

## Meal Production Summary - 16/09/2025

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	208	11	8	211
Beef Chow Mein	134	1	0	135
Shepherd's Pie	112	0	19	93
Beef Burrito Bowl	133	8	0	141
Beef Meatballs	120	6	10	116
Lebanese Beef Stew	42	0	15	27
Mongolian Beef	219	11	0	230
Chicken with Vegetables	73	10	0	83
Chicken with Sweet Potato and Beans	110	0	0	110
Naked Chicken Parma	272	19	0	291
Chicken Pesto Pasta	186	6	0	192
Chicken and Broccoli Pasta	129	0	0	129
Butter Chicken	175	6	0	181
Thai Green Chicken Curry	129	9	0	138
Moroccan Chicken	67	0	0	67
Steak with Mushroom Sauce	223	8	13	218
Creamy Chicken & Mushroom Gnocchi	175	0	0	175
Roasted Lemon Chicken & Potatoes	144	7	0	151
Beef Lasagna	282	9	0	291
Bean Nachos with Rice	20	0	0	20
Lamb Souvlaki	206	8	0	214
Chicken Fajita Bowl	133	4	0	137
Steak On Its Own	0	0	0	0
Chicken On Its Own	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	14	0	0	14
Baked Family Lasagna	20	0	0	20
<b>TOTAL</b>	<b>3326</b>	<b>123</b>	<b>65</b>	<b>3384</b>

## Daily Production Report - 16/09/2025

### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	211	4783	3
Oil	0.7	211	49	

### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	321	6313	3
Oil	0.7	321	75	

### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	1009	17826	3
Water	95	1009	31952	
Salt	1	1009	336	
Oil	1.5	1009	504	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	67	12060	0
Oil	2	67	134	
Lemon Juice	6	67	402	
Moroccan Chicken Mix	4	67	268	

### Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	288	46080	
Oil	4	288	1152	
Roast Chicken Mix	4	288	1152	

### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	218	23980	0
Oil	1.5	218	327.0	
Baking Soda	3	218	654	

### Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	214	34668	0
Oil	2	214	428	
Salt	1.5	214	321.0	
Oregano	1.2	214	256.8	

### Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	334	50100	0
Cooking Cream	20	334	6680	
Butter	7	334	2338	
Salt	1.5	334	501.0	
White Pepper	0.5	334	167.0	

### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	203	40600	0
Salt	1	203	203	
White Pepper	0.5	203	101.5	

### Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	505	10661	9
Oil	1	505	56	
Spices Mix	2.5	505	140	

### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	151	10419	3
Oil	1	151	50	
Salt	1.2	151	60	

### Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	138	8280	0
Salt	1	138	138	

### Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	214	6420	0
Parsley	1.5	214	321.0	
Paprika	0.5	214	107.0	

### Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	411	24660	0

## Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	211	0	3
Napoli Sauce	0	211	0	
Crushed Tomatoes	0	211	0	
Beef Stock	0	211	0	
Onion	0	211	0	
Zucchini	0	211	0	
Carrot	0	211	0	
Vegetable Oil	0	211	0	
Salt	0	211	0	
Pepper	0	211	0	

### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	135	0	2
Celery	0	135	0	
Carrot	0	135	0	
Cabbage	0	135	0	
Onion	0	135	0	
Oil	0	135	0	
Pepper	0	135	0	
Salt	0	135	0	
Soy Sauce	0	135	0	
Oyster Sauce	0	135	0	

### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	93	0	2
Oil	0	93	0	
Carrots	0	93	0	
Capsicum	0	93	0	
Onion	0	93	0	
Mushroom	0	93	0	
Peas	0	93	0	
Tomato Paste	0	93	0	
Beef Stock	0	93	0	
Salt	0	93	0	
Pepper	0	93	0	
Napoli Sauce	0	93	0	

### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	141	0	2
Onion	0	141	0	
Capsicum	0	141	0	
Vegetable Oil	0	141	0	
Taco Seasoning	0	141	0	
Salt	0	141	0	
Pepper	0	141	0	
Beef Stock	0	141	0	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	116	17400	
Onion	10	116	1160	
Parsley	3	116	348	
Salt	1.5	116	174.0	
Pepper	0.2	116	23.200000000000003	

### Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	27	2619	1
Onion	30	27	810	
Carrot	30	27	810	
Potato	30	27	810	
Peas	30	27	810	
Oil	2	27	54	
Salt	2.5	27	68	
Pepper	0.5	27	14	
Tomato Paste	20	27	540	
Water	30	27	810	
Beef Stock	30	27	810	
Rice	130	27	3510	

### Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	97	230	22310	
Baking Soda	2.5	230	575.0	
Water	10	230	2300	
Soy Sauce	5	230	1150	
Cornflour	2.5	230	575.0	
Capsicum	37	230	8510	
Onion	37	230	8510	
Rice	130	230	29900	

## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	83	5602	2
Corn	50	83	2075	
Beans	60	83	2490	
Broccoli	67	83	2780	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	192	24960	
Penne	59	192	11328	
Sundried Tomatoes	20	192	3840	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	181	6335	4
Peas	40	181	1810	
Rice	130	181	5882	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	67	12060	

### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	67	1340	
Zucchini	30	67	2010	
Red Capsicum	30	67	2010	
Garlic	2	67	134	
Oil	2	67	134	
Chickpeas	115	67	7705	
Mix Spices	1.7	67	113.89999999999999	
Chicken Stock	50	67	3350	

### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	291	43650	
Mozzerala Cheese	1750	291	218250	
Napoli Sauce	500	291	145500	
Bolognese	3200	291	931200	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	110	7425	2
Beans	60	110	3300	

### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	291	43650	

### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	129	16770	
Penne	59	129	7611	
Broccoli	40	129	5160	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	138	19320	
Rice	130	138	17940	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	218	23980	

### 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	20	1600	1
Carrot	25	20	500	
Onion	20	20	400	
Taco Seasoning	1	20	20	
Salt	1.5	20	30	
Pepper	0.5	20	10	
Garlic	2.5	20	50	
Vegetable Oil	1.5	20	30	
Cumin	0.5	20	10	
Crushed Tomato	85	20	1700	
Water	41.7	20	834	

## Meal Recipes (cont'd)

### Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	214	9987	3
Potatoes	140	214	9987	

### 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	137	6850	3
Capsicum	52	137	2375	
Red Onion	52	137	2375	
Salsa	30	137	1370	
Rice	130	137	5937	

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	175	5250	5
Chicken	80	175	2800	
Sauce	200	175	7000	
Spinach	25	175	875	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	138	966
Coconut Cream	95	138	13110

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	214	4280
Garlic	1	214	214
Salt	0.2	214	42.800000000000004

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	230	16100
MEATBALLS	120	116	13920
LEMON	50	151	7550
MUSHROOM	100	218	21800
FAJITA SAUCE	33	137	4521
BURRITO SAUCE	43	141	6063

### Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	141	2021	3
Black Beans	50	141	2350	3
Corn	50	141	2350	3
Rice	130	141	6110	3

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	291	14550
Mozzarella Cheese	40	291	11640

### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	192	3840

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	192	5136	4
Sauce	80	192	3840	4

### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	138	5152	3
Sauce	90	138	4140	3

### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	181	5566	4
Sauce	90	181	4073	4

### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	175	5145	5
Chicken	80	175	2800	5
Sauce	200	175	7000	5
Spinach	25	175	875	5

### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	129	4386	3
Sauce	100	129	4300	3

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	2619
BEEF TOPSIDE (MONG)	22310
MINCE	17400
TOPSIDE STEAK	23980
LAMB SHOULDER	34668
MORROCAN CHICKEN	12060
ITALIAN CHICKEN	74052
NORMAL CHICKEN	105950
CHICKEN THIGH	46080

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	810
10MM DICED POTATO (LEBO)	810
10MM DICED ZUCCHINI	2010
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	2010
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	3710
5MM MONGOLIAN CAPSICUM	15632
5MM MONGOLIAN ONION	15632
5MM SLICED MUSHROOMS	0
BROCCOLI	10720
CRATED CARROTS	500
CRATED ZUCCHINI	0
LEMON POTATO	31257
ROASTED POTATO	95949
THAI POTATOS	8280
POTATO MASH	50100
SWEET POTATO MASH	40600
SPINACH	4374
RED ONION	6420
PARSLEY	321