

Meal Production Summary - 15/09/2025

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	121	5	0	126
Beef Chow Mein	55	1	0	56
Shepherd's Pie	60	0	0	60
Beef Burrito Bowl	110	5	0	115
Beef Meatballs	85	2	0	87
Lebanese Beef Stew	65	0	0	65
Mongolian Beef	118	1	0	119
Chicken with Vegetables	61	6	0	67
Chicken with Sweet Potato and Beans	72	0	0	72
Naked Chicken Parma	169	3	0	172
Chicken Pesto Pasta	142	4	0	146
Chicken and Broccoli Pasta	95	0	0	95
Butter Chicken	119	7	0	126
Thai Green Chicken Curry	118	3	0	121
Moroccan Chicken	52	0	0	52
Steak with Mushroom Sauce	126	5	0	131
Creamy Chicken & Mushroom Gnocchi	132	0	0	132
Roasted Lemon Chicken & Potatoes	83	6	0	89
Beef Lasagna	256	14	0	270
Bean Nachos with Rice	4	0	0	4
Lamb Souvlaki	131	2	0	133
Chicken Fajita Bowl	112	2	0	114
Steak On Its Own	0	0	0	0
Chicken On Its Own	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	0	0	0	0
Baked Family Lasagna	14	0	0	14
TOTAL	2300	66	0	2366

Daily Production Report - 15/09/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	126	4284	2
Oil	0.7	126	44	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	241	7110	2
Oil	0.7	241	84	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	720	19080	2
Water	95	720	34200	
Salt	1	720	360	
Oil	1.5	720	540	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	52	9360	0
Oil	2	52	104	
Lemon Juice	6	52	312	
Moroccan Chicken Mix	4	52	208	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	203	32480	
Oil	4	203	812	
Roast Chicken Mix	4	203	812	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	131	14410	0
Oil	1.5	131	196.5	
Baking Soda	3	131	393	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	133	21546	0
Oil	2	133	266	
Salt	1.5	133	199.5	
Oregano	1.2	133	159.6	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	218	32700	0
Cooking Cream	20	218	4360	
Butter	7	218	1526	
Salt	1.5	218	327.0	
White Pepper	0.5	218	109.0	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	132	26400	0
Salt	1	132	132	
White Pepper	0.5	132	66.0	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	305	11590	5
Oil	1	305	61	
Spices Mix	2.5	305	152	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	89	9212	2
Oil	1	89	44	
Salt	1.2	89	53	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	121	7260	0
Salt	1	121	121	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	133	3990	0
Parsley	1.5	133	199.5	
Paprika	0.5	133	66.5	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	270	16200	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	126	0	2
Napoli Sauce	0	126	0	
Crushed Tomatoes	0	126	0	
Beef Stock	0	126	0	
Onion	0	126	0	
Zucchini	0	126	0	
Carrot	0	126	0	
Vegetable Oil	0	126	0	
Salt	0	126	0	
Pepper	0	126	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	56	0	1
Celery	0	56	0	
Carrot	0	56	0	
Cabbage	0	56	0	
Onion	0	56	0	
Oil	0	56	0	
Pepper	0	56	0	
Salt	0	56	0	
Soy Sauce	0	56	0	
Oyster Sauce	0	56	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	60	0	1
Oil	0	60	0	
Carrots	0	60	0	
Capsicum	0	60	0	
Onion	0	60	0	
Mushroom	0	60	0	
Peas	0	60	0	
Tomato Paste	0	60	0	
Beef Stock	0	60	0	
Salt	0	60	0	
Pepper	0	60	0	
Napoli Sauce	0	60	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	115	0	1
Onion	0	115	0	
Capsicum	0	115	0	
Vegetable Oil	0	115	0	
Taco Seasoning	0	115	0	
Salt	0	115	0	
Pepper	0	115	0	
Beef Stock	0	115	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	87	13050	
Onion	10	87	870	
Parsley	3	87	261	
Salt	1.5	87	130.5	
Pepper	0.2	87	17.400000000000002	

Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	65	6305	1
Onion	30	65	1950	
Carrot	30	65	1950	
Potato	30	65	1950	
Peas	30	65	1950	
Oil	2	65	130	
Salt	2.5	65	162	
Pepper	0.5	65	32	
Tomato Paste	20	65	1300	
Water	30	65	1950	
Beef Stock	30	65	1950	
Rice	130	65	8450	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	97	119	11543	
Baking Soda	2.5	119	297.5	
Water	10	119	1190	
Soy Sauce	5	119	595	
Cornflour	2.5	119	297.5	
Capsicum	37	119	4403	
Onion	37	119	4403	
Rice	130	119	15470	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	67	4522	2
Corn	50	67	1675	
Beans	60	67	2010	
Broccoli	67	67	2244	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	146	18980	
Penne	59	146	8614	
Sundried Tomatoes	20	146	2920	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	126	5880	3
Peas	40	126	1680	
Rice	130	126	5460	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	52	9360	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	52	1040	
Zucchini	30	52	1560	
Red Capsicum	30	52	1560	
Garlic	2	52	104	
Oil	2	52	104	
Chickpeas	115	52	5980	
Mix Spices	1.7	52	88.39999999999999	
Chicken Stock	50	52	2600	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	270	40500	
Mozzerala Cheese	1750	270	202500	
Napoli Sauce	500	270	135000	
Bolognese	3200	270	864000	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	72	4860	2
Beans	60	72	2160	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	172	25800	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	95	12350	
Penne	59	95	5605	
Broccoli	40	95	3800	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	121	16940	
Rice	130	121	15730	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	131	14410	

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	4	320	1
Carrot	25	4	100	
Onion	20	4	80	
Taco Seasoning	1	4	4	
Salt	1.5	4	6	
Pepper	0.5	4	2	
Garlic	2.5	4	10	
Vegetable Oil	1.5	4	6	
Cumin	0.5	4	2	
Crushed Tomato	85	4	340	
Water	41.7	4	167	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	133	9310	2
Potatoes	140	133	9310	

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	114	8550	2
Capsicum	52	114	2964	
Red Onion	52	114	2964	
Salsa	30	114	1710	
Rice	130	114	7410	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	132	4950	4
Chicken	80	132	2640	
Sauce	200	132	6600	
Spinach	25	132	825	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	121	847
Coconut Cream	95	121	11495

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	133	2660
Garlic	1	133	133
Salt	0.2	133	26.6

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	119	8330
MEATBALLS	120	87	10440
LEMON	50	89	4450
MUSHROOM	100	131	13100
FAJITA SAUCE	33	114	3762
BURRITO SAUCE	43	115	4945

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	115	2473	2
Black Beans	50	115	2875	2
Corn	50	115	2875	2
Rice	130	115	7475	2

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	172	8600
Mozzarella Cheese	40	172	6880

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	146	2920

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	146	5208	3
Sauce	80	146	3894	3

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	121	4518	3
Sauce	90	121	3630	3

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	126	5166	3
Sauce	90	126	3780	3

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	132	4851	4
Chicken	80	132	2640	4
Sauce	200	132	6600	4
Spinach	25	132	825	4

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	95	4845	2
Sauce	100	95	4750	2

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	6305
BEEF TOPSIDE (MONG)	11543
MINCE	13050
TOPSIDE STEAK	14410
LAMB SHOULDER	21546
MORROCAN CHICKEN	9360
ITALIAN CHICKEN	47583
NORMAL CHICKEN	80600
CHICKEN THIGH	32480

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	1950
10MM DICED POTATO (LEBO)	1950
10MM DICED ZUCCHINI	1560
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	1560
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	3940
5MM MONGOLIAN CAPSICUM	10331
5MM MONGOLIAN ONION	10331
5MM SLICED MUSHROOMS	0
BROCCOLI	8288
CRATED CARROTS	100
CRATED ZUCCHINI	0
LEMON POTATO	18422
ROASTED POTATO	57950
THAI POTATOS	7260
POTATO MASH	32700
SWEET POTATO MASH	26400
SPINACH	3300
RED ONION	3990
PARSLEY	200