

## Meal Production Summary - 18/12/2025

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	168	19	0	0	187
Beef Chow Mein	102	12	1	0	115
Shepherd's Pie	128	0	0	0	128
Beef Burrito Bowl	151	13	11	0	175
Beef Meatballs	164	13	0	0	177
Lebanese Beef Stew	0	0	0	0	0
Mongolian Beef	179	14	0	0	193
Chicken with Vegetables	48	6	0	0	54
Chicken with Sweet Potato and Beans	106	0	0	0	106
Naked Chicken Parma	225	30	1	0	256
Chicken Pesto Pasta	194	13	6	0	213
Chicken and Broccoli Pasta	107	0	0	0	107
Butter Chicken	182	11	3	0	196
Thai Green Chicken Curry	136	16	0	0	152
Moroccan Chicken	86	0	4	0	90
Steak with Mushroom Sauce	154	18	1	0	173
Creamy Chicken & Mushroom Gnocchi	124	0	1	0	125
Roasted Lemon Chicken & Potatoes	108	9	0	0	117
Beef Lasagna	314	10	9	0	333
Bean Nachos with Rice	0	0	0	0	0
Lamb Souvlaki	166	16	0	0	182
Chicken Fajita Bowl	128	8	0	0	136
Steak On Its Own	0	2	0	0	2
Chicken On Its Own	0	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	0	0	0	0	0
Baked Family Lasagna	6	0	0	0	6
ON Amino Energy Can	0	7	0	0	7
<b>TOTAL</b>	<b>2976</b>	<b>217</b>	<b>37</b>	<b>0</b>	<b>3230</b>

## Daily Production Report - 18/12/2025

### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	187	3989	3
Oil	0.7	187	44	

### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	320	6293	3
Oil	0.7	320	75	

### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	967	8542	6
Water	95	967	15311	
Salt	1	967	161	
Oil	1.5	967	242	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	90	16200	0
Oil	2	90	180	
Lemon Juice	6	90	540	
Moroccan Chicken Mix	4	90	360	

### Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	253	40480	
Oil	4	253	1012	
Roast Chicken Mix	4	253	1012	

### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	175	16275	0
Oil	1.5	175	262.5	
Baking Soda	3	175	525	

### Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	182	29484	0
Oil	2	182	364	
Salt	1.5	182	273.0	
Oregano	0.3	182	54.6	

### Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	350	52500	0
Cooking Cream	20	350	7000	
Butter	7	350	2450	
Salt	1.5	350	525.0	
White Pepper	0.5	350	175.0	

### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	234	46800	0
Salt	1	234	234	
White Pepper	0.5	234	117.0	

### Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	438	11889	7
Oil	1	438	63	
Spices Mix	2.5	438	156	

### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	117	12110	2
Oil	1	117	58	
Salt	1.2	117	70	

### Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	152	9120	0
Salt	1	152	152	

### Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	182	5460	0
Parsley	1.5	182	273.0	
Paprika	0.5	182	91.0	

### Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	333	19980	0

## Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	187	0	3
Napoli Sauce	0	187	0	
Crushed Tomatoes	0	187	0	
Beef Stock	0	187	0	
Onion	0	187	0	
Zucchini	0	187	0	
Carrot	0	187	0	
Vegetable Oil	0	187	0	
Salt	0	187	0	
Pepper	0	187	0	

### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	115	0	2
Celery	0	115	0	
Carrot	0	115	0	
Cabbage	0	115	0	
Onion	0	115	0	
Oil	0	115	0	
Pepper	0	115	0	
Salt	0	115	0	
Soy Sauce	0	115	0	
Oyster Sauce	0	115	0	

### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	128	0	2
Oil	0	128	0	
Carrots	0	128	0	
Capsicum	0	128	0	
Onion	0	128	0	
Mushroom	0	128	0	
Peas	0	128	0	
Tomato Paste	0	128	0	
Beef Stock	0	128	0	
Salt	0	128	0	
Pepper	0	128	0	
Napoli Sauce	0	128	0	

### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	175	0	2
Onion	0	175	0	
Capsicum	0	175	0	
Vegetable Oil	0	175	0	
Taco Seasoning	0	175	0	
Salt	0	175	0	
Pepper	0	175	0	
Beef Stock	0	175	0	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	177	26550	
Onion	10	177	1770	
Parsley	3	177	531	
Salt	1.5	177	265.5	
Pepper	0.2	177	35.4	

### 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	193	19300	
Baking Soda	2.5	193	482.5	
Water	10	193	1930	
Soy Sauce	5	193	965	
Cornflour	2.5	193	482.5	
Capsicum	37	193	7141	
Onion	37	193	7141	
Rice	130	193	25090	

## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	54	7290	1
Corn	50	54	2700	
Beans	60	54	3240	
Broccoli	67	54	3618	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	213	27690	
Penne	59	213	12567	
Sundried Tomatoes	20	213	4260	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	196	6860	4
Peas	40	196	1960	
Rice	130	196	6370	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	90	16200	

### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	90	1620	
Zucchini	27	90	2430	
Red Capsicum	27	90	2430	
Garlic	1.8	90	162.0	
Oil	1.8	90	162.0	
Chickpeas	103.5	90	9315.0	
Mix Spices	1.53	90	137.7	
Chicken Stock	45	90	4050	

### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	333	49950	
Mozzerala Cheese	1750	333	249750	
Napoli Sauce	500	333	166500	
Bolognese	3200	333	1065600	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	106	7155	2
Beans	60	106	3180	

### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	256	38400	

### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	107	13910	
Penne	59	107	6313	
Broccoli	40	107	4280	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	152	21918.399999999998	
Rice	130	152	19760	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	173	19030	

### 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	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	182	8493	3
Potatoes	140	182	8493	

### 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	136	6800	3
Capsicum	52	136	2357	
Red Onion	52	136	2357	
Salsa	30	136	1360	
Rice	130	136	5893	

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	125	4688	4
Chicken	80	125	2500	
Sauce	200	125	6250	
Spinach	25	125	781	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7.21	152	1095.92
Coconut Cream	97.85	152	14873.199999999999

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	182	3640
Garlic	1	182	182
Salt	0.2	182	36.4

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	193	13510
MEATBALLS	120	177	21240
LEMON	50	117	5850
MUSHROOM	100	173	17300
FAJITA SAUCE	33	136	4488
BURRITO SAUCE	43	175	7525

### Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	175	2509	3
Black Beans	50	175	2917	3
Corn	50	175	2917	3
Rice	130	175	7584	3

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	256	12800
Mozzarella Cheese	40	256	10240

### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	213	4260

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	213	4559	5
Sauce	80	213	3408	5

### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	152	4384	4
Sauce	92.7	152	3523	4

### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	196	6027	4
Sauce	90	196	4410	4

### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	125	4594	4
Chicken	80	125	2500	4
Sauce	200	125	6250	4
Spinach	25	125	782	4

### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	107	3638	3
Sauce	100	107	3567	3

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	19300
MINCE	26550
TOPSIDE STEAK	16675
LAMB SHOULDER	29484
MORROCAN CHICKEN	16200
ITALIAN CHICKEN	63648
NORMAL CHICKEN	103090
CHICKEN THIGH	40480

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	2430
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	2430
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	3390
5MM MONGOLIAN CAPSICUM	14212
5MM MONGOLIAN ONION	14212
5MM SLICED MUSHROOMS	0
BROCCOLI	7898
CRATED CARROTS	0
CRATED ZUCCHINI	0
LEMON POTATO	24218
ROASTED POTATO	83216
THAI POTATOS	9120
POTATO MASH	52500
SWEET POTATO MASH	46800
SPINACH	3124
RED ONION	5460
PARSLEY	273