

## Meal Production Summary - 14/10/2025

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	403	13	0	416
Beef Chow Mein	221	4	0	225
Shepherd's Pie	204	0	0	204
Beef Burrito Bowl	247	5	0	252
Beef Meatballs	266	0	0	266
Lebanese Beef Stew	89	0	0	89
Mongolian Beef	344	6	0	350
Chicken with Vegetables	139	3	0	142
Chicken with Sweet Potato and Beans	233	0	0	233
Naked Chicken Parma	471	5	0	476
Chicken Pesto Pasta	338	7	0	345
Chicken and Broccoli Pasta	273	0	0	273
Butter Chicken	323	9	0	332
Thai Green Chicken Curry	256	2	0	258
Moroccan Chicken	129	0	0	129
Steak with Mushroom Sauce	300	0	0	300
Creamy Chicken & Mushroom Gnocchi	319	0	0	319
Roasted Lemon Chicken & Potatoes	263	2	0	265
Beef Lasagna	551	5	0	556
Bean Nachos with Rice	44	0	0	44
Lamb Souvlaki	303	3	0	306
Chicken Fajita Bowl	243	5	0	248
Steak On Its Own	0	0	0	0
Chicken On Its Own	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	7	0	0	7
Baked Family Lasagna	26	0	0	26
<b>TOTAL</b>	<b>5992</b>	<b>69</b>	<b>0</b>	<b>6061</b>

# Daily Production Report - 14/10/2025

## Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	416	5325	5
Oil	0.7	416	58	

## Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	618	7292	5
Oil	0.7	618	87	

## Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	1798	23824	4
Water	95	1798	42702	
Salt	1	1798	450	
Oil	1.5	1798	674	

## Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	129	23220	0
Oil	2	129	258	
Lemon Juice	6	129	774	
Moroccan Chicken Mix	4	129	516	

## Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	513	82080	
Oil	4	513	2052	
Roast Chicken Mix	4	513	2052	

## Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	300	27900	0
Oil	1.5	300	450.0	
Baking Soda	3	300	900	

## Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	306	49572	0
Oil	2	306	612	
Salt	1.5	306	459.0	
Oregano	1.2	306	367.2	

## Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	566	84900	0
Cooking Cream	20	566	11320	
Butter	7	566	3962	
Salt	1.5	566	849.0	
White Pepper	0.5	566	283.0	

## Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	437	87400	0
Salt	1	437	437	
White Pepper	0.5	437	218.5	

## Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	782	11429	13
Oil	1	782	60	
Spices Mix	2.5	782	150	

## Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	265	10971	5
Oil	1	265	53	
Salt	1.2	265	64	

## Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	258	15480	0
Salt	1	258	258	

## Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	306	9180	0
Parsley	1.5	306	459.0	
Paprika	0.5	306	153.0	

## Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	675	40500	0

# Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	416	0	5
Napoli Sauce	0	416	0	
Crushed Tomatoes	0	416	0	
Beef Stock	0	416	0	
Onion	0	416	0	
Zucchini	0	416	0	
Carrot	0	416	0	
Vegetable Oil	0	416	0	
Salt	0	416	0	
Pepper	0	416	0	

### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	225	0	3
Celery	0	225	0	
Carrot	0	225	0	
Cabbage	0	225	0	
Onion	0	225	0	
Oil	0	225	0	
Pepper	0	225	0	
Salt	0	225	0	
Soy Sauce	0	225	0	
Oyster Sauce	0	225	0	

### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	204	0	3
Oil	0	204	0	
Carrots	0	204	0	
Capsicum	0	204	0	
Onion	0	204	0	
Mushroom	0	204	0	
Peas	0	204	0	
Tomato Paste	0	204	0	
Beef Stock	0	204	0	
Salt	0	204	0	
Pepper	0	204	0	
Napoli Sauce	0	204	0	

### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	252	0	2
Onion	0	252	0	
Capsicum	0	252	0	
Vegetable Oil	0	252	0	
Taco Seasoning	0	252	0	
Salt	0	252	0	
Pepper	0	252	0	
Beef Stock	0	252	0	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	266	39900	
Onion	10	266	2660	
Parsley	3	266	798	
Salt	1.5	266	399.0	
Pepper	0.2	266	53.2	

### Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	89	4316	2
Onion	30	89	1335	
Carrot	30	89	1335	
Potato	30	89	1335	
Peas	30	89	1335	
Oil	2	89	89	
Salt	2.5	89	111	
Pepper	0.5	89	22	
Tomato Paste	20	89	890	
Water	30	89	1335	
Beef Stock	30	89	1335	
Rice	130	89	5785	

### Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	350	35000	
Baking Soda	2.5	350	875.0	
Water	10	350	3500	
Soy Sauce	5	350	1750	
Cornflour	2.5	350	875.0	
Capsicum	37	350	12950	
Onion	37	350	12950	
Rice	130	350	45500	

## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	142	6390	3
Corn	50	142	2367	
Beans	60	142	2840	
Broccoli	67	142	3171	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	345	44850	
Penne	59	345	20355	
Sundried Tomatoes	20	345	6900	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	332	7747	6
Peas	40	332	2213	
Rice	130	332	7193	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	129	23220	

### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	129	2580	
Zucchini	30	129	3870	
Red Capsicum	30	129	3870	
Garlic	2	129	258	
Oil	2	129	258	
Chickpeas	115	129	14835	
Mix Spices	1.7	129	219.29999999999998	
Chicken Stock	50	129	6450	

### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	556	83400	
Mozzerala Cheese	1750	556	417000	
Napoli Sauce	500	556	278000	
Bolognese	3200	556	1779200	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	233	7864	4
Beans	60	233	3495	

### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	476	71400	

### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	273	35490	
Penne	59	273	16107	
Broccoli	40	273	10920	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	258	36120	
Rice	130	258	33540	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	300	33000	

### 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	44	3520	1
Carrot	25	44	1100	
Onion	20	44	880	
Taco Seasoning	1	44	44	
Salt	1.5	44	66	
Pepper	0.5	44	22	
Garlic	2.5	44	110	
Vegetable Oil	1.5	44	66	
Cumin	0.5	44	22	
Crushed Tomato	85	44	3740	
Water	41.7	44	1835	

## Meal Recipes (cont'd)

### Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	306	10710	4
Potatoes	140	306	10710	

### 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	248	7440	5
Capsicum	52	248	2579	
Red Onion	52	248	2579	
Salsa	30	248	1488	
Rice	130	248	6448	

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	319	5317	9
Chicken	80	319	2836	
Sauce	200	319	7089	
Spinach	25	319	886	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	258	1806
Coconut Cream	95	258	24510

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	306	6120
Garlic	1	306	306
Salt	0.2	306	61.2

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	350	24500
MEATBALLS	120	266	31920
LEMON	50	265	13250
MUSHROOM	100	300	30000
FAJITA SAUCE	33	248	8184
BURRITO SAUCE	43	252	10836

### Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	252	2168	5
Black Beans	50	252	2520	5
Corn	50	252	2520	5
Rice	130	252	6552	5

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	476	23800
Mozzarella Cheese	40	476	19040

### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	345	6900

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	345	5274	7
Sauce	80	345	3943	7

### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	258	4816	6
Sauce	90	258	3870	6

### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	332	5834	7
Sauce	90	332	4269	7

### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	319	5211	9
Chicken	80	319	2836	9
Sauce	200	319	7089	9
Spinach	25	319	887	9

### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	273	4641	6
Sauce	100	273	4550	6

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	8633
BEEF TOPSIDE (MONG)	35000
MINCE	39900
TOPSIDE STEAK	27900
LAMB SHOULDER	49572
MORROCAN CHICKEN	23220
ITALIAN CHICKEN	130203
NORMAL CHICKEN	198510
CHICKEN THIGH	82080

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	2670
10MM DICED POTATO (LEBO)	2670
10MM DICED ZUCCHINI	3870
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	3870
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	8790
5MM MONGOLIAN CAPSICUM	25845
5MM MONGOLIAN ONION	25845
5MM SLICED MUSHROOMS	0
BROCCOLI	20433
CRATED CARROTS	1100
CRATED ZUCCHINI	0
LEMON POTATO	54855
ROASTED POTATO	148577
THAI POTATOS	15480
POTATO MASH	84900
SWEET POTATO MASH	87400
SPINACH	7970
RED ONION	9180
PARSLEY	459