

Daily Sales, Waste & Par Levels

How much to prepare tomorrow, based on the same weekday over the last few weeks.

WHAT IT DOES

- Records what you sold and what you wasted, per item, per day.
- Averages each item by weekday, not across the whole week.
- Suggests a prep level with a buffer you control, and shows what the buffer costs.

THE TABS

[Start Here](#) [Daily Log](#) [Par Levels](#) [How It Works](#)

HOW TO USE IT

- 01 On Daily Log, record sold and wasted for each item each day.
- 02 Keep it up for a few weeks — four of the same weekday is when it gets useful.
- 03 On Par Levels, type the weekday you are preparing for.
- 04 Read the suggested par, and watch the waste percentage next to it.

THE ONE THING THAT MAKES THIS DIFFERENT

A Saturday is not a Tuesday. Averaging the whole week together is why prep guides run out at the weekend and bin food midweek.

BEFORE YOU TRUST A NUMBER

- **Blue bold on cream** means you type there. **Plain black** means the sheet works it out — typing over one of those replaces a formula with a number and it stops updating.
- Every formula is explained on the **How It Works** tab. Nothing is hidden, and nothing needs a macro.
- The sample rows are there to show the shape. Delete them before you start.