

## Meal Production Summary - 30/10/2025

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	163	22	21	6	200
Beef Chow Mein	64	17	25	6	100
Shepherd's Pie	77	0	22	20	79
Beef Burrito Bowl	136	43	32	0	211
Beef Meatballs	114	13	19	11	135
Lebanese Beef Stew	0	0	0	0	0
Mongolian Beef	145	26	0	0	171
Chicken with Vegetables	61	20	6	0	87
Chicken with Sweet Potato and Beans	67	0	19	0	86
Naked Chicken Parma	186	25	19	9	221
Chicken Pesto Pasta	162	18	26	0	206
Chicken and Broccoli Pasta	84	0	14	0	98
Butter Chicken	146	28	20	0	194
Thai Green Chicken Curry	101	15	0	0	116
Moroccan Chicken	69	0	17	9	77
Steak with Mushroom Sauce	127	7	9	0	143
Creamy Chicken & Mushroom Gnocchi	100	0	13	0	113
Roasted Lemon Chicken & Potatoes	92	7	21	0	120
Beef Lasagna	250	28	31	0	309
Bean Nachos with Rice	4	0	0	7	0
Lamb Souvlaki	147	7	0	0	154
Chicken Fajita Bowl	81	14	0	0	95
Steak On Its Own	0	0	0	0	0
Chicken On Its Own	0	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	3	0	0	0	3
Baked Family Lasagna	6	0	0	0	6
ON Amino Energy Can	0	12	0	0	12
<b>TOTAL</b>	<b>2385</b>	<b>302</b>	<b>314</b>	<b>68</b>	<b>2936</b>

## Daily Production Report - 30/10/2025

### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	200	4267	3
Oil	0.7	200	47	

### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	304	5979	3
Oil	0.7	304	71	

### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	887	23506	2
Water	95	887	42132	
Salt	1	887	444	
Oil	1.5	887	665	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	77	13860	0
Oil	2	77	154	
Lemon Juice	6	77	462	
Moroccan Chicken Mix	4	77	308	

### Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	215	34400	
Oil	4	215	860	
Roast Chicken Mix	4	215	860	

### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	143	13299	0
Oil	1.5	143	214.5	
Baking Soda	3	143	429	

### Lamb Marinade

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	154	24948	0
Oil	2	154	308	
Salt	1.5	154	231.0	
Oregano	1.2	154	184.8	

### Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	278	41700	0
Cooking Cream	20	278	5560	
Butter	7	278	1946	
Salt	1.5	278	417.0	
White Pepper	0.5	278	139.0	

### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	165	33000	0
Salt	1	165	165	
White Pepper	0.5	165	82.5	

### Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	375	11875	6
Oil	1	375	62	
Spices Mix	2.5	375	156	

### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	120	12420	2
Oil	1	120	60	
Salt	1.2	120	72	

### Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	116	6960	0
Salt	1	116	116	

### Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	154	4620	0
Parsley	1.5	154	231.0	
Paprika	0.5	154	77.0	

### Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	316	18960	0

## Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	200	0	3
Napoli Sauce	0	200	0	
Crushed Tomatoes	0	200	0	
Beef Stock	0	200	0	
Onion	0	200	0	
Zucchini	0	200	0	
Carrot	0	200	0	
Vegetable Oil	0	200	0	
Salt	0	200	0	
Pepper	0	200	0	

### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	100	0	2
Celery	0	100	0	
Carrot	0	100	0	
Cabbage	0	100	0	
Onion	0	100	0	
Oil	0	100	0	
Pepper	0	100	0	
Salt	0	100	0	
Soy Sauce	0	100	0	
Oyster Sauce	0	100	0	

### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	79	0	1
Oil	0	79	0	
Carrots	0	79	0	
Capsicum	0	79	0	
Onion	0	79	0	
Mushroom	0	79	0	
Peas	0	79	0	
Tomato Paste	0	79	0	
Beef Stock	0	79	0	
Salt	0	79	0	
Pepper	0	79	0	
Napoli Sauce	0	79	0	

### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	211	0	2
Onion	0	211	0	
Capsicum	0	211	0	
Vegetable Oil	0	211	0	
Taco Seasoning	0	211	0	
Salt	0	211	0	
Pepper	0	211	0	
Beef Stock	0	211	0	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	135	20250	
Onion	10	135	1350	
Parsley	3	135	405	
Salt	1.5	135	202.5	
Pepper	0.2	135	27.0	

### Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	0	0	
Onion	30	0	0	
Carrot	30	0	0	
Potato	30	0	0	
Peas	30	0	0	
Oil	2	0	0	
Salt	2.5	0	0.0	
Pepper	0.5	0	0.0	
Tomato Paste	20	0	0	
Water	30	0	0	
Beef Stock	30	0	0	
Rice	130	0	0	

### Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	171	17100	
Baking Soda	2.5	171	427.5	
Water	10	171	1710	
Soy Sauce	5	171	855	
Cornflour	2.5	171	427.5	
Capsicum	37	171	6327	
Onion	37	171	6327	
Rice	130	171	22230	

## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	87	5872	2
Corn	50	87	2175	
Beans	60	87	2610	
Broccoli	67	87	2914	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	206	26780	
Penne	59	206	12154	
Sundried Tomatoes	20	206	4120	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	194	6790	4
Peas	40	194	1940	
Rice	130	194	6305	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	77	13860	

### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	77	1540	
Zucchini	30	77	2310	
Red Capsicum	30	77	2310	
Garlic	2	77	154	
Oil	2	77	154	
Chickpeas	115	77	8855	
Mix Spices	1.7	77	130.9	
Chicken Stock	50	77	3850	

### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	309	46350	
Mozzerala Cheese	1750	309	231750	
Napoli Sauce	500	309	154500	
Bolognese	3200	309	988800	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	86	5805	2
Beans	60	86	2580	

### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	221	33150	

### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	98	12740	
Penne	59	98	5782	
Broccoli	40	98	3920	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	116	16240	
Rice	130	116	15080	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	143	15730	

### 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	0	0	
Carrot	25	0	0	
Onion	20	0	0	
Taco Seasoning	1	0	0	
Salt	1.5	0	0.0	
Pepper	0.5	0	0.0	
Garlic	2.5	0	0.0	
Vegetable Oil	1.5	0	0.0	
Cumin	0.5	0	0.0	
Crushed Tomato	85	0	0	
Water	41.7	0	0.0	

## Meal Recipes (cont'd)

### Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	154	10780	2
Potatoes	140	154	10780	

### 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	95	7125	2
Capsicum	52	95	2470	
Red Onion	52	95	2470	
Salsa	30	95	1425	
Rice	130	95	6175	

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	113	4238	4
Chicken	80	113	2260	
Sauce	200	113	5650	
Spinach	25	113	706	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	116	812
Coconut Cream	95	116	11020

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	154	3080
Garlic	1	154	154
Salt	0.2	154	30.8

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	171	11970
MEATBALLS	120	135	16200
LEMON	50	120	6000
MUSHROOM	100	143	14300
FAJITA SAUCE	33	95	3135
BURRITO SAUCE	43	211	9073

### Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	211	2269	4
Black Beans	50	211	2638	4
Corn	50	211	2638	4
Rice	130	211	6858	4

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	221	11050
Mozzarella Cheese	40	221	8840

### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	206	4120

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	206	4409	5
Sauce	80	206	3296	5

### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	116	4331	3
Sauce	90	116	3480	3

### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	194	5966	4
Sauce	90	194	4365	4

### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	113	4153	4
Chicken	80	113	2260	4
Sauce	200	113	5650	4
Spinach	25	113	707	4

### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	98	4998	2
Sauce	100	98	4900	2

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	17100
MINCE	20250
TOPSIDE STEAK	13299
LAMB SHOULDER	24948
MORROCAN CHICKEN	13860
ITALIAN CHICKEN	60282
NORMAL CHICKEN	94510
CHICKEN THIGH	34400

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	2310
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	2310
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	2890
5MM MONGOLIAN CAPSICUM	11267
5MM MONGOLIAN ONION	11267
5MM SLICED MUSHROOMS	0
BROCCOLI	9748
CRATED CARROTS	0
CRATED ZUCCHINI	0
LEMON POTATO	24840
ROASTED POTATO	71250
THAI POTATOS	6960
POTATO MASH	41700
SWEET POTATO MASH	33000
SPINACH	2824
RED ONION	4620
PARSLEY	231