Oil          | 0        | 127   | 0           |       |
| Carrots      | 0        | 127   | 0           |       |
| Capsicum     | 0        | 127   | 0           |       |
| Onion        | 0        | 127   | 0           |       |
| Mushroom     | 0        | 127   | 0           |       |
| Peas         | 0        | 127   | 0           |       |
| Tomato Paste | 0        | 127   | 0           |       |
| Beef Stock   | 0        | 127   | 0           |       |
| Salt         | 0        | 127   | 0           |       |
| Pepper       | 0        | 127   | 0           |       |
| Napoli Sauce | 0        | 127   | 0           |       |

### Beef Burrito Bowl

| Ingredient     | Qty/Meal | Meals | Batch Total | Batch |
|----------------|----------|-------|-------------|-------|
| Beef Mince     | 0        | 135   | 0           | 2     |
| Onion          | 0        | 135   | 0           |       |
| Capsicum       | 0        | 135   | 0           |       |
| Vegetable Oil  | 0        | 135   | 0           |       |
| Taco Seasoning | 0        | 135   | 0           |       |
| Salt           | 0        | 135   | 0           |       |
| Pepper         | 0        | 135   | 0           |       |
| Beef Stock     | 0        | 135   | 0           |       |

### 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       | 239   | 23183       |       |
| Baking Soda | 2.5      | 239   | 597.5       |       |
| Water       | 10       | 239   | 2390        |       |
| Soy Sauce   | 5        | 239   | 1195        |       |
| Cornflour   | 2.5      | 239   | 597.5       |       |
| Capsicum    | 37       | 239   | 8843        |       |
| Onion       | 37       | 239   | 8843        |       |
| Rice        | 130      | 239   | 31070       |       |

## 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      | 215   | 27950       |       |
| Penne             | 59       | 215   | 12685       |       |
| Sundried Tomatoes | 20       | 215   | 4300        |       |

### 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      | 326   | 48900       |       |
| Mozzerala Cheese | 1750     | 326   | 244500      |       |
| Napoli Sauce     | 500      | 326   | 163000      |       |
| Bolognese        | 3200     | 326   | 1043200     |       |

### 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      | 297   | 44550       |       |

### 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      | 254   | 11853       | 3     |
| Potatoes      | 140      | 254   | 11853       |       |

### 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          | 254         | 5080                |
| Garlic       | 1.5         | 254         | 381.0               |
| Salt         | 0.5         | 254         | 127.0               |

## To Pack In Fridge

### Sauces to Prepare

| Sauce         | Qty | Amt | Total |
|---------------|-----|-----|-------|
| MONGOLIAN     | 70  | 239 | 16730 |
| MEATBALLS     | 120 | 139 | 16680 |
| LEMON         | 50  | 133 | 6650  |
| MUSHROOM      | 100 | 254 | 25400 |
| FAJITA SAUCE  | 33  | 110 | 3630  |
| BURRITO SAUCE | 43  | 135 | 5805  |

### Beef Burrito Mix

| Ingredient  | Qty | Amt | Total | Batches |
|-------------|-----|-----|-------|---------|
| Salsa       | 43  | 135 | 1935  | 3       |
| Black Beans | 50  | 135 | 2250  | 3       |
| Corn        | 50  | 135 | 2250  | 3       |
| Rice        | 130 | 135 | 5850  | 3       |

### Parma Mix

| Ingredient        | Qty | Amt | Total |
|-------------------|-----|-----|-------|
| Napoli Sauce      | 50  | 297 | 14850 |
| Mozzarella Cheese | 40  | 297 | 11880 |

### Chicken Pesto Sundried

| Ingredient       | Qty | Meals | Total |
|------------------|-----|-------|-------|
| Sundried Tomatos | 20  | 215   | 4300  |

## Chicken Mixing

### Pesto

| Ingredient | Qty/Batch | Amount | Total | Batches |
|------------|-----------|--------|-------|---------|
| Chicken    | 107       | 215    | 4601  | 5       |
| Sauce      | 80        | 215    | 3440  | 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) | 23183      |
| MINCE               | 20850      |
| TOPSIDE STEAK       | 27940      |
| LAMB SHOULDER       | 41148      |
| MORROCAN CHICKEN    | 12780      |
| ITALIAN CHICKEN     | 78489      |
| NORMAL CHICKEN      | 122070     |
| 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        | 0          |
| 5MM DICED CAPSICUM       | 2130       |
| 5MM DICED CARROTS        | 0          |
| 5MM DICED CELERY         | 0          |
| 5MM DICED MUSHROOMS      | 0          |
| 5MM DICED ONION          | 5330       |
| 5MM MONGOLIAN CAPSICUM   | 14563      |
| 5MM MONGOLIAN ONION      | 14563      |
| 5MM SLICED MUSHROOMS     | 0          |
| BROCCOLI                 | 12108      |
| CRATED CARROTS           | 450        |
| CRATED ZUCCHINI          | 0          |
| LEMON POTATO             | 27531      |
| ROASTED POTATO           | 104688     |
| THAI POTATOS             | 11220      |
| POTATO MASH              | 58950      |
| SWEET POTATO MASH        | 47360      |
| SPINACH                  | 4746       |
| RED ONION                | 7620       |
| PARSLEY                  | 381        |