

Meal Production Summary - 04/09/2025

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	122	9	54	0	185
Beef Chow Mein	57	7	26	0	90
Shepherd's Pie	55	0	27	0	82
Beef Burrito Bowl	73	13	40	0	126
Beef Meatballs	88	3	32	0	123
Lebanese Beef Stew	42	0	17	0	59
Mongolian Beef	100	21	45	0	166
Chicken with Vegetables	39	19	15	0	73
Chicken with Sweet Potato and Beans	73	0	35	0	108
Naked Chicken Parma	247	16	164	0	427
Chicken Pesto Pasta	92	13	42	0	147
Chicken and Broccoli Pasta	60	0	22	0	82
Butter Chicken	85	16	42	0	143
Thai Green Chicken Curry	68	11	31	0	110
Moroccan Chicken	33	0	22	0	55
Steak with Mushroom Sauce	79	7	34	0	120
Creamy Chicken & Mushroom Gnocchi	56	0	13	0	69
Roasted Lemon Chicken & Potatoes	77	6	35	0	118
Beef Lasagna	571	14	472	0	1057
Bean Nachos with Rice	11	0	5	0	16
Lamb Souvlaki	113	2	53	0	168
Chicken Fajita Bowl	178	4	133	0	315
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	0	0	0	0	0
Baked Family Lasagna	10	0	8	0	18
TOTAL	2329	161	1367	0	3857

Daily Production Report - 04/09/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	185	4193	3
Oil	0.7	185	43	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	229	6756	2
Oil	0.7	229	80	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	1025	18108	3
Water	95	1025	32458	
Salt	1	1025	342	
Oil	1.5	1025	512	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	55	9900	0
Oil	2	55	110	
Lemon Juice	6	55	330	
Moroccan Chicken Mix	4	55	220	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	155	433	67115	
Oil	4	433	1732	
Roast Chicken Mix	4	433	1732	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	120	13200	0
Oil	1.5	120	180.0	
Baking Soda	3	120	360	

Lamb Marinade

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	168	27216	0
Oil	2	168	336	
Salt	1.5	168	252.0	
Oregano	1.2	168	201.6	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	243	36450	0
Cooking Cream	20	243	4860	
Butter	7	243	1701	
Salt	1.5	243	364.5	
White Pepper	0.5	243	121.5	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	185	190	35150	0
Salt	1	190	190	
White Pepper	0.5	190	95.0	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	595	11305	10
Oil	1	595	60	
Spices Mix	2.5	595	149	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	118	12213	2
Oil	1	118	59	
Salt	1.2	118	71	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	110	6600	0
Salt	1	110	110	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	168	5040	0
Parsley	1.5	168	252.0	
Paprika	0.5	168	84.0	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	301	18060	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	185	0	3
Napoli Sauce	0	185	0	
Crushed Tomatoes	0	185	0	
Beef Stock	0	185	0	
Onion	0	185	0	
Zucchini	0	185	0	
Carrot	0	185	0	
Vegetable Oil	0	185	0	
Salt	0	185	0	
Pepper	0	185	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	90	0	2
Celery	0	90	0	
Carrot	0	90	0	
Cabbage	0	90	0	
Onion	0	90	0	
Oil	0	90	0	
Pepper	0	90	0	
Salt	0	90	0	
Soy Sauce	0	90	0	
Oyster Sauce	0	90	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	82	8200	1
Oil	2	82	164	
Carrots	15	82	1230	
Capsicum	15	82	1230	
Onion	15	82	1230	
Mushroom	15	82	1230	
Peas	15	82	1230	
Tomato Paste	6	82	492	
Beef Stock	20	82	1640	
Salt	2	82	164	
Pepper	0.5	82	41	
Napoli Sauce	70	82	5740	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	126	0	1
Onion	0	126	0	
Capsicum	0	126	0	
Vegetable Oil	0	126	0	
Taco Seasoning	0	126	0	
Salt	0	126	0	
Pepper	0	126	0	
Beef Stock	0	126	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	123	18450	
Onion	10	123	1230	
Parsley	3	123	369	
Salt	1.5	123	184.5	
Pepper	0.2	123	24.6	

Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	59	5723	1
Onion	30	59	1770	
Carrot	30	59	1770	
Potato	30	59	1770	
Peas	30	59	1770	
Oil	2	59	118	
Salt	2.5	59	148	
Pepper	0.5	59	30	
Tomato Paste	20	59	1180	
Water	30	59	1770	
Beef Stock	30	59	1770	
Rice	130	59	7670	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	97	166	16102	
Baking Soda	2.5	166	415.0	
Water	10	166	1660	
Soy Sauce	5	166	830	
Cornflour	2.5	166	415.0	
Capsicum	37	166	6142	
Onion	37	166	6142	
Rice	130	166	21580	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	73	4928	2
Corn	50	73	1825	
Beans	60	73	2190	
Broccoli	67	73	2446	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	147	19110	
Penne	59	147	8673	
Sundried Tomatoes	20	147	2940	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	143	6673	3
Peas	40	143	1907	
Rice	130	143	6197	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	55	9900	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	55	1100	
Zucchini	30	55	1650	
Red Capsicum	30	55	1650	
Garlic	2	55	110	
Oil	2	55	110	
Chickpeas	115	55	6325	
Mix Spices	1.7	55	93.5	
Chicken Stock	50	55	2750	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	1057	158550	
Mozzerala Cheese	1750	1057	792750	
Napoli Sauce	500	1057	528500	
Bolognese	3200	1057	3382400	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	108	7290	2
Beans	60	108	3240	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	427	64050	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	82	10660	
Penne	59	82	4838	
Broccoli	40	82	3280	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	110	15400	
Rice	130	110	14300	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	120	13200	

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	16	1280	1
Carrot	25	16	400	
Onion	20	16	320	
Taco Seasoning	1	16	16	
Salt	1.5	16	24	
Pepper	0.5	16	8	
Garlic	2.5	16	40	
Vegetable Oil	1.5	16	24	
Cumin	0.5	16	8	
Crushed Tomato	85	16	1360	
Water	41.7	16	667	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	168	11760	2
Potatoes	140	168	11760	

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	315	7875	6
Capsicum	52	315	2730	
Red Onion	52	315	2730	
Salsa	30	315	1575	
Rice	130	315	6825	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	69	5175	2
Chicken	80	69	2760	
Sauce	200	69	6900	
Spinach	25	69	862	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	110	770
Coconut Cream	95	110	10450

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	168	3360
Garlic	1.5	168	252.0
Salt	0.5	168	84.0

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	166	11620
MEATBALLS	120	123	14760
LEMON	50	118	5900
MUSHROOM	100	120	12000
FAJITA SAUCE	33	315	10395
BURRITO SAUCE	43	126	5418

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	126	1806	3
Black Beans	50	126	2100	3
Corn	50	126	2100	3
Rice	130	126	5460	3

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	427	21350
Mozzarella Cheese	40	427	17080

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	147	2940

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	147	5243	3
Sauce	80	147	3920	3

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	110	4107	3
Sauce	90	110	3300	3

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	143	5863	3
Sauce	90	143	4290	3

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	69	5072	2
Chicken	80	69	2760	2
Sauce	200	69	6900	2
Spinach	25	69	863	2

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	82	4182	2
Sauce	100	82	4100	2

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	5723
BEEF TOPSIDE (MONG)	16102
MINCE	26650
TOPSIDE STEAK	13200
LAMB SHOULDER	27216
MORROCAN CHICKEN	9900
ITALIAN CHICKEN	93024
NORMAL CHICKEN	71630
CHICKEN THIGH	67115

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	1770
10MM DICED POTATO (LEBO)	1770
10MM DICED ZUCCHINI	1650
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	2880
5MM DICED CARROTS	1230
5MM DICED CELERY	0
5MM DICED MUSHROOMS	1230
5MM DICED ONION	5650
5MM MONGOLIAN CAPSICUM	22522
5MM MONGOLIAN ONION	22522
5MM SLICED MUSHROOMS	0
BROCCOLI	8170
CRATED CARROTS	400
CRATED ZUCCHINI	0
LEMON POTATO	24426
ROASTED POTATO	113050
THAI POTATOS	6600
POTATO MASH	36450
SWEET POTATO MASH	35150
SPINACH	1724
RED ONION	5040
PARSLEY	252