

Meal Production Summary - 01/12/2025

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	192	10	0	202
Beef Chow Mein	106	1	0	107
Shepherd's Pie	108	0	0	108
Beef Burrito Bowl	136	4	0	140
Beef Meatballs	145	7	0	152
Lebanese Beef Stew	4	0	0	4
Mongolian Beef	214	13	0	227
Chicken with Vegetables	67	4	0	71
Chicken with Sweet Potato and Beans	120	0	0	120
Naked Chicken Parma	272	10	0	282
Chicken Pesto Pasta	178	6	0	184
Chicken and Broccoli Pasta	129	0	0	129
Butter Chicken	169	12	0	181
Thai Green Chicken Curry	146	10	0	156
Moroccan Chicken	123	0	0	123
Steak with Mushroom Sauce	166	5	0	171
Creamy Chicken & Mushroom Gnocchi	171	0	0	171
Roasted Lemon Chicken & Potatoes	146	2	0	148
Beef Lasagna	340	8	0	348
Bean Nachos with Rice	31	0	0	31
Lamb Souvlaki	202	3	0	205
Chicken Fajita Bowl	114	3	0	117
Steak On Its Own	0	2	0	2
Chicken On Its Own	0	2	0	2
Family Mac and 3 Cheese Pasta Bake	9	0	0	9
Baked Family Lasagna	33	0	0	33
ON Amino Energy Can	0	5	0	5
TOTAL	3321	107	0	3428

Daily Production Report - 01/12/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	202	4309	3
Oil	0.7	202	47	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	313	6156	3
Oil	0.7	313	73	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	963	8506	6
Water	95	963	15248	
Salt	1	963	160	
Oil	1.5	963	241	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	123	22140	0
Oil	2	123	246	
Lemon Juice	6	123	738	
Moroccan Chicken Mix	4	123	492	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	265	42400	
Oil	4	265	1060	
Roast Chicken Mix	4	265	1060	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	173	16089	0
Oil	1.5	173	259.5	
Baking Soda	3	173	519	

Lamb Marinade

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	205	33210	0
Oil	2	205	410	
Salt	1.5	205	307.5	
Oregano	1.2	205	246.0	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	323	48450	0
Cooking Cream	20	323	6460	
Butter	7	323	2261	
Salt	1.5	323	484.5	
White Pepper	0.5	323	161.5	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	228	45600	0
Salt	1	228	228	
White Pepper	0.5	228	114.0	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	487	11566	8
Oil	1	487	61	
Spices Mix	2.5	487	152	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	148	10212	3
Oil	1	148	49	
Salt	1.2	148	59	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	156	9360	0
Salt	1	156	156	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	205	6150	0
Parsley	1.5	205	307.5	
Paprika	0.5	205	102.5	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	362	21720	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	202	0	3
Napoli Sauce	0	202	0	
Crushed Tomatoes	0	202	0	
Beef Stock	0	202	0	
Onion	0	202	0	
Zucchini	0	202	0	
Carrot	0	202	0	
Vegetable Oil	0	202	0	
Salt	0	202	0	
Pepper	0	202	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	107	0	2
Celery	0	107	0	
Carrot	0	107	0	
Cabbage	0	107	0	
Onion	0	107	0	
Oil	0	107	0	
Pepper	0	107	0	
Salt	0	107	0	
Soy Sauce	0	107	0	
Oyster Sauce	0	107	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	108	0	2
Oil	0	108	0	
Carrots	0	108	0	
Capsicum	0	108	0	
Onion	0	108	0	
Mushroom	0	108	0	
Peas	0	108	0	
Tomato Paste	0	108	0	
Beef Stock	0	108	0	
Salt	0	108	0	
Pepper	0	108	0	
Napoli Sauce	0	108	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	140	0	2
Onion	0	140	0	
Capsicum	0	140	0	
Vegetable Oil	0	140	0	
Taco Seasoning	0	140	0	
Salt	0	140	0	
Pepper	0	140	0	
Beef Stock	0	140	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	152	22800	
Onion	10	152	1520	
Parsley	3	152	456	
Salt	1.5	152	228.0	
Pepper	0.2	152	30.400000000000002	

Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	4	388	1
Onion	30	4	120	
Carrot	30	4	120	
Potato	30	4	120	
Peas	30	4	120	
Oil	2	4	8	
Salt	2.5	4	10	
Pepper	0.5	4	2	
Tomato Paste	20	4	80	
Water	30	4	120	
Beef Stock	30	4	120	
Rice	130	4	520	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	227	22700	
Baking Soda	2.5	227	567.5	
Water	10	227	2270	
Soy Sauce	5	227	1135	
Cornflour	2.5	227	567.5	
Capsicum	37	227	8399	
Onion	37	227	8399	
Rice	130	227	29510	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	71	4792	2
Corn	50	71	1775	
Beans	60	71	2130	
Broccoli	67	71	2378	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	184	23920	
Penne	59	184	10856	
Sundried Tomatoes	20	184	3680	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	181	6335	4
Peas	40	181	1810	
Rice	130	181	5882	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	123	22140	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	123	2214	
Zucchini	27	123	3321	
Red Capsicum	27	123	3321	
Garlic	1.8	123	221.4	
Oil	1.8	123	221.4	
Chickpeas	103.5	123	12730.5	
Mix Spices	1.53	123	188.19	
Chicken Stock	45	123	5535	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	348	52200	
Mozzerala Cheese	1750	348	261000	
Napoli Sauce	500	348	174000	
Bolognese	3200	348	1113600	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	120	8100	2
Beans	60	120	3600	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	282	42300	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	129	16770	
Penne	59	129	7611	
Broccoli	40	129	5160	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	156	22495.199999999997	
Rice	130	156	20280	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	171	18810	

Steak On Its Own

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	200	2	400	1

Bean Nachos with Rice

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Drained Beans	80	31	2480	1
Carrot	25	31	775	
Onion	20	31	620	
Taco Seasoning	1	31	31	
Salt	1.5	31	46	
Pepper	0.5	31	16	
Garlic	2.5	31	78	
Vegetable Oil	1.5	31	46	
Cumin	0.5	31	16	
Crushed Tomato	85	31	2635	
Water	41.7	31	1293	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	205	9567	3
Potatoes	140	205	9567	

Chicken On Its Own

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken Breast	200	2	400	1

Chicken Fajita Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken Thigh	150	117	8775	2
Capsicum	52	117	3042	
Red Onion	52	117	3042	
Salsa	30	117	1755	
Rice	130	117	7605	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	171	5130	5
Chicken	80	171	2736	
Sauce	200	171	6840	
Spinach	25	171	855	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7.21	156	1124.76
Coconut Cream	97.85	156	15264.599999999999

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	205	4100
Garlic	1	205	205
Salt	0.2	205	41.0

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	227	15890
MEATBALLS	120	152	18240
LEMON	50	148	7400
MUSHROOM	100	171	17100
FAJITA SAUCE	33	117	3861
BURRITO SAUCE	43	140	6020

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	140	2007	3
Black Beans	50	140	2334	3
Corn	50	140	2334	3
Rice	130	140	6067	3

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	282	14100
Mozzarella Cheese	40	282	11280

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	184	3680

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	184	4922	4
Sauce	80	184	3680	4

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	156	4500	4
Sauce	92.7	156	3616	4

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	181	5566	4
Sauce	90	181	4073	4

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	171	5028	5
Chicken	80	171	2736	5
Sauce	200	171	6840	5
Spinach	25	171	855	5

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	129	4386	3
Sauce	100	129	4300	3

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	388
BEEF TOPSIDE (MONG)	22700
MINCE	22800
TOPSIDE STEAK	16489
LAMB SHOULDER	33210
MORROCAN CHICKEN	22140
ITALIAN CHICKEN	72675
NORMAL CHICKEN	106730
CHICKEN THIGH	42400

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	120
10MM DICED POTATO (LEBO)	120
10MM DICED ZUCCHINI	3321
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	3321
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	4474
5MM MONGOLIAN CAPSICUM	14483
5MM MONGOLIAN ONION	14483
5MM SLICED MUSHROOMS	0
BROCCOLI	9916
CRATED CARROTS	775
CRATED ZUCCHINI	0
LEMON POTATO	30636
ROASTED POTATO	92528
THAI POTATOS	9360
POTATO MASH	48450
SWEET POTATO MASH	45600
SPINACH	4272
RED ONION	6150
PARSLEY	308