

## Meal Production Summary - 16/07/2025

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	85	25	26	0	136
Beef Chow Mein	70	5	11	0	86
Shepherd's Pie	28	0	13	0	41
Beef Burrito Bowl	44	17	29	0	90
Beef Meatballs	47	24	11	0	82
Lebanese Beef Stew	44	0	0	0	44
Mongolian Beef	74	35	0	0	109
Chicken with Vegetables	24	13	3	0	40
Chicken with Sweet Potato and Beans	37	0	15	0	52
Naked Chicken Parma	86	21	21	0	128
Chicken Pesto Pasta	69	32	18	0	119
Chicken and Broccoli Pasta	56	0	12	0	68
Butter Chicken	66	27	18	0	111
Thai Green Chicken Curry	41	17	0	0	58
Moroccan Chicken	32	0	1	0	33
Steak with Mushroom Sauce	59	12	21	0	92
Creamy Chicken & Mushroom Gnocchi	71	0	0	0	71
Roasted Lemon Chicken & Potatoes	35	16	16	0	67
Beef Lasagna	116	39	23	0	178
Bean Nachos with Rice	3	0	0	0	3
Lamb Souvlaki	56	46	0	0	102
Chicken Fajita Bowl	35	12	0	0	47
Steak On Its Own	0	1	0	0	1
Chicken On Its Own	0	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	1	0	0	0	1
Baked Family Lasagna	1	0	0	0	1
Lunch & Dinner Weekdays Only - 10 Meals	0	1	0	0	1
<b>TOTAL</b>	<b>1180</b>	<b>343</b>	<b>238</b>	<b>0</b>	<b>1761</b>

## Daily Production Report - 16/07/2025

### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	136	4624	2
Oil	0.7	136	48	

### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	187	5516	2
Oil	0.7	187	65	

### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	548	29044	1
Water	95	548	52060	
Salt	1	548	548	
Oil	1.5	548	822	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	33	5940	0
Oil	2	33	66	
Lemon Juice	6	33	198	
Moroccan Chicken Mix	4	33	132	

### Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	150	114	17100	
Oil	4	114	456	
Roast Chicken Mix	4	114	456	

### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	93	10230	0
Oil	1.5	93	139.5	
Baking Soda	3	93	279	

### Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	102	16524	0
Oil	2	102	204	
Salt	1.5	102	153.0	
Oregano	1.2	102	122.4	

### Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	174	26100	0
Cooking Cream	20	174	3480	
Butter	7	174	1218	
Salt	1.5	174	261.0	
White Pepper	0.5	174	87.0	

### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	185	93	17205	0
Salt	1	93	93	
White Pepper	0.5	93	46.5	

### Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	230	10925	4
Oil	1	230	58	
Spices Mix	2.5	230	144	

### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	67	6934	2
Oil	1	67	34	
Salt	1.2	67	40	

### Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	58	3480	0
Salt	1	58	58	

### Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	102	3060	0
Parsley	1.5	102	153.0	
Paprika	0.5	102	51.0	

### Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	184	11040	0

## Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	136	0	2
Napoli Sauce	0	136	0	
Crushed Tomatoes	0	136	0	
Beef Stock	0	136	0	
Onion	0	136	0	
Zucchini	0	136	0	
Carrot	0	136	0	
Vegetable Oil	0	136	0	
Salt	0	136	0	
Pepper	0	136	0	

### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	86	0	2
Celery	0	86	0	
Carrot	0	86	0	
Cabbage	0	86	0	
Onion	0	86	0	
Oil	0	86	0	
Pepper	0	86	0	
Salt	0	86	0	
Soy Sauce	0	86	0	
Oyster Sauce	0	86	0	

### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	41	0	1
Oil	0	41	0	
Carrots	0	41	0	
Capsicum	0	41	0	
Onion	0	41	0	
Mushroom	0	41	0	
Peas	0	41	0	
Tomato Paste	0	41	0	
Beef Stock	0	41	0	
Salt	0	41	0	
Pepper	0	41	0	
Napoli Sauce	0	41	0	

### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	90	0	1
Onion	0	90	0	
Capsicum	0	90	0	
Vegetable Oil	0	90	0	
Taco Seasoning	0	90	0	
Salt	0	90	0	
Pepper	0	90	0	
Beef Stock	0	90	0	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	82	12300	
Onion	10	82	820	
Parsley	3	82	246	
Salt	1.5	82	123.0	
Pepper	0.2	82	16.400000000000002	

### 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	97	109	10573	
Baking Soda	2.5	109	272.5	
Water	10	109	1090	
Soy Sauce	5	109	545	
Cornflour	2.5	109	272.5	
Capsicum	37	109	4033	
Onion	37	109	4033	
Rice	130	109	14170	

## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	40	5400	1
Corn	52	40	2080	
Beans	60	40	2400	
Broccoli	67	40	2680	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	119	15470	
Penne	59	119	7021	
Sundried Tomatoes	24	119	2856	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	111	15540	
Peas	40	111	4440	
Rice	130	111	14430	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	33	5940	

### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	33	660	
Zucchini	30	33	990	
Red Capsicum	30	33	990	
Garlic	2	33	66	
Oil	2	33	66	
Chickpeas	115	33	3795	
Mix Spices	1.7	33	56.1	
Chicken Stock	50	33	1650	

### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	178	26700	
Mozzerala Cheese	1750	178	133500	
Napoli Sauce	500	178	89000	
Bolognese	3200	178	569600	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	52	7020	1
Beans	60	52	3120	

### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	128	19200	

### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	68	8840	
Penne	59	68	4012	
Broccoli	40	68	2720	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	58	8120	
Rice	130	58	7540	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	92	10120	

### Steak On Its Own

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	200	1	200	1

### Bean Nachos with Rice

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Drained Beans	80	3	240	1
Carrot	25	3	75	
Onion	20	3	60	
Taco Seasoning	1	3	3	
Salt	1.5	3	4	
Pepper	0.5	3	2	
Garlic	2.5	3	8	
Vegetable Oil	1.5	3	4	
Cumin	0.5	3	2	
Crushed Tomato	85	3	255	
Water	41.7	3	125	

## Meal Recipes (cont'd)

### Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	102	7140	2
Potatoes	140	102	7140	

### 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	47	7050	1
Capsicum	52	47	2444	
Red Onion	52	47	2444	
Salsa	30	47	1410	
Rice	130	47	6110	

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	71	5325	2
Chicken	80	71	2840	
Sauce	200	71	7100	
Spinach	25	71	888	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	58	406
Coconut Cream	90	58	5220

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	102	2040
Garlic	2	102	204
Salt	1	102	102

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	109	7630
MEATBALLS	120	82	9840
LEMON	50	67	3350
MUSHROOM	100	92	9200
FAJITA SAUCE	33	47	1551
BURRITO SAUCE	43	90	3870

### Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	90	1935	2
Black Beans	50	90	2250	2
Corn	50	90	2250	2
Rice	130	90	5850	2

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	128	6400
Mozzarella Cheese	40	128	5120

### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	24	119	2856

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	110	119	4364	3
Sauce	80	119	3174	3

### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	110	58	3190	2
Sauce	90	58	2610	2

### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	120	111	4440	3
Sauce	90	111	3330	3

### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	150	71	5325	2
Chicken	80	71	2840	2
Sauce	200	71	7100	2
Spinach	25	71	888	2

### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	100	68	3400	2
Sauce	100	68	3400	2

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	4268
BEEF TOPSIDE (MONG)	10573
MINCE	12300
TOPSIDE STEAK	10230
LAMB SHOULDER	16524
MORROCAN CHICKEN	5940
ITALIAN CHICKEN	33660
NORMAL CHICKEN	55510
CHICKEN THIGH	17100

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	1320
10MM DICED POTATO (LEBO)	1320
10MM DICED ZUCCHINI	990
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	990
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	2860
5MM MONGOLIAN CAPSICUM	6477
5MM MONGOLIAN ONION	6477
5MM SLICED MUSHROOMS	0
BROCCOLI	5400
CRATED CARROTS	75
CRATED ZUCCHINI	0
LEMON POTATO	13868
ROASTED POTATO	43700
THAI POTATOS	3480
POTATO MASH	26100
SWEET POTATO MASH	17205
SPINACH	1774
RED ONION	3060
PARSLEY	153