

Meal Production Summary - 01/09/2025

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	102	12	0	114
Beef Chow Mein	44	5	0	49
Shepherd's Pie	68	0	0	68
Beef Burrito Bowl	88	2	0	90
Beef Meatballs	72	4	0	76
Lebanese Beef Stew	34	0	0	34
Mongolian Beef	120	6	0	126
Chicken with Vegetables	60	4	0	64
Chicken with Sweet Potato and Beans	86	0	0	86
Naked Chicken Parma	149	9	0	158
Chicken Pesto Pasta	141	3	0	144
Chicken and Broccoli Pasta	62	0	0	62
Butter Chicken	105	5	0	110
Thai Green Chicken Curry	103	10	0	113
Moroccan Chicken	40	0	0	40
Steak with Mushroom Sauce	106	9	0	115
Creamy Chicken & Mushroom Gnocchi	110	0	0	110
Roasted Lemon Chicken & Potatoes	48	3	0	51
Beef Lasagna	174	6	0	180
Bean Nachos with Rice	7	0	0	7
Lamb Souvlaki	104	7	0	111
Chicken Fajita Bowl	104	0	0	104
Steak On Its Own	0	0	0	0
Chicken On Its Own	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	2	0	0	2
Baked Family Lasagna	7	0	0	7
TOTAL	1936	85	0	2021

Daily Production Report - 01/09/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	114	3876	2
Oil	0.7	114	40	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	206	6077	2
Oil	0.7	206	72	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	633	16774	2
Water	95	633	30068	
Salt	1	633	316	
Oil	1.5	633	475	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	40	7200	0
Oil	2	40	80	
Lemon Juice	6	40	240	
Moroccan Chicken Mix	4	40	160	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	155	155	24025	
Oil	4	155	620	
Roast Chicken Mix	4	155	620	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	115	12650	0
Oil	1.5	115	172.5	
Baking Soda	3	115	345	

Lamb Marinade

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	111	17982	0
Oil	2	111	222	
Salt	1.5	111	166.5	
Oregano	1.2	111	133.2	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	191	28650	0
Cooking Cream	20	191	3820	
Butter	7	191	1337	
Salt	1.5	191	286.5	
White Pepper	0.5	191	95.5	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	185	154	28490	0
Salt	1	154	154	
White Pepper	0.5	154	77.0	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	269	10222	5
Oil	1	269	54	
Spices Mix	2.5	269	134	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	51	10557	1
Oil	1	51	51	
Salt	1.2	51	61	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	113	6780	0
Salt	1	113	113	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	111	3330	0
Parsley	1.5	111	166.5	
Paprika	0.5	111	55.5	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	265	15900	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	114	0	2
Napoli Sauce	0	114	0	
Crushed Tomatoes	0	114	0	
Beef Stock	0	114	0	
Onion	0	114	0	
Zucchini	0	114	0	
Carrot	0	114	0	
Vegetable Oil	0	114	0	
Salt	0	114	0	
Pepper	0	114	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	49	0	1
Celery	0	49	0	
Carrot	0	49	0	
Cabbage	0	49	0	
Onion	0	49	0	
Oil	0	49	0	
Pepper	0	49	0	
Salt	0	49	0	
Soy Sauce	0	49	0	
Oyster Sauce	0	49	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	68	0	1
Oil	0	68	0	
Carrots	0	68	0	
Capsicum	0	68	0	
Onion	0	68	0	
Mushroom	0	68	0	
Peas	0	68	0	
Tomato Paste	0	68	0	
Beef Stock	0	68	0	
Salt	0	68	0	
Pepper	0	68	0	
Napoli Sauce	0	68	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	90	0	1
Onion	0	90	0	
Capsicum	0	90	0	
Vegetable Oil	0	90	0	
Taco Seasoning	0	90	0	
Salt	0	90	0	
Pepper	0	90	0	
Beef Stock	0	90	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	76	11400	
Onion	10	76	760	
Parsley	3	76	228	
Salt	1.5	76	114.0	
Pepper	0.2	76	15.200000000000	0001

Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	34	3298	1
Onion	30	34	1020	
Carrot	30	34	1020	
Potato	30	34	1020	
Peas	30	34	1020	
Oil	2	34	68	
Salt	2.5	34	85	
Pepper	0.5	34	17	
Tomato Paste	20	34	680	
Water	30	34	1020	
Beef Stock	30	34	1020	
Rice	130	34	4420	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	97	126	12222	
Baking Soda	2.5	126	315.0	
Water	10	126	1260	
Soy Sauce	5	126	630	
Cornflour	2.5	126	315.0	
Capsicum	37	126	4662	
Onion	37	126	4662	
Rice	130	126	16380	

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	144	18720	
Penne	59	144	8496	
Sundried Tomatoes	20	144	2880	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	110	7700	2
Peas	40	110	2200	
Rice	130	110	7150	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	40	7200	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	40	800	
Zucchini	30	40	1200	
Red Capsicum	30	40	1200	
Garlic	2	40	80	
Oil	2	40	80	
Chickpeas	115	40	4600	
Mix Spices	1.7	40	68.0	
Chicken Stock	50	40	2000	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	180	27000	
Mozzerala Cheese	1750	180	135000	
Napoli Sauce	500	180	90000	
Bolognese	3200	180	576000	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	86	5805	2
Beans	60	86	2580	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	158	23700	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	62	8060	
Penne	59	62	3658	
Broccoli	40	62	2480	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	113	15820	
Rice	130	113	14690	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	115	12650	

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	7	560	1
Carrot	25	7	175	
Onion	20	7	140	
Taco Seasoning	1	7	7	
Salt	1.5	7	10	
Pepper	0.5	7	4	
Garlic	2.5	7	18	
Vegetable Oil	1.5	7	10	
Cumin	0.5	7	4	
Crushed Tomato	85	7	595	
Water	41.7	7	292	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	111	7770	2
Potatoes	140	111	7770	

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	104	7800	2
Capsicum	52	104	2704	
Red Onion	52	104	2704	
Salsa	30	104	1560	
Rice	130	104	6760	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	110	4125	4
Chicken	80	110	2200	
Sauce	200	110	5500	
Spinach	25	110	688	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	113	791
Coconut Cream	95	113	10735

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	111	2220
Garlic	1.5	111	166.5
Salt	0.5	111	55.5

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	126	8820
MEATBALLS	120	76	9120
LEMON	50	51	2550
MUSHROOM	100	115	11500
FAJITA SAUCE	33	104	3432
BURRITO SAUCE	43	90	3870

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	90	1935	2
Black Beans	50	90	2250	2
Corn	50	90	2250	2
Rice	130	90	5850	2

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	158	7900
Mozzarella Cheese	40	158	6320

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	144	2880

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	144	5136	3
Sauce	80	144	3840	3

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	113	4219	3
Sauce	90	113	3390	3

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	110	4510	3
Sauce	90	110	3300	3

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	110	4043	4
Chicken	80	110	2200	4
Sauce	200	110	5500	4
Spinach	25	110	688	4

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	62	3162	2
Sauce	100	62	3100	2

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	3298
BEEF TOPSIDE (MONG)	12222
MINCE	11400
TOPSIDE STEAK	12650
LAMB SHOULDER	17982
MORROCAN CHICKEN	7200
ITALIAN CHICKEN	47124
NORMAL CHICKEN	70070
CHICKEN THIGH	24025

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	1020
10MM DICED POTATO (LEBO)	1020
10MM DICED ZUCCHINI	1200
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	1200
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	2720
5MM MONGOLIAN CAPSICUM	10070
5MM MONGOLIAN ONION	10070
5MM SLICED MUSHROOMS	0
BROCCOLI	6768
CRATED CARROTS	175
CRATED ZUCCHINI	0
LEMON POTATO	10557
ROASTED POTATO	51110
THAI POTATOS	6780
POTATO MASH	28650
SWEET POTATO MASH	28490
SPINACH	2748
RED ONION	3330
PARSLEY	166