

## Meal Production Summary - 15/12/2025

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	151	8	0	159
Beef Chow Mein	67	8	0	75
Shepherd's Pie	70	0	0	70
Beef Burrito Bowl	105	5	0	110
Beef Meatballs	75	6	0	81
Lebanese Beef Stew	0	0	0	0
Mongolian Beef	103	3	0	106
Chicken with Vegetables	43	2	0	45
Chicken with Sweet Potato and Beans	64	0	0	64
Naked Chicken Parma	159	7	0	166
Chicken Pesto Pasta	122	4	0	126
Chicken and Broccoli Pasta	94	0	0	94
Butter Chicken	120	8	0	128
Thai Green Chicken Curry	110	3	0	113
Moroccan Chicken	65	0	0	65
Steak with Mushroom Sauce	151	0	0	151
Creamy Chicken & Mushroom Gnocchi	111	0	0	111
Roasted Lemon Chicken & Potatoes	75	3	0	78
Beef Lasagna	241	6	0	247
Bean Nachos with Rice	0	0	0	0
Lamb Souvlaki	81	3	0	84
Chicken Fajita Bowl	69	1	0	70
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	8	0	0	8
ON Amino Energy Can	0	7	0	7
<b>TOTAL</b>	<b>2094</b>	<b>74</b>	<b>0</b>	<b>2168</b>

## Daily Production Report - 15/12/2025

### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	159	5088	2
Oil	0.7	159	56	

### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	220	6490	2
Oil	0.7	220	77	

### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	602	7976	4
Water	95	602	14298	
Salt	1	602	150	
Oil	1.5	602	226	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	65	11700	0
Oil	2	65	130	
Lemon Juice	6	65	390	
Moroccan Chicken Mix	4	65	260	

### Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	148	23680	
Oil	4	148	592	
Roast Chicken Mix	4	148	592	

### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	151	14043	0
Oil	1.5	151	226.5	
Baking Soda	3	151	453	

### Lamb Marinade

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	84	13608	0
Oil	2	84	168	
Salt	1.5	84	126.0	
Oregano	0.3	84	25.2	

### Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	232	34800	0
Cooking Cream	20	232	4640	
Butter	7	232	1624	
Salt	1.5	232	348.0	
White Pepper	0.5	232	116.0	

### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	134	26800	0
Salt	1	134	134	
White Pepper	0.5	134	67.0	

### Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	250	11875	4
Oil	1	250	62	
Spices Mix	2.5	250	156	

### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	78	8073	2
Oil	1	78	39	
Salt	1.2	78	47	

### Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	113	6780	0
Salt	1	113	113	

### Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	84	2520	0
Parsley	1.5	84	126.0	
Paprika	0.5	84	42.0	

### Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	260	15600	0

## Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	159	0	2
Napoli Sauce	0	159	0	
Crushed Tomatoes	0	159	0	
Beef Stock	0	159	0	
Onion	0	159	0	
Zucchini	0	159	0	
Carrot	0	159	0	
Vegetable Oil	0	159	0	
Salt	0	159	0	
Pepper	0	159	0	

### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	75	0	1
Celery	0	75	0	
Carrot	0	75	0	
Cabbage	0	75	0	
Onion	0	75	0	
Oil	0	75	0	
Pepper	0	75	0	
Salt	0	75	0	
Soy Sauce	0	75	0	
Oyster Sauce	0	75	0	

### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	70	0	1
Oil	0	70	0	
Carrots	0	70	0	
Capsicum	0	70	0	
Onion	0	70	0	
Mushroom	0	70	0	
Peas	0	70	0	
Tomato Paste	0	70	0	
Beef Stock	0	70	0	
Salt	0	70	0	
Pepper	0	70	0	
Napoli Sauce	0	70	0	

### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	110	0	1
Onion	0	110	0	
Capsicum	0	110	0	
Vegetable Oil	0	110	0	
Taco Seasoning	0	110	0	
Salt	0	110	0	
Pepper	0	110	0	
Beef Stock	0	110	0	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	81	12150	
Onion	10	81	810	
Parsley	3	81	243	
Salt	1.5	81	121.5	
Pepper	0.2	81	16.2	

### 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	

### 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	

## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	45	6075	1
Corn	50	45	2250	
Beans	60	45	2700	
Broccoli	67	45	3015	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	126	16380	
Penne	59	126	7434	
Sundried Tomatoes	20	126	2520	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	128	5973	3
Peas	40	128	1707	
Rice	130	128	5547	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	65	11700	

### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	65	1170	
Zucchini	27	65	1755	
Red Capsicum	27	65	1755	
Garlic	1.8	65	117.0	
Oil	1.8	65	117.0	
Chickpeas	103.5	65	6727.5	
Mix Spices	1.53	65	99.45	
Chicken Stock	45	65	2925	

### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	247	37050	
Mozzerala Cheese	1750	247	185250	
Napoli Sauce	500	247	123500	
Bolognese	3200	247	790400	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	64	4320	2
Beans	60	64	1920	

### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	166	24900	

### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	94	12220	
Penne	59	94	5546	
Broccoli	40	94	3760	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	113	16294.599999999999	
Rice	130	113	14690	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	151	16610	

### 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	84	11760	1
Potatoes	140	84	11760	

### 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	70	5250	2
Capsicum	52	70	1820	
Red Onion	52	70	1820	
Salsa	30	70	1050	
Rice	130	70	4550	

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	111	4162	4
Chicken	80	111	2220	
Sauce	200	111	5550	
Spinach	25	111	694	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7.21	113	814.73
Coconut Cream	97.85	113	11057.05

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	84	1680
Garlic	1	84	84
Salt	0.2	84	16.8

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	106	7420
MEATBALLS	120	81	9720
LEMON	50	78	3900
MUSHROOM	100	151	15100
FAJITA SAUCE	33	70	2310
BURRITO SAUCE	43	110	4730

### Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	110	2365	2
Black Beans	50	110	2750	2
Corn	50	110	2750	2
Rice	130	110	7150	2

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	166	8300
Mozzarella Cheese	40	166	6640

### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	126	2520

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	126	4494	3
Sauce	80	126	3360	3

### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	113	4346	3
Sauce	92.7	113	3492	3

### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	128	5248	3
Sauce	90	128	3840	3

### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	111	4080	4
Chicken	80	111	2220	4
Sauce	200	111	5550	4
Spinach	25	111	694	4

### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	94	4794	2
Sauce	100	94	4700	2

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	10600
MINCE	12150
TOPSIDE STEAK	14043
LAMB SHOULDER	13608
MORROCAN CHICKEN	11700
ITALIAN CHICKEN	42075
NORMAL CHICKEN	74360
CHICKEN THIGH	23680

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	1755
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	1755
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	1980
5MM MONGOLIAN CAPSICUM	7562
5MM MONGOLIAN ONION	7562
5MM SLICED MUSHROOMS	0
BROCCOLI	6775
CRATED CARROTS	0
CRATED ZUCCHINI	0
LEMON POTATO	16146
ROASTED POTATO	47500
THAI POTATOS	6780
POTATO MASH	34800
SWEET POTATO MASH	26800
SPINACH	2772
RED ONION	2520
PARSLEY	126