

Weekly Meal Summary - 10/11/2025 to 16/11/2025

Meal	Already Made	Total
Spaghetti Bolognese	13	675
Beef Chow Mein	5	380
Shepherd's Pie	7	341
Beef Burrito Bowl	0	489
Beef Meatballs	16	466
Lebanese Beef Stew	0	2
Mongolian Beef	40	677
Chicken with Vegetables	0	258
Chicken with Sweet Potato and Beans	0	339
Naked Chicken Parma	0	886
Chicken Pesto Pasta	0	727
Chicken and Broccoli Pasta	0	447
Butter Chicken	0	673
Thai Green Chicken Curry	0	501
Moroccan Chicken	14	275
Steak with Mushroom Sauce	5	661
Creamy Chicken & Mushroom Gnocchi	0	479
Roasted Lemon Chicken & Potatoes	0	551
Beef Lasagna	0	1187
Bean Nachos with Rice	5	61
Lamb Souvlaki	19	665
Chicken Fajita Bowl	17	405
Steak On Its Own	0	0
Chicken On Its Own	0	1
Family Mac and 3 Cheese Pasta Bake	0	23
Baked Family Lasagna	0	42
ON Amino Energy Can	0	43
TOTAL	141	11254