

Meal Production Summary - 19/08/2025

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	206	10	0	216
Beef Chow Mein	99	7	0	106
Shepherd's Pie	100	0	0	100
Beef Burrito Bowl	160	4	0	164
Beef Meatballs	118	14	0	132
Lebanese Beef Stew	71	0	0	71
Mongolian Beef	204	11	0	215
Chicken with Vegetables	32	4	0	36
Chicken with Sweet Potato and Beans	74	0	0	74
Naked Chicken Parma	232	13	0	245
Chicken Pesto Pasta	186	11	0	197
Chicken and Broccoli Pasta	90	0	0	90
Butter Chicken	168	0	0	168
Thai Green Chicken Curry	152	3	0	155
Moroccan Chicken	75	0	0	75
Steak with Mushroom Sauce	172	2	0	174
Creamy Chicken & Mushroom Gnocchi	184	0	0	184
Roasted Lemon Chicken & Potatoes	156	9	0	165
Beef Lasagna	255	25	0	280
Bean Nachos with Rice	8	0	0	8
Lamb Souvlaki	147	6	0	153
Chicken Fajita Bowl	88	7	0	95
Steak On Its Own	0	4	0	4
Chicken On Its Own	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	9	0	0	9
Baked Family Lasagna	26	0	0	26
TOTAL	3012	130	0	3142

Daily Production Report - 19/08/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	216	4896	3
Oil	0.7	216	50	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	287	8466	2
Oil	0.7	287	100	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	982	26023	2
Water	95	982	46645	
Salt	1	982	491	
Oil	1.5	982	736	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	75	13500	0
Oil	2	75	150	
Lemon Juice	6	75	450	
Moroccan Chicken Mix	4	75	300	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	155	260	40300	
Oil	4	260	1040	
Roast Chicken Mix	4	260	1040	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	178	19580	0
Oil	1.5	178	267.0	
Baking Soda	3	178	534	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	153	24786	0
Oil	2	153	306	
Salt	1.5	153	229.5	
Oregano	1.2	153	183.6	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	306	45900	0
Cooking Cream	20	306	6120	
Butter	7	306	2142	
Salt	1.5	306	459.0	
White Pepper	0.5	306	153.0	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	185	174	32190	0
Salt	1	174	174	
White Pepper	0.5	174	87.0	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	398	10803	7
Oil	1	398	57	
Spices Mix	2.5	398	142	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	165	11385	3
Oil	1	165	55	
Salt	1.2	165	66	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	155	9300	0
Salt	1	155	155	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	153	4590	0
Parsley	1.5	153	229.5	
Paprika	0.5	153	76.5	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	284	17040	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	216	0	3
Napoli Sauce	0	216	0	
Crushed Tomatoes	0	216	0	
Beef Stock	0	216	0	
Onion	0	216	0	
Zucchini	0	216	0	
Carrot	0	216	0	
Vegetable Oil	0	216	0	
Salt	0	216	0	
Pepper	0	216	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	106	0	2
Celery	0	106	0	
Carrot	0	106	0	
Cabbage	0	106	0	
Onion	0	106	0	
Oil	0	106	0	
Pepper	0	106	0	
Salt	0	106	0	
Soy Sauce	0	106	0	
Oyster Sauce	0	106	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	100	0	2
Oil	0	100	0	
Carrots	0	100	0	
Capsicum	0	100	0	
Onion	0	100	0	
Mushroom	0	100	0	
Peas	0	100	0	
Tomato Paste	0	100	0	
Beef Stock	0	100	0	
Salt	0	100	0	
Pepper	0	100	0	
Napoli Sauce	0	100	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	164	0	2
Onion	0	164	0	
Capsicum	0	164	0	
Vegetable Oil	0	164	0	
Taco Seasoning	0	164	0	
Salt	0	164	0	
Pepper	0	164	0	
Beef Stock	0	164	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	132	19800	
Onion	10	132	1320	
Parsley	3	132	396	
Salt	1.5	132	198.0	
Pepper	0.2	132	26.400000000000002	

Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	71	6887	1
Onion	30	71	2130	
Carrot	30	71	2130	
Potato	30	71	2130	
Peas	30	71	2130	
Oil	2	71	142	
Salt	2.5	71	178	
Pepper	0.5	71	36	
Tomato Paste	20	71	1420	
Water	30	71	2130	
Beef Stock	30	71	2130	
Rice	130	71	9230	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	97	215	20855	
Baking Soda	2.5	215	537.5	
Water	10	215	2150	
Soy Sauce	5	215	1075	
Cornflour	2.5	215	537.5	
Capsicum	37	215	7955	
Onion	37	215	7955	
Rice	130	215	27950	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	36	4860	1
Corn	50	36	1800	
Beans	60	36	2160	
Broccoli	67	36	2412	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	197	25610	
Penne	59	197	11623	
Sundried Tomatoes	20	197	3940	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	168	7840	3
Peas	40	168	2240	
Rice	130	168	7280	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	75	13500	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	75	1500	
Zucchini	30	75	2250	
Red Capsicum	30	75	2250	
Garlic	2	75	150	
Oil	2	75	150	
Chickpeas	115	75	8625	
Mix Spices	1.7	75	127.5	
Chicken Stock	50	75	3750	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	280	42000	
Mozzerala Cheese	1750	280	210000	
Napoli Sauce	500	280	140000	
Bolognese	3200	280	896000	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	74	4995	2
Beans	60	74	2220	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	245	36750	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	90	11700	
Penne	59	90	5310	
Broccoli	40	90	3600	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	155	21700	
Rice	130	155	20150	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	174	19140	

Steak On Its Own

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	200	4	800	1

Bean Nachos with Rice

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Drained Beans	80	8	640	1
Carrot	25	8	200	
Onion	20	8	160	
Taco Seasoning	1	8	8	
Salt	1.5	8	12	
Pepper	0.5	8	4	
Garlic	2.5	8	20	
Vegetable Oil	1.5	8	12	
Cumin	0.5	8	4	
Crushed Tomato	85	8	680	
Water	41.7	8	334	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	153	10710	2
Potatoes	140	153	10710	

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	95	7125	2
Capsicum	52	95	2470	
Red Onion	52	95	2470	
Salsa	30	95	1425	
Rice	130	95	6175	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	184	4600	6
Chicken	80	184	2453	
Sauce	200	184	6133	
Spinach	25	184	767	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	155	1085
Coconut Cream	95	155	14725

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	153	3060
Garlic	1.5	153	229.5
Salt	0.5	153	76.5

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	215	15050
MEATBALLS	120	132	15840
LEMON	50	165	8250
MUSHROOM	100	174	17400
FAJITA SAUCE	33	95	3135
BURRITO SAUCE	43	164	7052

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	164	2351	3
Black Beans	50	164	2734	3
Corn	50	164	2734	3
Rice	130	164	7107	3

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	245	12250
Mozzarella Cheese	40	245	9800

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	197	3940

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	197	5270	4
Sauce	80	197	3940	4

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	155	4340	4
Sauce	90	155	3488	4

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	168	5166	4
Sauce	90	168	3780	4

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	184	4508	6
Chicken	80	184	2454	6
Sauce	200	184	6134	6
Spinach	25	184	767	6

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	90	4590	2
Sauce	100	90	4500	2

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	6887
BEEF TOPSIDE (MONG)	20855
MINCE	19800
TOPSIDE STEAK	19580
LAMB SHOULDER	24786
MORROCAN CHICKEN	13500
ITALIAN CHICKEN	54315
NORMAL CHICKEN	103220
CHICKEN THIGH	40300

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	2130
10MM DICED POTATO (LEBO)	2130
10MM DICED ZUCCHINI	2250
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	2250
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	5110
5MM MONGOLIAN CAPSICUM	12895
5MM MONGOLIAN ONION	12895
5MM SLICED MUSHROOMS	0
BROCCOLI	6012
CRATED CARROTS	200
CRATED ZUCCHINI	0
LEMON POTATO	34155
ROASTED POTATO	75614
THAI POTATOS	9300
POTATO MASH	45900
SWEET POTATO MASH	32190
SPINACH	4596
RED ONION	4590
PARSLEY	230