

Meal Production Summary - 28/08/2025

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	16	12	0	28
Beef Chow Mein	10	6	0	16
Shepherd's Pie	9	0	0	9
Beef Burrito Bowl	15	12	0	27
Beef Meatballs	23	4	0	27
Lebanese Beef Stew	10	0	0	10
Mongolian Beef	12	21	0	33
Chicken with Vegetables	13	10	0	23
Chicken with Sweet Potato and Beans	12	0	0	12
Naked Chicken Parma	25	25	0	50
Chicken Pesto Pasta	15	10	0	25
Chicken and Broccoli Pasta	10	0	0	10
Butter Chicken	15	15	0	30
Thai Green Chicken Curry	12	12	0	24
Moroccan Chicken	5	0	0	5
Steak with Mushroom Sauce	55	0	0	55
Creamy Chicken & Mushroom Gnocchi	15	0	0	15
Roasted Lemon Chicken & Potatoes	8	0	0	8
Beef Lasagna	27	4	0	31
Bean Nachos with Rice	0	0	0	0
Lamb Souvlaki	14	4	0	18
Chicken Fajita Bowl	7	7	0	14
Steak On Its Own	0	4	0	4
Chicken On Its Own	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	0	0	0	0
Baked Family Lasagna	0	0	0	0
Lunch or Dinner Only - 7 Meals	0	1	0	1
TOTAL	328	147	0	475

Daily Production Report - 28/08/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	28	1904	1
Oil	0.7	28	20	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	35	2065	1
Oil	0.7	35	24	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	154	8162	1
Water	95	154	14630	
Salt	1	154	154	
Oil	1.5	154	231	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	5	900	0
Oil	2	5	10	
Lemon Juice	6	5	30	
Moroccan Chicken Mix	4	5	20	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	155	22	3410	
Oil	4	22	88	
Roast Chicken Mix	4	22	88	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	59	6490	0
Oil	1.5	59	88.5	
Baking Soda	3	59	177	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	18	2916	0
Oil	2	18	36	
Salt	1.5	18	27.0	
Oregano	1.2	18	21.6	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	82	12300	0
Cooking Cream	20	82	1640	
Butter	7	82	574	
Salt	1.5	82	123.0	
White Pepper	0.5	82	41.0	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	185	21	3885	0
Salt	1	21	21	
White Pepper	0.5	21	10.5	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	68	6460	2
Oil	1	68	34	
Spices Mix	2.5	68	85	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	8	1656	1
Oil	1	8	8	
Salt	1.2	8	10	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	24	1440	0
Salt	1	24	24	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	18	540	0
Parsley	1.5	18	27.0	
Paprika	0.5	18	9.0	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	90	5400	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	28	2800	1
Napoli Sauce	65	28	1820	
Crushed Tomatoes	45	28	1260	
Beef Stock	30	28	840	
Onion	15	28	420	
Zucchini	15	28	420	
Carrot	15	28	420	
Vegetable Oil	1	28	28	
Salt	3	28	84	
Pepper	1	28	28	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	120	16	1920	1
Celery	42	16	672	
Carrot	42	16	672	
Cabbage	42	16	672	
Onion	42	16	672	
Oil	2	16	32	
Pepper	1	16	16	
Salt	0.5	16	8	
Soy Sauce	13	16	208	
Oyster Sauce	13	16	208	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	9	900	1
Oil	2	9	18	
Carrots	15	9	135	
Capsicum	15	9	135	
Onion	15	9	135	
Mushroom	15	9	135	
Peas	15	9	135	
Tomato Paste	6	9	54	
Beef Stock	20	9	180	
Salt	2	9	18	
Pepper	0.5	9	4	
Napoli Sauce	70	9	630	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	95	27	2565	1
Onion	12	27	324	
Capsicum	12	27	324	
Vegetable Oil	2	27	54	
Taco Seasoning	7	27	189	
Salt	1.5	27	40	
Pepper	0.5	27	14	
Beef Stock	40	27	1080	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	27	4050	
Onion	10	27	270	
Parsley	3	27	81	
Salt	1.5	27	40.5	
Pepper	0.2	27	5.4	

Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	10	970	1
Onion	30	10	300	
Carrot	30	10	300	
Potato	30	10	300	
Peas	30	10	300	
Oil	2	10	20	
Salt	2.5	10	25	
Pepper	0.5	10	5	
Tomato Paste	20	10	200	
Water	30	10	300	
Beef Stock	30	10	300	
Rice	130	10	1300	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	97	33	3201	
Baking Soda	2.5	33	82.5	
Water	10	33	330	
Soy Sauce	5	33	165	
Cornflour	2.5	33	82.5	
Capsicum	37	33	1221	
Onion	37	33	1221	
Rice	130	33	4290	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	23	3105	1
Corn	50	23	1150	
Beans	60	23	1380	
Broccoli	67	23	1541	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	25	3250	
Penne	59	25	1475	
Sundried Tomatoes	20	25	500	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	30	4200	1
Peas	40	30	1200	
Rice	130	30	3900	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	5	900	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	5	100	
Zucchini	30	5	150	
Red Capsicum	30	5	150	
Garlic	2	5	10	
Oil	2	5	10	
Chickpeas	115	5	575	
Mix Spices	1.7	5	8.5	
Chicken Stock	50	5	250	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	31	4650	
Mozzerala Cheese	1750	31	23250	
Napoli Sauce	500	31	15500	
Bolognese	3200	31	99200	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	12	1620	1
Beans	60	12	720	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	50	7500	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	10	1300	
Penne	59	10	590	
Broccoli	40	10	400	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	24	3360	
Rice	130	24	3120	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	55	6050	

Steak On Its Own

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	200	4	800	1

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	18	2520	1
Potatoes	140	18	2520	

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	14	2100	1
Capsicum	52	14	728	
Red Onion	52	14	728	
Salsa	30	14	420	
Rice	130	14	1820	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	15	2250	1
Chicken	80	15	1200	
Sauce	200	15	3000	
Spinach	25	15	375	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	24	168
Coconut Cream	95	24	2280

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	18	360
Garlic	1.5	18	27.0
Salt	0.5	18	9.0

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	33	2310
MEATBALLS	120	27	3240
LEMON	50	8	400
MUSHROOM	100	55	5500
FAJITA SAUCE	33	14	462
BURRITO SAUCE	43	27	1161

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	27	1161	1
Black Beans	50	27	1350	1
Corn	50	27	1350	1
Rice	130	27	3510	1

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	50	2500
Mozzarella Cheese	40	50	2000

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	25	500

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	25	2675	1
Sauce	80	25	2000	1

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	24	2688	1
Sauce	90	24	2160	1

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	30	3690	1
Sauce	90	30	2700	1

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	15	2205	1
Chicken	80	15	1200	1
Sauce	200	15	3000	1
Spinach	25	15	375	1

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	10	1020	1
Sauce	100	10	1000	1

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	970
BEEF TOPSIDE (MONG)	3201
MINCE	12235
TOPSIDE STEAK	6490
LAMB SHOULDER	2916
MORROCAN CHICKEN	900
ITALIAN CHICKEN	13005
NORMAL CHICKEN	13520
CHICKEN THIGH	3410

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	300
10MM DICED POTATO (LEBO)	300
10MM DICED ZUCCHINI	150
5MM DICED CABBAGE	672
5MM DICED CAPSICUM	609
5MM DICED CARROTS	807
5MM DICED CELERY	672
5MM DICED MUSHROOMS	135
5MM DICED ONION	2221
5MM MONGOLIAN CAPSICUM	1949
5MM MONGOLIAN ONION	1949
5MM SLICED MUSHROOMS	0
BROCCOLI	1941
CRATED CARROTS	420
CRATED ZUCCHINI	420
LEMON POTATO	1656
ROASTED POTATO	12920
THAI POTATOS	1440
POTATO MASH	12300
SWEET POTATO MASH	3885
SPINACH	374
RED ONION	540
PARSLEY	27