

Meal Production Summary - 11/08/2025

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	206	9	0	215
Beef Chow Mein	97	6	0	103
Shepherd's Pie	124	0	0	124
Beef Burrito Bowl	133	8	0	141
Beef Meatballs	129	8	0	137
Lebanese Beef Stew	59	0	0	59
Mongolian Beef	200	8	0	208
Chicken with Vegetables	42	0	0	42
Chicken with Sweet Potato and Beans	101	0	0	101
Naked Chicken Parma	217	5	0	222
Chicken Pesto Pasta	179	14	0	193
Chicken and Broccoli Pasta	114	0	0	114
Butter Chicken	194	10	0	204
Thai Green Chicken Curry	129	11	0	140
Moroccan Chicken	108	0	0	108
Steak with Mushroom Sauce	187	2	0	189
Creamy Chicken & Mushroom Gnocchi	189	0	0	189
Roasted Lemon Chicken & Potatoes	117	0	0	117
Beef Lasagna	276	19	0	295
Bean Nachos with Rice	17	0	0	17
Lamb Souvlaki	187	4	0	191
Chicken Fajita Bowl	119	5	0	124
Steak On Its Own	0	0	0	0
Chicken On Its Own	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	11	0	0	11
Baked Family Lasagna	34	0	0	34
TOTAL	3169	109	0	3278

Daily Production Report - 11/08/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	215	4873	3
Oil	0.7	215	50	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	307	9056	2
Oil	0.7	307	107	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	996	26394	2
Water	95	996	47310	
Salt	1	996	498	
Oil	1.5	996	747	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	108	19440	0
Oil	2	108	216	
Lemon Juice	6	108	648	
Moroccan Chicken Mix	4	108	432	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	155	241	37355	
Oil	4	241	964	
Roast Chicken Mix	4	241	964	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	189	20790	0
Oil	1.5	189	283.5	
Baking Soda	3	189	567	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	191	30942	0
Oil	2	191	382	
Salt	1.5	191	286.5	
Oregano	1.2	191	229.2	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	326	48900	0
Cooking Cream	20	326	6520	
Butter	7	326	2282	
Salt	1.5	326	489.0	
White Pepper	0.5	326	163.0	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	185	225	41625	0
Salt	1	225	225	
White Pepper	0.5	225	112.5	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	413	11210	7
Oil	1	413	59	
Spices Mix	2.5	413	148	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	117	12110	2
Oil	1	117	58	
Salt	1.2	117	70	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	140	8400	0
Salt	1	140	140	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	191	5730	0
Parsley	1.5	191	286.5	
Paprika	0.5	191	95.5	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	332	19920	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	215	0	3
Napoli Sauce	0	215	0	
Crushed Tomatoes	0	215	0	
Beef Stock	0	215	0	
Onion	0	215	0	
Zucchini	0	215	0	
Carrot	0	215	0	
Vegetable Oil	0	215	0	
Salt	0	215	0	
Pepper	0	215	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	103	0	2
Celery	0	103	0	
Carrot	0	103	0	
Cabbage	0	103	0	
Onion	0	103	0	
Oil	0	103	0	
Pepper	0	103	0	
Salt	0	103	0	
Soy Sauce	0	103	0	
Oyster Sauce	0	103	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	124	0	2
Oil	0	124	0	
Carrots	0	124	0	
Capsicum	0	124	0	
Onion	0	124	0	
Mushroom	0	124	0	
Peas	0	124	0	
Tomato Paste	0	124	0	
Beef Stock	0	124	0	
Salt	0	124	0	
Pepper	0	124	0	
Napoli Sauce	0	124	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	137	20550	
Onion	10	137	1370	
Parsley	3	137	411	
Salt	1.5	137	205.5	
Pepper	0.2	137	27.400000000000002	

Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	59	5723	1
Onion	30	59	1770	
Carrot	30	59	1770	
Potato	30	59	1770	
Peas	30	59	1770	
Oil	2	59	118	
Salt	2.5	59	148	
Pepper	0.5	59	30	
Tomato Paste	20	59	1180	
Water	30	59	1770	
Beef Stock	30	59	1770	
Rice	130	59	7670	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	97	208	20176	
Baking Soda	2.5	208	520.0	
Water	10	208	2080	
Soy Sauce	5	208	1040	
Cornflour	2.5	208	520.0	
Capsicum	37	208	7696	
Onion	37	208	7696	
Rice	130	208	27040	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	42	5670	1
Corn	50	42	2100	
Beans	60	42	2520	
Broccoli	67	42	2814	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	193	25090	
Penne	59	193	11387	
Sundried Tomatoes	20	193	3860	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	204	7140	4
Peas	40	204	2040	
Rice	130	204	6630	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	108	19440	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	108	2160	
Zucchini	30	108	3240	
Red Capsicum	30	108	3240	
Garlic	2	108	216	
Oil	2	108	216	
Chickpeas	115	108	12420	
Mix Spices	1.7	108	183.6	
Chicken Stock	50	108	5400	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	295	44250	
Mozzerala Cheese	1750	295	221250	
Napoli Sauce	500	295	147500	
Bolognese	3200	295	944000	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	101	6818	2
Beans	60	101	3030	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	222	33300	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	114	14820	
Penne	59	114	6726	
Broccoli	40	114	4560	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	140	19600	
Rice	130	140	18200	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	189	20790	

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	17	1360	1
Carrot	25	17	425	
Onion	20	17	340	
Taco Seasoning	1	17	17	
Salt	1.5	17	26	
Pepper	0.5	17	8	
Garlic	2.5	17	42	
Vegetable Oil	1.5	17	26	
Cumin	0.5	17	8	
Crushed Tomato	85	17	1445	
Water	41.7	17	709	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	191	8913	3
Potatoes	140	191	8913	

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	124	6200	3
Capsicum	52	124	2149	
Red Onion	52	124	2149	
Salsa	30	124	1240	
Rice	130	124	5373	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	189	4725	6
Chicken	80	189	2520	
Sauce	200	189	6300	
Spinach	25	189	788	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	140	980
Coconut Cream	95	140	13300

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	191	3820
Garlic	1.5	191	286.5
Salt	0.5	191	95.5

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	208	14560
MEATBALLS	120	137	16440
LEMON	50	117	5850
MUSHROOM	100	189	18900
FAJITA SAUCE	33	124	4092
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	222	11100
Mozzarella Cheese	40	222	8880

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	193	3860

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	193	5163	4
Sauce	80	193	3860	4

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	140	5227	3
Sauce	90	140	4200	3

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	204	5019	5
Sauce	90	204	3672	5

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	189	4631	6
Chicken	80	189	2520	6
Sauce	200	189	6300	6
Spinach	25	189	788	6

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	114	3876	3
Sauce	100	114	3800	3

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	5723
BEEF TOPSIDE (MONG)	20176
MINCE	20550
TOPSIDE STEAK	20790
LAMB SHOULDER	30942
MORROCAN CHICKEN	19440
ITALIAN CHICKEN	55845
NORMAL CHICKEN	109200
CHICKEN THIGH	37355

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	1770
10MM DICED POTATO (LEBO)	1770
10MM DICED ZUCCHINI	3240
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	3240
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	5640
5MM MONGOLIAN CAPSICUM	14143
5MM MONGOLIAN ONION	14143
5MM SLICED MUSHROOMS	0
BROCCOLI	7374
CRATED CARROTS	425
CRATED ZUCCHINI	0
LEMON POTATO	24218
ROASTED POTATO	78470
THAI POTATOS	8400
POTATO MASH	48900
SWEET POTATO MASH	41625
SPINACH	4722
RED ONION	5730
PARSLEY	286