

Meal Production Summary - 10/07/2025

Meal	Clean Eats	Total
Baked Family Lasagna	0	0
Bean Nachos with Rice	20	20
Beef Burrito Bowl	140	140
Beef Chow Mein	150	150
Beef Lasagna	355	355
Beef Meatballs	77	77
Butter Chicken	125	125
Chicken Fajita Bowl	116	116
Chicken On Its Own	0	0
Chicken Pesto Pasta	162	162
Chicken and Broccoli Pasta	64	64
Chicken with Sweet Potato and Beans	38	38
Chicken with Vegetables	53	53
Creamy Chicken & Mushroom Gnocchi	85	85
Family Mac and 3 Cheese Pasta Bake	0	0
Lamb Souvlaki	94	94
Lebanese Beef Stew	49	49
Mongolian Beef	224	224
Moroccan Chicken	29	29
Naked Chicken Parma	194	194
Roasted Lemon Chicken & Potatoes	115	115
Shepherd's Pie	49	49
Spaghetti Bolognese	234	234
Steak On Its Own	0	0
Steak with Mushroom Sauce	75	75
Thai Green Chicken Curry	85	85

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Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	152	22800	0
Cooking Cream	20	152	3040	
Butter	7	152	1064	
Salt	1.5	152	228.0	
White Pepper	0.5	152	76.0	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	185	87	16095	0
Salt	1	87	87	
White Pepper	0.5	87	43.5	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	288	10944	5
Oil	1	288	58	
Spices Mix	2.5	288	144	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	115	11902	2
Oil	1	115	58	
Salt	1.2	115	69	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	85	5100	0
Salt	1	85	85	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	94	2820	0
Parsley	1.5	94	141.0	
Paprika	0.5	94	47.0	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	166	9960	0

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	234	5304	3
Oil	0.7	234	55	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	226	6667	2
Oil	0.7	226	79	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	909	48177	1
Water	95	909	86355	
Salt	1	909	909	
Oil	1.5	909	1364	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	29	5220	0
Oil	2	29	58	
Lemon Juice	6	29	174	
Moroccan Chicken Mix	4	29	116	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	150	231	34650	
Oil	4	231	924	
Roast Chicken Mix	4	231	924	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	75	8250	0
Oil	1.5	75	112.5	
Baking Soda	3	75	225	

Lamb Marinade

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	94	15228	0
Oil	2	94	188	
Salt	1.5	94	141.0	
Oregano	1.2	94	112.8	

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	234	7800	3
Napoli Sauce	65	234	5070	
Crushed Tomatoes	45	234	3510	
Beef Stock	30	234	2340	
Onion	15	234	1170	
Zucchini	15	234	1170	
Carrot	15	234	1170	
Vegetable Oil	1	234	78	
Salt	3	234	234	
Pepper	1	234	78	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	120	150	9000	2
Celery	42	150	3150	
Carrot	42	150	3150	
Cabbage	42	150	3150	
Onion	42	150	3150	
Oil	2	150	150	
Pepper	1	150	75	
Salt	0.5	150	38	
Soy Sauce	13	150	975	
Oyster Sauce	13	150	975	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	49	4900	1
Oil	2	49	98	
Carrots	15	49	735	
Capsicum	15	49	735	
Onion	15	49	735	
Mushroom	15	49	735	
Peas	15	49	735	
Tomato Paste	6	49	294	
Beef Stock	20	49	980	
Salt	2	49	98	
Pepper	0.5	49	24	
Napoli Sauce	70	49	3430	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	95	140	6650	2
Onion	12	140	840	
Capsicum	12	140	840	
Vegetable Oil	2	140	140	
Taco Seasoning	7	140	490	
Salt	1.5	140	105	
Pepper	0.5	140	35	
Beef Stock	40	140	2800	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	77	11550	
Onion	10	77	770	
Parsley	3	77	231	
Salt	1.5	77	115.5	
Pepper	0.2	77	15.4	

Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	49	4753	1
Onion	30	49	1470	
Carrot	30	49	1470	
Potato	30	49	1470	
Peas	30	49	1470	
Oil	2	49	98	
Salt	2.5	49	122	
Pepper	0.5	49	24	
Tomato Paste	20	49	980	
Water	30	49	1470	
Beef Stock	30	49	1470	
Rice	130	49	6370	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	97	224	21728	
Baking Soda	2.5	224	560.0	
Water	10	224	2240	
Soy Sauce	5	224	1120	
Cornflour	2.5	224	560.0	
Capsicum	37	224	8288	
Onion	37	224	8288	
Rice	130	224	29120	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	53	7155	1
Corn	52	53	2756	
Beans	60	53	3180	
Broccoli	67	53	3551	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	162	21060	
Penne	59	162	9558	
Sundried Tomatoes	24	162	3888	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	125	17500	
Peas	40	125	5000	
Rice	130	125	16250	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	29	5220	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	29	580	
Zucchini	30	29	870	
Red Capsicum	30	29	870	
Garlic	2	29	58	
Oil	2	29	58	
Chickpeas	115	29	3335	
Mix Spices	1.7	29	49.3	
Chicken Stock	50	29	1450	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	355	53250	
Mozzerala Cheese	1750	355	266250	
Napoli Sauce	500	355	177500	
Bolognese	3200	355	1136000	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	38	5130	1
Beans	60	38	2280	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	194	29100	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	64	8320	
Penne	59	64	3776	
Broccoli	40	64	2560	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	85	11900	
Rice	130	85	11050	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	75	8250	

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	94	6580	2
Potatoes	140	94	6580	

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	116	8700	2
Capsicum	52	116	3016	
Red Onion	52	116	3016	
Salsa	30	116	1740	
Rice	130	116	7540	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	85	4250	3
Chicken	80	85	2267	
Sauce	200	85	5667	
Spinach	25	85	708	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	85	595
Coconut Cream	90	85	7650

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	94	1880
Garlic	2	94	188
Salt	1	94	94

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	224	15680
MEATBALLS	120	77	9240
LEMON	50	115	5750
MUSHROOM	100	75	7500
FAJITA SAUCE	33	116	3828
BURRITO SAUCE	43	140	6020

Beef Burrito Mix

Ingredient	Qty	Amt	Total
Salsa	43	140	6020
Black Beans	50	140	7000
Corn	50	140	7000
Rice	130	140	18200

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	194	9700
Mozzarella Cheese	40	194	7760

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Batches
Chicken	110	162	4
Sauce	80	162	4

Butter Chicken

Ingredient	Qty/Batch	Amount	Batches
Chicken	120	125	3
Sauce	90	125	3

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Batches
Chicken	100	64	2
Sauce	100	64	2

Thai

Ingredient	Qty/Batch	Amount	Batches
Chicken	110	85	2
Sauce	90	85	2

Gnocchi

Ingredient	Qty/Batch	Amount	Batches
Gnocchi	150	85	3
Chicken	80	85	3
Sauce	200	85	3
Spinach	25	85	3

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	4753
BEEF TOPSIDE (MONG)	21728
MINCE	71150
TOPSIDE STEAK	8250
LAMB SHOULDER	15228
MORROCAN CHICKEN	5220
ITALIAN CHICKEN	43605
NORMAL CHICKEN	67730
CHICKEN THIGH	34650

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	1470
10MM DICED POTATO (LEBO)	1470
10MM DICED ZUCCHINI	870
5MM DICED CABBAGE	6300
5MM DICED CAPSICUM	3285
5MM DICED CARROTS	7035
5MM DICED CELERY	6300
5MM DICED MUSHROOMS	735
5MM DICED ONION	15445
5MM MONGOLIAN CAPSICUM	14320
5MM MONGOLIAN ONION	14320
5MM SLICED MUSHROOMS	0
BROCCOLI	6111
CRATED CARROTS	4010
CRATED ZUCCHINI	3510
LEMON POTATO	23804
ROASTED POTATO	54720
THAI POTATOS	5100
POTATO MASH	22800
SWEET POTATO MASH	16095
SPINACH	2124
RED ONION	2820
PARSLEY	141