

## Meal Production Summary - 25/08/2025

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	142	7	0	149
Beef Chow Mein	52	3	0	55
Shepherd's Pie	88	0	0	88
Beef Burrito Bowl	109	4	0	113
Beef Meatballs	91	1	0	92
Lebanese Beef Stew	52	0	0	52
Mongolian Beef	133	6	0	139
Chicken with Vegetables	18	2	0	20
Chicken with Sweet Potato and Beans	61	0	0	61
Naked Chicken Parma	109	10	0	119
Chicken Pesto Pasta	118	6	0	124
Chicken and Broccoli Pasta	50	0	0	50
Butter Chicken	111	3	0	114
Thai Green Chicken Curry	101	2	0	103
Moroccan Chicken	18	0	0	18
Steak with Mushroom Sauce	106	6	0	112
Creamy Chicken & Mushroom Gnocchi	119	0	0	119
Roasted Lemon Chicken & Potatoes	52	2	0	54
Beef Lasagna	157	3	0	160
Bean Nachos with Rice	2	0	0	2
Lamb Souvlaki	113	4	0	117
Chicken Fajita Bowl	75	3	0	78
Steak On Its Own	0	0	0	0
Chicken On Its Own	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	4	0	0	4
Baked Family Lasagna	5	0	0	5
<b>TOTAL</b>	<b>1886</b>	<b>62</b>	<b>0</b>	<b>1948</b>

## Daily Production Report - 25/08/2025

### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	149	5066	2
Oil	0.7	149	52	

### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	174	5133	2
Oil	0.7	174	61	

### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	656	17384	2
Water	95	656	31160	
Salt	1	656	328	
Oil	1.5	656	492	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	18	3240	0
Oil	2	18	36	
Lemon Juice	6	18	108	
Moroccan Chicken Mix	4	18	72	

### Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	155	132	20460	
Oil	4	132	528	
Roast Chicken Mix	4	132	528	

### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	112	12320	0
Oil	1.5	112	168.0	
Baking Soda	3	112	336	

### Lamb Marinade

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	117	18954	0
Oil	2	117	234	
Salt	1.5	117	175.5	
Oregano	1.2	117	140.4	

### Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	204	30600	0
Cooking Cream	20	204	4080	
Butter	7	204	1428	
Salt	1.5	204	306.0	
White Pepper	0.5	204	102.0	

### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	185	149	27565	0
Salt	1	149	149	
White Pepper	0.5	149	74.5	

### Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	236	11210	4
Oil	1	236	59	
Spices Mix	2.5	236	148	

### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	54	11178	1
Oil	1	54	54	
Salt	1.2	54	65	

### Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	103	6180	0
Salt	1	103	103	

### Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	117	3510	0
Parsley	1.5	117	175.5	
Paprika	0.5	117	58.5	

### Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	193	11580	0

## Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	149	0	2
Napoli Sauce	0	149	0	
Crushed Tomatoes	0	149	0	
Beef Stock	0	149	0	
Onion	0	149	0	
Zucchini	0	149	0	
Carrot	0	149	0	
Vegetable Oil	0	149	0	
Salt	0	149	0	
Pepper	0	149	0	

### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	55	0	1
Celery	0	55	0	
Carrot	0	55	0	
Cabbage	0	55	0	
Onion	0	55	0	
Oil	0	55	0	
Pepper	0	55	0	
Salt	0	55	0	
Soy Sauce	0	55	0	
Oyster Sauce	0	55	0	

### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	88	0	2
Oil	0	88	0	
Carrots	0	88	0	
Capsicum	0	88	0	
Onion	0	88	0	
Mushroom	0	88	0	
Peas	0	88	0	
Tomato Paste	0	88	0	
Beef Stock	0	88	0	
Salt	0	88	0	
Pepper	0	88	0	
Napoli Sauce	0	88	0	

### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	113	0	1
Onion	0	113	0	
Capsicum	0	113	0	
Vegetable Oil	0	113	0	
Taco Seasoning	0	113	0	
Salt	0	113	0	
Pepper	0	113	0	
Beef Stock	0	113	0	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	92	13800	
Onion	10	92	920	
Parsley	3	92	276	
Salt	1.5	92	138.0	
Pepper	0.2	92	18.400000000000002	

### Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	52	5044	1
Onion	30	52	1560	
Carrot	30	52	1560	
Potato	30	52	1560	
Peas	30	52	1560	
Oil	2	52	104	
Salt	2.5	52	130	
Pepper	0.5	52	26	
Tomato Paste	20	52	1040	
Water	30	52	1560	
Beef Stock	30	52	1560	
Rice	130	52	6760	

### Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	97	139	13483	
Baking Soda	2.5	139	347.5	
Water	10	139	1390	
Soy Sauce	5	139	695	
Cornflour	2.5	139	347.5	
Capsicum	37	139	5143	
Onion	37	139	5143	
Rice	130	139	18070	

## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	20	2700	1
Corn	50	20	1000	
Beans	60	20	1200	
Broccoli	67	20	1340	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	124	16120	
Penne	59	124	7316	
Sundried Tomatoes	20	124	2480	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	114	7980	2
Peas	40	114	2280	
Rice	130	114	7410	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	18	3240	

### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	18	360	
Zucchini	30	18	540	
Red Capsicum	30	18	540	
Garlic	2	18	36	
Oil	2	18	36	
Chickpeas	115	18	2070	
Mix Spices	1.7	18	30.599999999999998	
Chicken Stock	50	18	900	

### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	160	24000	
Mozzerala Cheese	1750	160	120000	
Napoli Sauce	500	160	80000	
Bolognese	3200	160	512000	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	61	4118	2
Beans	60	61	1830	

### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	119	17850	

### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	50	6500	
Penne	59	50	2950	
Broccoli	40	50	2000	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	103	14420	
Rice	130	103	13390	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	112	12320	

### 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	2	160	1
Carrot	25	2	50	
Onion	20	2	40	
Taco Seasoning	1	2	2	
Salt	1.5	2	3	
Pepper	0.5	2	1	
Garlic	2.5	2	5	
Vegetable Oil	1.5	2	3	
Cumin	0.5	2	1	
Crushed Tomato	85	2	170	
Water	41.7	2	83	

## Meal Recipes (cont'd)

### Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	117	8190	2
Potatoes	140	117	8190	

### 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	78	5850	2
Capsicum	52	78	2028	
Red Onion	52	78	2028	
Salsa	30	78	1170	
Rice	130	78	5070	

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	119	4462	4
Chicken	80	119	2380	
Sauce	200	119	5950	
Spinach	25	119	744	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	103	721
Coconut Cream	95	103	9785

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	117	2340
Garlic	1.5	117	175.5
Salt	0.5	117	58.5

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	139	9730
MEATBALLS	120	92	11040
LEMON	50	54	2700
MUSHROOM	100	112	11200
FAJITA SAUCE	33	78	2574
BURRITO SAUCE	43	113	4859

### Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	113	2430	2
Black Beans	50	113	2825	2
Corn	50	113	2825	2
Rice	130	113	7345	2

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	119	5950
Mozzarella Cheese	40	119	4760

### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	124	2480

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	124	4423	3
Sauce	80	124	3307	3

### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	103	3846	3
Sauce	90	103	3090	3

### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	114	4674	3
Sauce	90	114	3420	3

### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	119	4374	4
Chicken	80	119	2380	4
Sauce	200	119	5950	4
Spinach	25	119	744	4

### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	50	2550	2
Sauce	100	50	2500	2

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	5044
BEEF TOPSIDE (MONG)	13483
MINCE	13800
TOPSIDE STEAK	12320
LAMB SHOULDER	18954
MORROCAN CHICKEN	3240
ITALIAN CHICKEN	30600
NORMAL CHICKEN	66300
CHICKEN THIGH	20460

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	1560
10MM DICED POTATO (LEBO)	1560
10MM DICED ZUCCHINI	540
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	540
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	2880
5MM MONGOLIAN CAPSICUM	9199
5MM MONGOLIAN ONION	9199
5MM SLICED MUSHROOMS	0
BROCCOLI	3340
CRATED CARROTS	50
CRATED ZUCCHINI	0
LEMON POTATO	11178
ROASTED POTATO	44840
THAI POTATOS	6180
POTATO MASH	30600
SWEET POTATO MASH	27565
SPINACH	2972
RED ONION	3510
PARSLEY	176