

## Meal Production Summary - 28/10/2025

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	209	20	0	229
Beef Chow Mein	137	2	0	139
Shepherd's Pie	135	0	0	135
Beef Burrito Bowl	147	4	0	151
Beef Meatballs	156	5	0	161
Lebanese Beef Stew	5	0	0	5
Mongolian Beef	277	8	0	285
Chicken with Vegetables	85	9	0	94
Chicken with Sweet Potato and Beans	123	0	0	123
Naked Chicken Parma	243	22	0	265
Chicken Pesto Pasta	211	9	0	220
Chicken and Broccoli Pasta	130	0	0	130
Butter Chicken	198	5	0	203
Thai Green Chicken Curry	146	3	0	149
Moroccan Chicken	75	0	0	75
Steak with Mushroom Sauce	200	6	0	206
Creamy Chicken & Mushroom Gnocchi	155	0	0	155
Roasted Lemon Chicken & Potatoes	153	3	0	156
Beef Lasagna	278	11	0	289
Bean Nachos with Rice	35	0	0	35
Lamb Souvlaki	213	4	0	217
Chicken Fajita Bowl	113	8	0	121
Steak On Its Own	0	1	0	1
Chicken On Its Own	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	13	0	0	13
Baked Family Lasagna	19	0	0	19
ON Amino Energy Can	0	1	0	1
<b>TOTAL</b>	<b>3456</b>	<b>121</b>	<b>0</b>	<b>3577</b>

## Daily Production Report - 28/10/2025

### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	229	4885	3
Oil	0.7	229	53	

### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	350	6883	3
Oil	0.7	350	82	

### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	1088	19221	3
Water	95	1088	34453	
Salt	1	1088	363	
Oil	1.5	1088	544	

### 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	160	277	44320	
Oil	4	277	1108	
Roast Chicken Mix	4	277	1108	

### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	207	19251	0
Oil	1.5	207	310.5	
Baking Soda	3	207	621	

### Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	217	35154	0
Oil	2	217	434	
Salt	1.5	217	325.5	
Oregano	1.2	217	260.4	

### Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	367	55050	0
Cooking Cream	20	367	7340	
Butter	7	367	2569	
Salt	1.5	367	550.5	
White Pepper	0.5	367	183.5	

### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	258	51600	0
Salt	1	258	258	
White Pepper	0.5	258	129.0	

### Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	482	11448	8
Oil	1	482	60	
Spices Mix	2.5	482	151	

### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	156	10764	3
Oil	1	156	52	
Salt	1.2	156	62	

### Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	149	8940	0
Salt	1	149	149	

### Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	217	6510	0
Parsley	1.5	217	325.5	
Paprika	0.5	217	108.5	

### Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	423	25380	0

## Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	229	0	3
Napoli Sauce	0	229	0	
Crushed Tomatoes	0	229	0	
Beef Stock	0	229	0	
Onion	0	229	0	
Zucchini	0	229	0	
Carrot	0	229	0	
Vegetable Oil	0	229	0	
Salt	0	229	0	
Pepper	0	229	0	

### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	139	0	2
Celery	0	139	0	
Carrot	0	139	0	
Cabbage	0	139	0	
Onion	0	139	0	
Oil	0	139	0	
Pepper	0	139	0	
Salt	0	139	0	
Soy Sauce	0	139	0	
Oyster Sauce	0	139	0	

### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	135	0	2
Oil	0	135	0	
Carrots	0	135	0	
Capsicum	0	135	0	
Onion	0	135	0	
Mushroom	0	135	0	
Peas	0	135	0	
Tomato Paste	0	135	0	
Beef Stock	0	135	0	
Salt	0	135	0	
Pepper	0	135	0	
Napoli Sauce	0	135	0	

### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	151	0	2
Onion	0	151	0	
Capsicum	0	151	0	
Vegetable Oil	0	151	0	
Taco Seasoning	0	151	0	
Salt	0	151	0	
Pepper	0	151	0	
Beef Stock	0	151	0	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	161	24150	
Onion	10	161	1610	
Parsley	3	161	483	
Salt	1.5	161	241.5	
Pepper	0.2	161	32.2	

### Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	5	485	1
Onion	30	5	150	
Carrot	30	5	150	
Potato	30	5	150	
Peas	30	5	150	
Oil	2	5	10	
Salt	2.5	5	12	
Pepper	0.5	5	2	
Tomato Paste	20	5	100	
Water	30	5	150	
Beef Stock	30	5	150	
Rice	130	5	650	

### Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	285	28500	
Baking Soda	2.5	285	712.5	
Water	10	285	2850	
Soy Sauce	5	285	1425	
Cornflour	2.5	285	712.5	
Capsicum	37	285	10545	
Onion	37	285	10545	
Rice	130	285	37050	

## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	94	6345	2
Corn	50	94	2350	
Beans	60	94	2820	
Broccoli	67	94	3149	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	220	28600	
Penne	59	220	12980	
Sundried Tomatoes	20	220	4400	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	203	7105	4
Peas	40	203	2030	
Rice	130	203	6598	

### 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	289	43350	
Mozzerala Cheese	1750	289	216750	
Napoli Sauce	500	289	144500	
Bolognese	3200	289	924800	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	123	5535	3
Beans	60	123	2460	

### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	265	39750	

### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	130	16900	
Penne	59	130	7670	
Broccoli	40	130	5200	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	149	20860	
Rice	130	149	19370	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	206	22660	

### Steak On Its Own

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

### Bean Nachos with Rice

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Drained Beans	80	35	2800	1
Carrot	25	35	875	
Onion	20	35	700	
Taco Seasoning	1	35	35	
Salt	1.5	35	52	
Pepper	0.5	35	18	
Garlic	2.5	35	88	
Vegetable Oil	1.5	35	52	
Cumin	0.5	35	18	
Crushed Tomato	85	35	2975	
Water	41.7	35	1460	

## Meal Recipes (cont'd)

### Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	217	10127	3
Potatoes	140	217	10127	

### 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	121	6050	3
Capsicum	52	121	2097	
Red Onion	52	121	2097	
Salsa	30	121	1210	
Rice	130	121	5243	

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	155	4650	5
Chicken	80	155	2480	
Sauce	200	155	6200	
Spinach	25	155	775	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	149	1043
Coconut Cream	95	149	14155

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	217	4340
Garlic	1	217	217
Salt	0.2	217	43.400000000000006

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	285	19950
MEATBALLS	120	161	19320
LEMON	50	156	7800
MUSHROOM	100	206	20600
FAJITA SAUCE	33	121	3993
BURRITO SAUCE	43	151	6493

### Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	151	2165	3
Black Beans	50	151	2517	3
Corn	50	151	2517	3
Rice	130	151	6544	3

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	265	13250
Mozzarella Cheese	40	265	10600

### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	220	4400

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	220	4708	5
Sauce	80	220	3520	5

### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	149	5563	3
Sauce	90	149	4470	3

### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	203	4994	5
Sauce	90	203	3654	5

### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	155	4557	5
Chicken	80	155	2480	5
Sauce	200	155	6200	5
Spinach	25	155	775	5

### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	130	4420	3
Sauce	100	130	4334	3

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	485
BEEF TOPSIDE (MONG)	28500
MINCE	24150
TOPSIDE STEAK	19451
LAMB SHOULDER	35154
MORROCAN CHICKEN	13500
ITALIAN CHICKEN	73746
NORMAL CHICKEN	111410
CHICKEN THIGH	44320

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	150
10MM DICED POTATO (LEBO)	150
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	3960
5MM MONGOLIAN CAPSICUM	16836
5MM MONGOLIAN ONION	16836
5MM SLICED MUSHROOMS	0
BROCCOLI	11498
CRATED CARROTS	875
CRATED ZUCCHINI	0
LEMON POTATO	32292
ROASTED POTATO	91576
THAI POTATOS	8940
POTATO MASH	55050
SWEET POTATO MASH	51600
SPINACH	3870
RED ONION	6510
PARSLEY	326