

Meal Production Summary - 07/10/2025

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	237	9	14	232
Beef Chow Mein	158	1	0	159
Shepherd's Pie	125	0	18	107
Beef Burrito Bowl	131	5	0	136
Beef Meatballs	140	3	0	143
Lebanese Beef Stew	55	0	12	43
Mongolian Beef	226	9	0	235
Chicken with Vegetables	54	10	0	64
Chicken with Sweet Potato and Beans	85	0	0	85
Naked Chicken Parma	260	5	0	265
Chicken Pesto Pasta	175	2	0	177
Chicken and Broccoli Pasta	134	0	0	134
Butter Chicken	143	5	0	148
Thai Green Chicken Curry	135	6	0	141
Moroccan Chicken	66	0	0	66
Steak with Mushroom Sauce	191	1	0	192
Creamy Chicken & Mushroom Gnocchi	171	0	0	171
Roasted Lemon Chicken & Potatoes	143	1	0	144
Beef Lasagna	319	7	0	326
Bean Nachos with Rice	25	0	0	25
Lamb Souvlaki	185	4	0	189
Chicken Fajita Bowl	147	6	0	153
Steak On Its Own	0	0	0	0
Chicken On Its Own	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	5	0	0	5
Baked Family Lasagna	27	0	0	27
TOTAL	3337	74	44	3367

Daily Production Report - 07/10/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	232	4949	3
Oil	0.7	232	54	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	311	6116	3
Oil	0.7	311	73	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	1040	18373	3
Water	95	1040	32933	
Salt	1	1040	347	
Oil	1.5	1040	520	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	66	11880	0
Oil	2	66	132	
Lemon Juice	6	66	396	
Moroccan Chicken Mix	4	66	264	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	297	47520	
Oil	4	297	1188	
Roast Chicken Mix	4	297	1188	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	192	17856	0
Oil	1.5	192	288.0	
Baking Soda	3	192	576	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	189	30618	0
Oil	2	189	378	
Salt	1.5	189	283.5	
Oregano	1.2	189	226.8	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	335	50250	0
Cooking Cream	20	335	6700	
Butter	7	335	2345	
Salt	1.5	335	502.5	
White Pepper	0.5	335	167.5	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	192	38400	0
Salt	1	192	192	
White Pepper	0.5	192	96.0	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	454	10782	8
Oil	1	454	57	
Spices Mix	2.5	454	142	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	144	9936	3
Oil	1	144	48	
Salt	1.2	144	58	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	141	8460	0
Salt	1	141	141	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	189	5670	0
Parsley	1.5	189	283.5	
Paprika	0.5	189	94.5	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	341	20460	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	232	0	3
Napoli Sauce	0	232	0	
Crushed Tomatoes	0	232	0	
Beef Stock	0	232	0	
Onion	0	232	0	
Zucchini	0	232	0	
Carrot	0	232	0	
Vegetable Oil	0	232	0	
Salt	0	232	0	
Pepper	0	232	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	159	0	2
Celery	0	159	0	
Carrot	0	159	0	
Cabbage	0	159	0	
Onion	0	159	0	
Oil	0	159	0	
Pepper	0	159	0	
Salt	0	159	0	
Soy Sauce	0	159	0	
Oyster Sauce	0	159	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	107	0	2
Oil	0	107	0	
Carrots	0	107	0	
Capsicum	0	107	0	
Onion	0	107	0	
Mushroom	0	107	0	
Peas	0	107	0	
Tomato Paste	0	107	0	
Beef Stock	0	107	0	
Salt	0	107	0	
Pepper	0	107	0	
Napoli Sauce	0	107	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	136	0	2
Onion	0	136	0	
Capsicum	0	136	0	
Vegetable Oil	0	136	0	
Taco Seasoning	0	136	0	
Salt	0	136	0	
Pepper	0	136	0	
Beef Stock	0	136	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	143	21450	
Onion	10	143	1430	
Parsley	3	143	429	
Salt	1.5	143	214.5	
Pepper	0.2	143	28.6	

Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	43	4171	1
Onion	30	43	1290	
Carrot	30	43	1290	
Potato	30	43	1290	
Peas	30	43	1290	
Oil	2	43	86	
Salt	2.5	43	108	
Pepper	0.5	43	22	
Tomato Paste	20	43	860	
Water	30	43	1290	
Beef Stock	30	43	1290	
Rice	130	43	5590	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	235	23500	
Baking Soda	2.5	235	587.5	
Water	10	235	2350	
Soy Sauce	5	235	1175	
Cornflour	2.5	235	587.5	
Capsicum	37	235	8695	
Onion	37	235	8695	
Rice	130	235	30550	

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	177	23010	
Penne	59	177	10443	
Sundried Tomatoes	20	177	3540	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	148	6907	3
Peas	40	148	1973	
Rice	130	148	6413	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	66	11880	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	66	1320	
Zucchini	30	66	1980	
Red Capsicum	30	66	1980	
Garlic	2	66	132	
Oil	2	66	132	
Chickpeas	115	66	7590	
Mix Spices	1.7	66	112.2	
Chicken Stock	50	66	3300	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	326	48900	
Mozzerala Cheese	1750	326	244500	
Napoli Sauce	500	326	163000	
Bolognese	3200	326	1043200	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	85	5738	2
Beans	60	85	2550	

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	134	17420	
Penne	59	134	7906	
Broccoli	40	134	5360	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	141	19740	
Rice	130	141	18330	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	192	21120	

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	25	2000	1
Carrot	25	25	625	
Onion	20	25	500	
Taco Seasoning	1	25	25	
Salt	1.5	25	38	
Pepper	0.5	25	12	
Garlic	2.5	25	62	
Vegetable Oil	1.5	25	38	
Cumin	0.5	25	12	
Crushed Tomato	85	25	2125	
Water	41.7	25	1042	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	189	8820	3
Potatoes	140	189	8820	

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	153	7650	3
Capsicum	52	153	2652	
Red Onion	52	153	2652	
Salsa	30	153	1530	
Rice	130	153	6630	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	171	5130	5
Chicken	80	171	2736	
Sauce	200	171	6840	
Spinach	25	171	855	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	141	987
Coconut Cream	95	141	13395

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	189	3780
Garlic	1	189	189
Salt	0.2	189	37.800000000000004

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	235	16450
MEATBALLS	120	143	17160
LEMON	50	144	7200
MUSHROOM	100	192	19200
FAJITA SAUCE	33	153	5049
BURRITO SAUCE	43	136	5848

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	136	1950	3
Black Beans	50	136	2267	3
Corn	50	136	2267	3
Rice	130	136	5894	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	177	3540

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	177	4735	4
Sauce	80	177	3540	4

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	141	5264	3
Sauce	90	141	4230	3

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	148	6068	3
Sauce	90	148	4440	3

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	171	5028	5
Chicken	80	171	2736	5
Sauce	200	171	6840	5
Spinach	25	171	855	5

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	134	4556	3
Sauce	100	134	4467	3

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	4171
BEEF TOPSIDE (MONG)	23500
MINCE	21450
TOPSIDE STEAK	17856
LAMB SHOULDER	30618
MORROCAN CHICKEN	11880
ITALIAN CHICKEN	63342
NORMAL CHICKEN	100230
CHICKEN THIGH	47520

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	1290
10MM DICED POTATO (LEBO)	1290
10MM DICED ZUCCHINI	1980
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	1980
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	4540
5MM MONGOLIAN CAPSICUM	16651
5MM MONGOLIAN ONION	16651
5MM SLICED MUSHROOMS	0
BROCCOLI	9648
CRATED CARROTS	625
CRATED ZUCCHINI	0
LEMON POTATO	29808
ROASTED POTATO	86256
THAI POTATOS	8460
POTATO MASH	50250
SWEET POTATO MASH	38400
SPINACH	4272
RED ONION	5670
PARSLEY	284