

Meal Production Summary - 14/10/2025

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	301	13	0	314
Beef Chow Mein	172	4	0	176
Shepherd's Pie	158	0	0	158
Beef Burrito Bowl	202	5	0	207
Beef Meatballs	213	0	0	213
Lebanese Beef Stew	44	0	0	44
Mongolian Beef	265	6	0	271
Chicken with Vegetables	114	3	0	117
Chicken with Sweet Potato and Beans	187	0	0	187
Naked Chicken Parma	393	5	0	398
Chicken Pesto Pasta	253	7	0	260
Chicken and Broccoli Pasta	194	0	0	194
Butter Chicken	238	9	0	247
Thai Green Chicken Curry	185	2	0	187
Moroccan Chicken	110	0	0	110
Steak with Mushroom Sauce	224	0	0	224
Creamy Chicken & Mushroom Gnocchi	256	0	0	256
Roasted Lemon Chicken & Potatoes	214	2	0	216
Beef Lasagna	401	5	0	406
Bean Nachos with Rice	32	0	0	32
Lamb Souvlaki	247	3	0	250
Chicken Fajita Bowl	180	5	0	185
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	28	0	0	28
TOTAL	4618	69	0	4687

Daily Production Report - 14/10/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	314	5024	4
Oil	0.7	314	55	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	454	6696	4
Oil	0.7	454	79	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	1349	23832	3
Water	95	1349	42718	
Salt	1	1349	450	
Oil	1.5	1349	674	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	110	19800	0
Oil	2	110	220	
Lemon Juice	6	110	660	
Moroccan Chicken Mix	4	110	440	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	401	64160	
Oil	4	401	1604	
Roast Chicken Mix	4	401	1604	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	224	20832	0
Oil	1.5	224	336.0	
Baking Soda	3	224	672	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	250	40500	0
Oil	2	250	500	
Salt	1.5	250	375.0	
Oregano	1.2	250	300.0	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	437	65550	0
Cooking Cream	20	437	8740	
Butter	7	437	3059	
Salt	1.5	437	655.5	
White Pepper	0.5	437	218.5	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	345	69000	0
Salt	1	345	345	
White Pepper	0.5	345	172.5	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	648	11193	11
Oil	1	648	59	
Spices Mix	2.5	648	147	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	216	11178	4
Oil	1	216	54	
Salt	1.2	216	65	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	187	11220	0
Salt	1	187	187	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	250	7500	0
Parsley	1.5	250	375.0	
Paprika	0.5	250	125.0	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	528	31680	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	314	0	4
Napoli Sauce	0	314	0	
Crushed Tomatoes	0	314	0	
Beef Stock	0	314	0	
Onion	0	314	0	
Zucchini	0	314	0	
Carrot	0	314	0	
Vegetable Oil	0	314	0	
Salt	0	314	0	
Pepper	0	314	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	176	0	3
Celery	0	176	0	
Carrot	0	176	0	
Cabbage	0	176	0	
Onion	0	176	0	
Oil	0	176	0	
Pepper	0	176	0	
Salt	0	176	0	
Soy Sauce	0	176	0	
Oyster Sauce	0	176	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	158	0	2
Oil	0	158	0	
Carrots	0	158	0	
Capsicum	0	158	0	
Onion	0	158	0	
Mushroom	0	158	0	
Peas	0	158	0	
Tomato Paste	0	158	0	
Beef Stock	0	158	0	
Salt	0	158	0	
Pepper	0	158	0	
Napoli Sauce	0	158	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	207	0	2
Onion	0	207	0	
Capsicum	0	207	0	
Vegetable Oil	0	207	0	
Taco Seasoning	0	207	0	
Salt	0	207	0	
Pepper	0	207	0	
Beef Stock	0	207	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	213	31950	
Onion	10	213	2130	
Parsley	3	213	639	
Salt	1.5	213	319.5	
Pepper	0.2	213	42.6	

Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	44	4268	1
Onion	30	44	1320	
Carrot	30	44	1320	
Potato	30	44	1320	
Peas	30	44	1320	
Oil	2	44	88	
Salt	2.5	44	110	
Pepper	0.5	44	22	
Tomato Paste	20	44	880	
Water	30	44	1320	
Beef Stock	30	44	1320	
Rice	130	44	5720	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	271	27100	
Baking Soda	2.5	271	677.5	
Water	10	271	2710	
Soy Sauce	5	271	1355	
Cornflour	2.5	271	677.5	
Capsicum	37	271	10027	
Onion	37	271	10027	
Rice	130	271	35230	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	117	7898	2
Corn	50	117	2925	
Beans	60	117	3510	
Broccoli	67	117	3920	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	260	33800	
Penne	59	260	15340	
Sundried Tomatoes	20	260	5200	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	247	6916	5
Peas	40	247	1976	
Rice	130	247	6422	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	110	19800	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	110	2200	
Zucchini	30	110	3300	
Red Capsicum	30	110	3300	
Garlic	2	110	220	
Oil	2	110	220	
Chickpeas	115	110	12650	
Mix Spices	1.7	110	187.0	
Chicken Stock	50	110	5500	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	406	60900	
Mozzerala Cheese	1750	406	304500	
Napoli Sauce	500	406	203000	
Bolognese	3200	406	1299200	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	187	6311	4
Beans	60	187	2805	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	398	59700	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	194	25220	
Penne	59	194	11446	
Broccoli	40	194	7760	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	187	26180	
Rice	130	187	24310	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	224	24640	

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	32	2560	1
Carrot	25	32	800	
Onion	20	32	640	
Taco Seasoning	1	32	32	
Salt	1.5	32	48	
Pepper	0.5	32	16	
Garlic	2.5	32	80	
Vegetable Oil	1.5	32	48	
Cumin	0.5	32	16	
Crushed Tomato	85	32	2720	
Water	41.7	32	1334	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	250	11667	3
Potatoes	140	250	11667	

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	185	6938	4
Capsicum	52	185	2405	
Red Onion	52	185	2405	
Salsa	30	185	1388	
Rice	130	185	6012	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	256	4800	8
Chicken	80	256	2560	
Sauce	200	256	6400	
Spinach	25	256	800	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	187	1309
Coconut Cream	95	187	17765

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	250	5000
Garlic	1	250	250
Salt	0.2	250	50.0

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	271	18970
MEATBALLS	120	213	25560
LEMON	50	216	10800
MUSHROOM	100	224	22400
FAJITA SAUCE	33	185	6105
BURRITO SAUCE	43	207	8901

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	207	2226	4
Black Beans	50	207	2588	4
Corn	50	207	2588	4
Rice	130	207	6728	4

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	398	19900
Mozzarella Cheese	40	398	15920

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	260	5200

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	260	4637	6
Sauce	80	260	3467	6

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	187	5236	4
Sauce	90	187	4208	4

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	247	6077	5
Sauce	90	247	4446	5

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	256	4704	8
Chicken	80	256	2560	8
Sauce	200	256	6400	8
Spinach	25	256	800	8

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	194	4947	4
Sauce	100	194	4850	4

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	4268
BEEF TOPSIDE (MONG)	27100
MINCE	31950
TOPSIDE STEAK	20832
LAMB SHOULDER	40500
MORROCAN CHICKEN	19800
ITALIAN CHICKEN	107406
NORMAL CHICKEN	148720
CHICKEN THIGH	64160

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	1320
10MM DICED POTATO (LEBO)	1320
10MM DICED ZUCCHINI	3300
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	3300
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	6290
5MM MONGOLIAN CAPSICUM	19647
5MM MONGOLIAN ONION	19647
5MM SLICED MUSHROOMS	0
BROCCOLI	15598
CRATED CARROTS	800
CRATED ZUCCHINI	0
LEMON POTATO	44712
ROASTED POTATO	123112
THAI POTATOS	11220
POTATO MASH	65550
SWEET POTATO MASH	69000
SPINACH	6400
RED ONION	7500
PARSLEY	375