

## Meal Production Summary - 11/11/2025

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	222	10	0	232
Beef Chow Mein	167	2	0	169
Shepherd's Pie	155	0	0	155
Beef Burrito Bowl	189	5	0	194
Beef Meatballs	200	10	0	210
Lebanese Beef Stew	2	0	0	2
Mongolian Beef	298	18	0	316
Chicken with Vegetables	93	0	0	93
Chicken with Sweet Potato and Beans	133	0	0	133
Naked Chicken Parma	304	19	0	323
Chicken Pesto Pasta	279	6	0	285
Chicken and Broccoli Pasta	151	0	0	151
Butter Chicken	243	10	0	253
Thai Green Chicken Curry	183	11	0	194
Moroccan Chicken	116	0	0	116
Steak with Mushroom Sauce	292	1	0	293
Creamy Chicken & Mushroom Gnocchi	206	0	0	206
Roasted Lemon Chicken & Potatoes	193	8	0	201
Beef Lasagna	410	23	0	433
Bean Nachos with Rice	29	0	0	29
Lamb Souvlaki	270	7	0	277
Chicken Fajita Bowl	187	3	0	190
Steak On Its Own	0	0	0	0
Chicken On Its Own	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	10	0	0	10
Baked Family Lasagna	23	0	0	23
ON Amino Energy Can	0	15	0	15
<b>TOTAL</b>	<b>4355</b>	<b>148</b>	<b>0</b>	<b>4503</b>

# Daily Production Report - 11/11/2025

## Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	232	4949	3
Oil	0.7	232	54	

## Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	436	6431	4
Oil	0.7	436	76	

## Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	1347	23797	3
Water	95	1347	42655	
Salt	1	1347	449	
Oil	1.5	1347	674	

## Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	116	20880	0
Oil	2	116	232	
Lemon Juice	6	116	696	
Moroccan Chicken Mix	4	116	464	

## Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	391	62560	
Oil	4	391	1564	
Roast Chicken Mix	4	391	1564	

## Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	293	27249	0
Oil	1.5	293	439.5	
Baking Soda	3	293	879	

## Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	277	44874	0
Oil	2	277	554	
Salt	1.5	277	415.5	
Oregano	1.2	277	332.4	

## Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	503	75450	0
Cooking Cream	20	503	10060	
Butter	7	503	3521	
Salt	1.5	503	754.5	
White Pepper	0.5	503	251.5	

## Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	288	57600	0
Salt	1	288	288	
White Pepper	0.5	288	144.0	

## Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	600	11400	10
Oil	1	600	60	
Spices Mix	2.5	600	150	

## Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	201	10402	4
Oil	1	201	50	
Salt	1.2	201	60	

## Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	194	11640	0
Salt	1	194	194	

## Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	277	8310	0
Parsley	1.5	277	415.5	
Paprika	0.5	277	138.5	

## Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	519	31140	0

## Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	232	0	3
Napoli Sauce	0	232	0	
Crushed Tomatoes	0	232	0	
Beef Stock	0	232	0	
Onion	0	232	0	
Zucchini	0	232	0	
Carrot	0	232	0	
Vegetable Oil	0	232	0	
Salt	0	232	0	
Pepper	0	232	0	

### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	169	0	3
Celery	0	169	0	
Carrot	0	169	0	
Cabbage	0	169	0	
Onion	0	169	0	
Oil	0	169	0	
Pepper	0	169	0	
Salt	0	169	0	
Soy Sauce	0	169	0	
Oyster Sauce	0	169	0	

### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	155	0	2
Oil	0	155	0	
Carrots	0	155	0	
Capsicum	0	155	0	
Onion	0	155	0	
Mushroom	0	155	0	
Peas	0	155	0	
Tomato Paste	0	155	0	
Beef Stock	0	155	0	
Salt	0	155	0	
Pepper	0	155	0	
Napoli Sauce	0	155	0	

### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	194	0	2
Onion	0	194	0	
Capsicum	0	194	0	
Vegetable Oil	0	194	0	
Taco Seasoning	0	194	0	
Salt	0	194	0	
Pepper	0	194	0	
Beef Stock	0	194	0	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	210	31500	
Onion	10	210	2100	
Parsley	3	210	630	
Salt	1.5	210	315.0	
Pepper	0.2	210	42.0	

### Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	316	31600	
Baking Soda	2.5	316	790.0	
Water	10	316	3160	
Soy Sauce	5	316	1580	
Cornflour	2.5	316	790.0	
Capsicum	37	316	11692	
Onion	37	316	11692	
Rice	130	316	41080	

### Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	2	194	1
Onion	30	2	60	
Carrot	30	2	60	
Potato	30	2	60	
Peas	30	2	60	
Oil	2	2	4	
Salt	2.5	2	5	
Pepper	0.5	2	1	
Tomato Paste	20	2	40	
Water	30	2	60	
Beef Stock	30	2	60	
Rice	130	2	260	

## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	93	6278	2
Corn	50	93	2325	
Beans	60	93	2790	
Broccoli	67	93	3116	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	285	37050	
Penne	59	285	16815	
Sundried Tomatoes	20	285	5700	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	253	7084	5
Peas	40	253	2024	
Rice	130	253	6578	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	116	20880	

### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	116	2088	
Zucchini	27	116	3132	
Red Capsicum	27	116	3132	
Garlic	1.8	116	208.8	
Oil	1.8	116	208.8	
Chickpeas	103.5	116	12006.0	
Mix Spices	1.53	116	177.48	
Chicken Stock	45	116	5220	

### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	433	64950	
Mozzerala Cheese	1750	433	324750	
Napoli Sauce	500	433	216500	
Bolognese	3200	433	1385600	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	133	5985	3
Beans	60	133	2660	

### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	323	48450	

### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	151	19630	
Penne	59	151	8909	
Broccoli	40	151	6040	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	194	27974.8	
Rice	130	194	25220	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	293	32230	

### 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	29	2320	1
Carrot	25	29	725	
Onion	20	29	580	
Taco Seasoning	1	29	29	
Salt	1.5	29	44	
Pepper	0.5	29	14	
Garlic	2.5	29	72	
Vegetable Oil	1.5	29	44	
Cumin	0.5	29	14	
Crushed Tomato	85	29	2465	
Water	41.7	29	1209	

## Meal Recipes (cont'd)

### Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	277	9695	4
Potatoes	140	277	9695	

### 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	190	7125	4
Capsicum	52	190	2470	
Red Onion	52	190	2470	
Salsa	30	190	1425	
Rice	130	190	6175	

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	206	5150	6
Chicken	80	206	2747	
Sauce	200	206	6867	
Spinach	25	206	858	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7.21	194	1398.74
Coconut Cream	97.85	194	18982.899999999998

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	277	5540
Garlic	1	277	277
Salt	0.2	277	55.400000000000006

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	316	22120
MEATBALLS	120	210	25200
LEMON	50	201	10050
MUSHROOM	100	293	29300
FAJITA SAUCE	33	190	6270
BURRITO SAUCE	43	194	8342

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	323	16150
Mozzarella Cheese	40	323	12920

### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	285	5700

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	285	5083	6
Sauce	80	285	3800	6

### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	253	5187	6
Sauce	90	253	3795	6

### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	151	3851	4
Sauce	100	151	3775	4

### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	194	5595	4
Sauce	92.7	194	4496	4

### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	206	5047	6
Chicken	80	206	2747	6
Sauce	200	206	6867	6
Spinach	25	206	859	6

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	194
BEEF TOPSIDE (MONG)	31600
MINCE	31500
TOPSIDE STEAK	27249
LAMB SHOULDER	44874
MORROCAN CHICKEN	20880
ITALIAN CHICKEN	83997
NORMAL CHICKEN	141570
CHICKEN THIGH	62560

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	60
10MM DICED POTATO (LEBO)	60
10MM DICED ZUCCHINI	3132
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	3132
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	4828
5MM MONGOLIAN CAPSICUM	21572
5MM MONGOLIAN ONION	21572
5MM SLICED MUSHROOMS	0
BROCCOLI	12270
CRATED CARROTS	725
CRATED ZUCCHINI	0
LEMON POTATO	41604
ROASTED POTATO	114000
THAI POTATOS	11640
POTATO MASH	75450
SWEET POTATO MASH	57600
SPINACH	5148
RED ONION	8310
PARSLEY	416