

## Meal Production Summary - 26/12/2025

| Meal                                | Clean Eats  | Already Made | Total       |
|-------------------------------------|-------------|--------------|-------------|
| Spaghetti Bolognese                 | 76          | 0            | 76          |
| Beef Chow Mein                      | 68          | 0            | 68          |
| Shepherd's Pie                      | 56          | 0            | 56          |
| Beef Burrito Bowl                   | 56          | 0            | 56          |
| Beef Meatballs                      | 82          | 0            | 82          |
| Lebanese Beef Stew                  | 0           | 0            | 0           |
| Mongolian Beef                      | 106         | 0            | 106         |
| Chicken with Vegetables             | 64          | 0            | 64          |
| Chicken with Sweet Potato and Beans | 76          | 0            | 76          |
| Naked Chicken Parma                 | 126         | 0            | 126         |
| Chicken Pesto Pasta                 | 112         | 0            | 112         |
| Chicken and Broccoli Pasta          | 98          | 0            | 98          |
| Butter Chicken                      | 92          | 0            | 92          |
| Thai Green Chicken Curry            | 84          | 0            | 84          |
| Moroccan Chicken                    | 68          | 0            | 68          |
| Steak with Mushroom Sauce           | 138         | 0            | 138         |
| Creamy Chicken & Mushroom Gnocchi   | 118         | 0            | 118         |
| Roasted Lemon Chicken & Potatoes    | 66          | 0            | 66          |
| Beef Lasagna                        | 110         | 0            | 110         |
| Bean Nachos with Rice               | 0           | 0            | 0           |
| Lamb Souvlaki                       | 110         | 0            | 110         |
| Chicken Fajita Bowl                 | 54          | 0            | 54          |
| Steak On Its Own                    | 0           | 0            | 0           |
| Chicken On Its Own                  | 0           | 0            | 0           |
| Family Mac and 3 Cheese Pasta Bake  | 0           | 0            | 0           |
| Baked Family Lasagna                | 0           | 0            | 0           |
| <b>TOTAL</b>                        | <b>1760</b> | <b>0</b>     | <b>1760</b> |

## Daily Production Report - 26/12/2025

### Spaghetti Order

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Spaghetti  | 64       | 76    | 4864  | 1       |
| Oil        | 0.7      | 76    | 53    |         |

### Penne Order

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Penne      | 59       | 210   | 6195  | 2       |
| Oil        | 0.7      | 210   | 74    |         |

### Rice Order

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Rice       | 53       | 460   | 8127  | 3       |
| Water      | 95       | 460   | 14567 |         |
| Salt       | 1        | 460   | 153   |         |
| Oil        | 1.5      | 460   | 230   |         |

### Moroccan Chicken

| Ingredient           | Qty/Meal | Meals | Total | Batches |
|----------------------|----------|-------|-------|---------|
| Chicken              | 180      | 68    | 12240 | 0       |
| Oil                  | 2        | 68    | 136   |         |
| Lemon Juice          | 6        | 68    | 408   |         |
| Moroccan Chicken Mix | 4        | 68    | 272   |         |

### Chicken Thigh

| Ingredient        | Qty/Meal | Meals | Total | Batches |
|-------------------|----------|-------|-------|---------|
| Chicken           | 160      | 120   | 19200 |         |
| Oil               | 4        | 120   | 480   |         |
| Roast Chicken Mix | 4        | 120   | 480   |         |

### Steak

| Ingredient  | Qty/Meal | Meals | Total | Batches |
|-------------|----------|-------|-------|---------|
| Steak       | 93       | 138   | 12834 | 0       |
| Oil         | 1.5      | 138   | 207.0 |         |
| Baking Soda | 3        | 138   | 414   |         |

### Lamb Marinate

| Ingredient    | Qty/Meal | Meals | Total | Batches |
|---------------|----------|-------|-------|---------|
| Lamb Shoulder | 162      | 110   | 17820 | 0       |
| Oil           | 2        | 110   | 220   |         |
| Salt          | 1.5      | 110   | 165.0 |         |
| Oregano       | 0.3      | 110   | 33.0  |         |

### Potato Mash

| Ingredient    | Qty/Meal | Meals | Total | Batches |
|---------------|----------|-------|-------|---------|
| Potato        | 150      | 220   | 33000 | 0       |
| Cooking Cream | 20       | 220   | 4400  |         |
| Butter        | 7        | 220   | 1540  |         |
| Salt          | 1.5      | 220   | 330.0 |         |
| White Pepper  | 0.5      | 220   | 110.0 |         |

### Sweet Potato Mash

| Ingredient   | Qty/Meal | Meals | Total | Batches |
|--------------|----------|-------|-------|---------|
| Sweet Potato | 200      | 132   | 26400 | 0       |
| Salt         | 1        | 132   | 132   |         |
| White Pepper | 0.5      | 132   | 66.0  |         |

### 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      | 66    | 6831  | 2       |
| Oil        | 1        | 66    | 33    |         |
| Salt       | 1.2      | 66    | 40    |         |

### Roasted Thai Potatoes

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Potato     | 60       | 84    | 5040  | 0       |
| Salt       | 1        | 84    | 84    |         |

### Lamb Onion Marinated

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Red Onion  | 30       | 110   | 3300  | 0       |
| Parsley    | 1.5      | 110   | 165.0 |         |
| Paprika    | 0.5      | 110   | 55.0  |         |

### Green Beans

| Ingredient  | Qty/Meal | Meals | Total | Batches |
|-------------|----------|-------|-------|---------|
| Green Beans | 60       | 278   | 16680 | 0       |

## Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

| Ingredient       | Qty/Meal | Meals | Batch Total | Batch |
|------------------|----------|-------|-------------|-------|
| Beef Mince       | 100      | 76    | 7600        | 1     |
| Napoli Sauce     | 65       | 76    | 4940        |       |
| Crushed Tomatoes | 45       | 76    | 3420        |       |
| Beef Stock       | 30       | 76    | 2280        |       |
| Onion            | 15       | 76    | 1140        |       |
| Zucchini         | 15       | 76    | 1140        |       |
| Carrot           | 15       | 76    | 1140        |       |
| Vegetable Oil    | 1        | 76    | 76          |       |
| Salt             | 3        | 76    | 228         |       |
| Pepper           | 1        | 76    | 76          |       |

### Shepherd's Pie

| Ingredient   | Qty/Meal | Meals | Batch Total | Batch |
|--------------|----------|-------|-------------|-------|
| Beef Mince   | 100      | 56    | 5600        | 1     |
| Oil          | 2        | 56    | 112         |       |
| Carrots      | 15       | 56    | 840         |       |
| Capsicum     | 15       | 56    | 840         |       |
| Onion        | 15       | 56    | 840         |       |
| Mushroom     | 15       | 56    | 840         |       |
| Peas         | 15       | 56    | 840         |       |
| Tomato Paste | 6        | 56    | 336         |       |
| Beef Stock   | 20       | 56    | 1120        |       |
| Salt         | 2        | 56    | 112         |       |
| Pepper       | 0.5      | 56    | 28          |       |
| Napoli Sauce | 70       | 56    | 3920        |       |

### 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           |       |

### Beef Chow Mein

| Ingredient   | Qty/Meal | Meals | Batch Total | Batch |
|--------------|----------|-------|-------------|-------|
| Beef Mince   | 120      | 68    | 8160        | 1     |
| Celery       | 42       | 68    | 2856        |       |
| Carrot       | 42       | 68    | 2856        |       |
| Cabbage      | 42       | 68    | 2856        |       |
| Onion        | 42       | 68    | 2856        |       |
| Oil          | 2        | 68    | 136         |       |
| Pepper       | 1        | 68    | 68          |       |
| Salt         | 0.5      | 68    | 34          |       |
| Soy Sauce    | 13       | 68    | 884         |       |
| Oyster Sauce | 13       | 68    | 884         |       |

### Beef Burrito Bowl

| Ingredient     | Qty/Meal | Meals | Batch Total | Batch |
|----------------|----------|-------|-------------|-------|
| Beef Mince     | 95       | 56    | 5320        | 1     |
| Onion          | 12       | 56    | 672         |       |
| Capsicum       | 12       | 56    | 672         |       |
| Vegetable Oil  | 2        | 56    | 112         |       |
| Taco Seasoning | 7        | 56    | 392         |       |
| Salt           | 1.5      | 56    | 84          |       |
| Pepper         | 0.5      | 56    | 28          |       |
| Beef Stock     | 40       | 56    | 2240        |       |

### Beef Meatballs

| Ingredient | Qty/Meal | Meals | Batch Total        | Batch |
|------------|----------|-------|--------------------|-------|
| Mince      | 150      | 82    | 12300              |       |
| Onion      | 10       | 82    | 820                |       |
| Parsley    | 3        | 82    | 246                |       |
| Salt       | 1.5      | 82    | 123.0              |       |
| Pepper     | 0.2      | 82    | 16.400000000000002 |       |

### 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      | 64    | 4320        | 2     |
| Corn       | 50       | 64    | 1600        |       |
| Beans      | 60       | 64    | 1920        |       |
| Broccoli   | 67       | 64    | 2144        |       |

### Chicken Pesto Pasta

| Ingredient        | Qty/Meal | Meals | Batch Total | Batch |
|-------------------|----------|-------|-------------|-------|
| Chicken           | 130      | 112   | 14560       |       |
| Penne             | 59       | 112   | 6608        |       |
| Sundried Tomatoes | 20       | 112   | 2240        |       |

### Butter Chicken

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken    | 140      | 92    | 6440        | 2     |
| Peas       | 40       | 92    | 1840        |       |
| Rice       | 130      | 92    | 5980        |       |

### Moroccan Chicken

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken    | 180      | 68    | 12240       |       |

### Chickpea Recipe

| Ingredient    | Qty/Meal | Meals | Total  |  |
|---------------|----------|-------|--------|--|
| Onion         | 18       | 68    | 1224   |  |
| Zucchini      | 27       | 68    | 1836   |  |
| Red Capsicum  | 27       | 68    | 1836   |  |
| Garlic        | 1.8      | 68    | 122.4  |  |
| Oil           | 1.8      | 68    | 122.4  |  |
| Chickpeas     | 103.5    | 68    | 7038.0 |  |
| Mix Spices    | 1.53     | 68    | 104.04 |  |
| Chicken Stock | 45       | 68    | 3060   |  |

### Beef Lasagna

| Ingredient       | Qty/Meal | Meals | Batch Total | Batch |
|------------------|----------|-------|-------------|-------|
| Lasange Sheets   | 150      | 110   | 16500       |       |
| Mozzerala Cheese | 1750     | 110   | 82500       |       |
| Napoli Sauce     | 500      | 110   | 55000       |       |
| Bolognese        | 3200     | 110   | 352000      |       |

### Chicken with Sweet Potato and Beans

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken    | 135      | 76    | 5130        | 2     |
| Beans      | 60       | 76    | 2280        |       |

### Naked Chicken Parma

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken    | 150      | 126   | 18900       |       |

### Chicken and Broccoli Pasta

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken    | 130      | 98    | 12740       |       |
| Penne      | 59       | 98    | 5782        |       |
| Broccoli   | 40       | 98    | 3920        |       |

### Thai Green Chicken Curry

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken    | 144.2    | 84    | 12112.8     |       |
| Rice       | 130      | 84    | 10920       |       |

### Steak with Mushroom Sauce

| Ingredient    | Qty/Meal | Meals | Batch Total | Batch |
|---------------|----------|-------|-------------|-------|
| Topside Steak | 110      | 138   | 15180       |       |

### 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      | 110   | 7700        | 2     |
| Potatoes      | 140      | 110   | 7700        |       |

### 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      | 54    | 8100        | 1     |
| Capsicum      | 52       | 54    | 2808        |       |
| Red Onion     | 52       | 54    | 2808        |       |
| Salsa         | 30       | 54    | 1620        |       |
| Rice          | 130      | 54    | 7020        |       |

### Creamy Chicken & Mushroom Gnocchi

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Gnocchi    | 150      | 118   | 4425        | 4     |
| Chicken    | 80       | 118   | 2360        |       |
| Sauce      | 200      | 118   | 5900        |       |
| Spinach    | 25       | 118   | 738         |       |

## Sauces

### Thai Sauce

| Ingredient        | Meal Amount | Total Meals | Required Ingredient |
|-------------------|-------------|-------------|---------------------|
| Green Curry Paste | 7.21        | 84          | 605.64              |
| Coconut Cream     | 97.85       | 84          | 8219.4              |

### Lamb Sauce

| Ingredient   | Meal Amount | Total Meals | Required Ingredient |
|--------------|-------------|-------------|---------------------|
| Greek Yogurt | 20          | 110         | 2200                |
| Garlic       | 1           | 110         | 110                 |
| Salt         | 0.2         | 110         | 22.0                |

## To Pack In Fridge

### Sauces to Prepare

| Sauce         | Qty | Amt | Total |
|---------------|-----|-----|-------|
| MONGOLIAN     | 70  | 106 | 7420  |
| MEATBALLS     | 120 | 82  | 9840  |
| LEMON         | 50  | 66  | 3300  |
| MUSHROOM      | 100 | 138 | 13800 |
| FAJITA SAUCE  | 33  | 54  | 1782  |
| BURRITO SAUCE | 43  | 56  | 2408  |

### Beef Burrito Mix

| Ingredient  | Qty | Amt | Total | Batches |
|-------------|-----|-----|-------|---------|
| Salsa       | 43  | 56  | 2408  | 1       |
| Black Beans | 50  | 56  | 2800  | 1       |
| Corn        | 50  | 56  | 2800  | 1       |
| Rice        | 130 | 56  | 7280  | 1       |

### Parma Mix

| Ingredient        | Qty | Amt | Total |
|-------------------|-----|-----|-------|
| Napoli Sauce      | 50  | 126 | 6300  |
| Mozzarella Cheese | 40  | 126 | 5040  |

### Chicken Pesto Sundried

| Ingredient       | Qty | Meals | Total |
|------------------|-----|-------|-------|
| Sundried Tomatos | 20  | 112   | 2240  |

## Chicken Mixing

### Pesto

| Ingredient | Qty/Batch | Amount | Total | Batches |
|------------|-----------|--------|-------|---------|
| Chicken    | 107       | 112    | 3995  | 3       |
| Sauce      | 80        | 112    | 2987  | 3       |

### Thai

| Ingredient | Qty/Batch | Amount | Total | Batches |
|------------|-----------|--------|-------|---------|
| Chicken    | 115.36    | 84     | 4846  | 2       |
| Sauce      | 92.7      | 84     | 3894  | 2       |

### Butter Chicken

| Ingredient | Qty/Batch | Amount | Total | Batches |
|------------|-----------|--------|-------|---------|
| Chicken    | 123       | 92     | 5658  | 2       |
| Sauce      | 90        | 92     | 4140  | 2       |

### Gnocchi

| Ingredient | Qty/Batch | Amount | Total | Batches |
|------------|-----------|--------|-------|---------|
| Gnocchi    | 147       | 118    | 4337  | 4       |
| Chicken    | 80        | 118    | 2360  | 4       |
| Sauce      | 200       | 118    | 5900  | 4       |
| Spinach    | 25        | 118    | 738   | 4       |

### Broccoli Pasta

| Ingredient | Qty/Batch | Amount | Total | Batches |
|------------|-----------|--------|-------|---------|
| Chicken    | 102       | 98     | 4998  | 2       |
| Sauce      | 100       | 98     | 4900  | 2       |

## Meat Order and Veg Prep

### Meat Order

| Meat Type           | Amount (g) |
|---------------------|------------|
| CHUCK ROLL (LEBO)   | 0          |
| BEEF TOPSIDE (MONG) | 10600      |
| MINCE               | 38980      |
| TOPSIDE STEAK       | 12834      |
| LAMB SHOULDER       | 17820      |
| MORROCAN CHICKEN    | 12240      |
| ITALIAN CHICKEN     | 40698      |
| NORMAL CHICKEN      | 65520      |
| CHICKEN THIGH       | 19200      |

### Veg Prep

| Veg Prep                 | Amount (g) |
|--------------------------|------------|
| 10MM DICED CARROT        | 0          |
| 10MM DICED POTATO (LEBO) | 0          |
| 10MM DICED ZUCCHINI      | 1836       |
| 5MM DICED CABBAGE        | 2856       |
| 5MM DICED CAPSICUM       | 3348       |
| 5MM DICED CARROTS        | 3696       |
| 5MM DICED CELERY         | 2856       |
| 5MM DICED MUSHROOMS      | 840        |
| 5MM DICED ONION          | 7552       |
| 5MM MONGOLIAN CAPSICUM   | 6730       |
| 5MM MONGOLIAN ONION      | 6730       |
| 5MM SLICED MUSHROOMS     | 0          |
| BROCCOLI                 | 8208       |
| CRATED CARROTS           | 1140       |
| CRATED ZUCCHINI          | 1140       |
| LEMON POTATO             | 13662      |
| ROASTED POTATO           | 44840      |
| THAI POTATOS             | 5040       |
| POTATO MASH              | 33000      |
| SWEET POTATO MASH        | 26400      |
| SPINACH                  | 2948       |
| RED ONION                | 3300       |
| PARSLEY                  | 165        |