

Meal Production Summary - 02/10/2025

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	134	23	14	0	171
Beef Chow Mein	79	17	21	0	117
Shepherd's Pie	70	0	11	9	72
Beef Burrito Bowl	88	20	27	0	135
Beef Meatballs	120	22	16	10	148
Lebanese Beef Stew	71	0	0	10	61
Mongolian Beef	114	31	0	0	145
Chicken with Vegetables	41	15	4	0	60
Chicken with Sweet Potato and Beans	82	0	10	0	92
Naked Chicken Parma	187	37	22	0	246
Chicken Pesto Pasta	128	25	21	0	174
Chicken and Broccoli Pasta	89	0	17	0	106
Butter Chicken	101	28	29	0	158
Thai Green Chicken Curry	87	21	0	0	108
Moroccan Chicken	41	0	14	0	55
Steak with Mushroom Sauce	102	14	21	0	137
Creamy Chicken & Mushroom Gnocchi	112	0	11	0	123
Roasted Lemon Chicken & Potatoes	84	14	13	0	111
Beef Lasagna	226	31	32	0	289
Bean Nachos with Rice	12	0	0	6	6
Lamb Souvlaki	150	3	0	0	153
Chicken Fajita Bowl	73	14	0	0	87
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	4	0	0	0	4
Baked Family Lasagna	16	0	0	0	16
TOTAL	2211	315	283	35	2774

Daily Production Report - 02/10/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	171	3648	3
Oil	0.7	171	40	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	280	5507	3
Oil	0.7	280	65	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	817	21650	2
Water	95	817	38808	
Salt	1	817	408	
Oil	1.5	817	613	

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	160	198	31680	
Oil	4	198	792	
Roast Chicken Mix	4	198	792	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	137	12741	0
Oil	1.5	137	205.5	
Baking Soda	3	137	411	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	153	24786	0
Oil	2	153	306	
Salt	1.5	153	229.5	
Oregano	1.2	153	183.6	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	285	42750	0
Cooking Cream	20	285	5700	
Butter	7	285	1995	
Salt	1.5	285	427.5	
White Pepper	0.5	285	142.5	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	164	32800	0
Salt	1	164	164	
White Pepper	0.5	164	82.0	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	399	10830	7
Oil	1	399	57	
Spices Mix	2.5	399	142	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	111	11488	2
Oil	1	111	56	
Salt	1.2	111	67	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	108	6480	0
Salt	1	108	108	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	153	4590	0
Parsley	1.5	153	229.5	
Paprika	0.5	153	76.5	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	289	17340	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	171	0	2
Napoli Sauce	0	171	0	
Crushed Tomatoes	0	171	0	
Beef Stock	0	171	0	
Onion	0	171	0	
Zucchini	0	171	0	
Carrot	0	171	0	
Vegetable Oil	0	171	0	
Salt	0	171	0	
Pepper	0	171	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	117	0	2
Celery	0	117	0	
Carrot	0	117	0	
Cabbage	0	117	0	
Onion	0	117	0	
Oil	0	117	0	
Pepper	0	117	0	
Salt	0	117	0	
Soy Sauce	0	117	0	
Oyster Sauce	0	117	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	72	0	1
Oil	0	72	0	
Carrots	0	72	0	
Capsicum	0	72	0	
Onion	0	72	0	
Mushroom	0	72	0	
Peas	0	72	0	
Tomato Paste	0	72	0	
Beef Stock	0	72	0	
Salt	0	72	0	
Pepper	0	72	0	
Napoli Sauce	0	72	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	135	0	2
Onion	0	135	0	
Capsicum	0	135	0	
Vegetable Oil	0	135	0	
Taco Seasoning	0	135	0	
Salt	0	135	0	
Pepper	0	135	0	
Beef Stock	0	135	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	148	22200	
Onion	10	148	1480	
Parsley	3	148	444	
Salt	1.5	148	222.0	
Pepper	0.2	148	29.6	

Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	61	5917	1
Onion	30	61	1830	
Carrot	30	61	1830	
Potato	30	61	1830	
Peas	30	61	1830	
Oil	2	61	122	
Salt	2.5	61	152	
Pepper	0.5	61	30	
Tomato Paste	20	61	1220	
Water	30	61	1830	
Beef Stock	30	61	1830	
Rice	130	61	7930	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	145	14500	
Baking Soda	2.5	145	362.5	
Water	10	145	1450	
Soy Sauce	5	145	725	
Cornflour	2.5	145	362.5	
Capsicum	37	145	5365	
Onion	37	145	5365	
Rice	130	145	18850	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	60	8100	1
Corn	50	60	3000	
Beans	60	60	3600	
Broccoli	67	60	4020	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	174	22620	
Penne	59	174	10266	
Sundried Tomatoes	20	174	3480	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	158	7373	3
Peas	40	158	2107	
Rice	130	158	6847	

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	289	43350	
Mozzerala Cheese	1750	289	216750	
Napoli Sauce	500	289	144500	
Bolognese	3200	289	924800	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	92	6210	2
Beans	60	92	2760	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	246	36900	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	106	13780	
Penne	59	106	6254	
Broccoli	40	106	4240	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	108	15120	
Rice	130	108	14040	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	137	15070	

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	6	480	1
Carrot	25	6	150	
Onion	20	6	120	
Taco Seasoning	1	6	6	
Salt	1.5	6	9	
Pepper	0.5	6	3	
Garlic	2.5	6	15	
Vegetable Oil	1.5	6	9	
Cumin	0.5	6	3	
Crushed Tomato	85	6	510	
Water	41.7	6	250	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	153	10710	2
Potatoes	140	153	10710	

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	87	6525	2
Capsicum	52	87	2262	
Red Onion	52	87	2262	
Salsa	30	87	1305	
Rice	130	87	5655	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	123	4612	4
Chicken	80	123	2460	
Sauce	200	123	6150	
Spinach	25	123	769	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	108	756
Coconut Cream	95	108	10260

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	153	3060
Garlic	1	153	153
Salt	0.2	153	30.6

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	145	10150
MEATBALLS	120	148	17760
LEMON	50	111	5550
MUSHROOM	100	137	13700
FAJITA SAUCE	33	87	2871
BURRITO SAUCE	43	135	5805

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	135	1935	3
Black Beans	50	135	2250	3
Corn	50	135	2250	3
Rice	130	135	5850	3

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	246	12300
Mozzarella Cheese	40	246	9840

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	174	3480

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	174	4655	4
Sauce	80	174	3480	4

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	108	4032	3
Sauce	90	108	3240	3

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	158	4859	4
Sauce	90	158	3555	4

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	123	4521	4
Chicken	80	123	2460	4
Sauce	200	123	6150	4
Spinach	25	123	769	4

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	106	3604	3
Sauce	100	106	3534	3

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	5917
BEEF TOPSIDE (MONG)	14500
MINCE	22200
TOPSIDE STEAK	12741
LAMB SHOULDER	24786
MORROCAN CHICKEN	9900
ITALIAN CHICKEN	60894
NORMAL CHICKEN	86970
CHICKEN THIGH	31680

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	1830
10MM DICED POTATO (LEBO)	1830
10MM DICED ZUCCHINI	1650
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	1650
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	4530
5MM MONGOLIAN CAPSICUM	9889
5MM MONGOLIAN ONION	9889
5MM SLICED MUSHROOMS	0
BROCCOLI	8260
CRATED CARROTS	150
CRATED ZUCCHINI	0
LEMON POTATO	22976
ROASTED POTATO	75810
THAI POTATOS	6480
POTATO MASH	42750
SWEET POTATO MASH	32800
SPINACH	3072
RED ONION	4590
PARSLEY	230