

Meal Production Summary - 22/09/2025

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	126	7	0	133
Beef Chow Mein	68	13	0	81
Shepherd's Pie	56	0	0	56
Beef Burrito Bowl	109	10	0	119
Beef Meatballs	73	12	0	85
Lebanese Beef Stew	55	0	0	55
Mongolian Beef	119	14	0	133
Chicken with Vegetables	49	3	0	52
Chicken with Sweet Potato and Beans	71	0	0	71
Naked Chicken Parma	147	22	0	169
Chicken Pesto Pasta	137	7	0	144
Chicken and Broccoli Pasta	63	0	0	63
Butter Chicken	122	7	0	129
Thai Green Chicken Curry	119	13	0	132
Moroccan Chicken	34	0	0	34
Steak with Mushroom Sauce	116	6	0	122
Creamy Chicken & Mushroom Gnocchi	114	0	0	114
Roasted Lemon Chicken & Potatoes	69	5	0	74
Beef Lasagna	233	24	0	257
Bean Nachos with Rice	8	0	0	8
Lamb Souvlaki	122	3	0	125
Chicken Fajita Bowl	96	5	0	101
Steak On Its Own	0	0	0	0
Chicken On Its Own	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	4	0	0	4
Baked Family Lasagna	7	0	0	7
TOTAL	2117	151	0	2268

Daily Production Report - 22/09/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	133	4522	2
Oil	0.7	133	47	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	207	6106	2
Oil	0.7	207	72	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	758	20087	2
Water	95	758	36005	
Salt	1	758	379	
Oil	1.5	758	568	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	34	6120	0
Oil	2	34	68	
Lemon Juice	6	34	204	
Moroccan Chicken Mix	4	34	136	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	175	28000	
Oil	4	175	700	
Roast Chicken Mix	4	175	700	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	122	13420	0
Oil	1.5	122	183.0	
Baking Soda	3	122	366	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	125	20250	0
Oil	2	125	250	
Salt	1.5	125	187.5	
Oregano	1.2	125	150.0	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	207	31050	0
Cooking Cream	20	207	4140	
Butter	7	207	1449	
Salt	1.5	207	310.5	
White Pepper	0.5	207	103.5	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	127	25400	0
Salt	1	127	127	
White Pepper	0.5	127	63.5	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	294	11172	5
Oil	1	294	59	
Spices Mix	2.5	294	147	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	74	7659	2
Oil	1	74	37	
Salt	1.2	74	44	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	132	7920	0
Salt	1	132	132	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	125	3750	0
Parsley	1.5	125	187.5	
Paprika	0.5	125	62.5	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	245	14700	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	133	0	2
Napoli Sauce	0	133	0	
Crushed Tomatoes	0	133	0	
Beef Stock	0	133	0	
Onion	0	133	0	
Zucchini	0	133	0	
Carrot	0	133	0	
Vegetable Oil	0	133	0	
Salt	0	133	0	
Pepper	0	133	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	81	0	2
Celery	0	81	0	
Carrot	0	81	0	
Cabbage	0	81	0	
Onion	0	81	0	
Oil	0	81	0	
Pepper	0	81	0	
Salt	0	81	0	
Soy Sauce	0	81	0	
Oyster Sauce	0	81	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	56	0	1
Oil	0	56	0	
Carrots	0	56	0	
Capsicum	0	56	0	
Onion	0	56	0	
Mushroom	0	56	0	
Peas	0	56	0	
Tomato Paste	0	56	0	
Beef Stock	0	56	0	
Salt	0	56	0	
Pepper	0	56	0	
Napoli Sauce	0	56	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	119	0	1
Onion	0	119	0	
Capsicum	0	119	0	
Vegetable Oil	0	119	0	
Taco Seasoning	0	119	0	
Salt	0	119	0	
Pepper	0	119	0	
Beef Stock	0	119	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	85	12750	
Onion	10	85	850	
Parsley	3	85	255	
Salt	1.5	85	127.5	
Pepper	0.2	85	17.0	

Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	55	5335	1
Onion	30	55	1650	
Carrot	30	55	1650	
Potato	30	55	1650	
Peas	30	55	1650	
Oil	2	55	110	
Salt	2.5	55	138	
Pepper	0.5	55	28	
Tomato Paste	20	55	1100	
Water	30	55	1650	
Beef Stock	30	55	1650	
Rice	130	55	7150	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	118	133	15694	
Baking Soda	2.5	133	332.5	
Water	10	133	1330	
Soy Sauce	5	133	665	
Cornflour	2.5	133	332.5	
Capsicum	37	133	4921	
Onion	37	133	4921	
Rice	130	133	17290	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	52	7020	1
Corn	50	52	2600	
Beans	60	52	3120	
Broccoli	67	52	3484	

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	129	6020	3
Peas	40	129	1720	
Rice	130	129	5590	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	34	6120	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	34	680	
Zucchini	30	34	1020	
Red Capsicum	30	34	1020	
Garlic	2	34	68	
Oil	2	34	68	
Chickpeas	115	34	3910	
Mix Spices	1.7	34	57.8	
Chicken Stock	50	34	1700	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	257	38550	
Mozzerala Cheese	1750	257	192750	
Napoli Sauce	500	257	128500	
Bolognese	3200	257	822400	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	71	4792	2
Beans	60	71	2130	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	169	25350	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	63	8190	
Penne	59	63	3717	
Broccoli	40	63	2520	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	132	18480	
Rice	130	132	17160	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	122	13420	

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	8	640	1
Carrot	25	8	200	
Onion	20	8	160	
Taco Seasoning	1	8	8	
Salt	1.5	8	12	
Pepper	0.5	8	4	
Garlic	2.5	8	20	
Vegetable Oil	1.5	8	12	
Cumin	0.5	8	4	
Crushed Tomato	85	8	680	
Water	41.7	8	334	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	125	8750	2
Potatoes	140	125	8750	

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	101	7575	2
Capsicum	52	101	2626	
Red Onion	52	101	2626	
Salsa	30	101	1515	
Rice	130	101	6565	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	114	4275	4
Chicken	80	114	2280	
Sauce	200	114	5700	
Spinach	25	114	712	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	132	924
Coconut Cream	95	132	12540

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	125	2500
Garlic	1	125	125
Salt	0.2	125	25.0

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	133	9310
MEATBALLS	120	85	10200
LEMON	50	74	3700
MUSHROOM	100	122	12200
FAJITA SAUCE	33	101	3333
BURRITO SAUCE	43	119	5117

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	119	2559	2
Black Beans	50	119	2975	2
Corn	50	119	2975	2
Rice	130	119	7735	2

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	169	8450
Mozzarella Cheese	40	169	6760

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	132	4928	3
Sauce	90	132	3960	3

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	129	5289	3
Sauce	90	129	3870	3

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	114	4190	4
Chicken	80	114	2280	4
Sauce	200	114	5700	4
Spinach	25	114	713	4

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	63	3213	2
Sauce	100	63	3150	2

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	5335
BEEF TOPSIDE (MONG)	15694
MINCE	12750
TOPSIDE STEAK	13420
LAMB SHOULDER	20250
MORROCAN CHICKEN	6120
ITALIAN CHICKEN	44676
NORMAL CHICKEN	75660
CHICKEN THIGH	28000

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	1650
10MM DICED POTATO (LEBO)	1650
10MM DICED ZUCCHINI	1020
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	1020
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	3340
5MM MONGOLIAN CAPSICUM	10173
5MM MONGOLIAN ONION	10173
5MM SLICED MUSHROOMS	0
BROCCOLI	6004
CRATED CARROTS	200
CRATED ZUCCHINI	0
LEMON POTATO	15318
ROASTED POTATO	55860
THAI POTATOS	7920
POTATO MASH	31050
SWEET POTATO MASH	25400
SPINACH	2848
RED ONION	3750
PARSLEY	188