

## Meal Production Summary - 31/07/2025

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	55	28	26	18	91
Beef Chow Mein	37	15	15	5	62
Shepherd's Pie	34	0	0	0	34
Beef Burrito Bowl	48	14	12	0	74
Beef Meatballs	66	13	13	0	92
Lebanese Beef Stew	40	0	0	5	35
Mongolian Beef	90	20	18	13	115
Chicken with Vegetables	35	0	0	0	35
Chicken with Sweet Potato and Beans	52	0	0	0	52
Naked Chicken Parma	75	19	17	0	111
Chicken Pesto Pasta	59	20	20	0	99
Chicken and Broccoli Pasta	64	0	0	0	64
Butter Chicken	47	11	0	4	54
Thai Green Chicken Curry	57	19	17	5	88
Moroccan Chicken	18	0	0	3	15
Steak with Mushroom Sauce	58	13	13	0	84
Creamy Chicken & Mushroom Gnocchi	48	0	0	7	41
Roasted Lemon Chicken & Potatoes	63	32	32	0	127
Beef Lasagna	113	56	56	0	225
Bean Nachos with Rice	10	0	0	0	10
Lamb Souvlaki	71	14	14	16	83
Chicken Fajita Bowl	52	13	11	0	76
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	3	0	0	0	3
Lunch or Dinner Only - 7 Meals	0	1	0	0	1
<b>TOTAL</b>	<b>1195</b>	<b>288</b>	<b>264</b>	<b>76</b>	<b>1671</b>

# Daily Production Report - 31/07/2025

## Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	91	3094	2
Oil	0.7	91	32	

## Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	163	4808	2
Oil	0.7	163	57	

## Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	514	27242	1
Water	95	514	48830	
Salt	1	514	514	
Oil	1.5	514	771	

## Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	15	2700	0
Oil	2	15	30	
Lemon Juice	6	15	90	
Moroccan Chicken Mix	4	15	60	

## Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	150	203	30450	
Oil	4	203	812	
Roast Chicken Mix	4	203	812	

## Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	84	9240	0
Oil	1.5	84	126.0	
Baking Soda	3	84	252	

## Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	83	13446	0
Oil	2	83	166	
Salt	1.5	83	124.5	
Oregano	1.2	83	99.6	

## Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	176	26400	0
Cooking Cream	20	176	3520	
Butter	7	176	1232	
Salt	1.5	176	264.0	
White Pepper	0.5	176	88.0	

## Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	185	86	15910	0
Salt	1	86	86	
White Pepper	0.5	86	43.0	

## Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	194	9215	4
Oil	1	194	48	
Spices Mix	2.5	194	121	

## Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	127	8763	3
Oil	1	127	42	
Salt	1.2	127	51	

## Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	88	5280	0
Salt	1	88	88	

## Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	83	2490	0
Parsley	1.5	83	124.5	
Paprika	0.5	83	41.5	

## Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	171	10260	0

# Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	91	0	2
Napoli Sauce	0	91	0	
Crushed Tomatoes	0	91	0	
Beef Stock	0	91	0	
Onion	0	91	0	
Zucchini	0	91	0	
Carrot	0	91	0	
Vegetable Oil	0	91	0	
Salt	0	91	0	
Pepper	0	91	0	

### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	62	0	1
Celery	0	62	0	
Carrot	0	62	0	
Cabbage	0	62	0	
Onion	0	62	0	
Oil	0	62	0	
Pepper	0	62	0	
Salt	0	62	0	
Soy Sauce	0	62	0	
Oyster Sauce	0	62	0	

### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	34	0	1
Oil	0	34	0	
Carrots	0	34	0	
Capsicum	0	34	0	
Onion	0	34	0	
Mushroom	0	34	0	
Peas	0	34	0	
Tomato Paste	0	34	0	
Beef Stock	0	34	0	
Salt	0	34	0	
Pepper	0	34	0	
Napoli Sauce	0	34	0	

### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	74	0	1
Onion	0	74	0	
Capsicum	0	74	0	
Vegetable Oil	0	74	0	
Taco Seasoning	0	74	0	
Salt	0	74	0	
Pepper	0	74	0	
Beef Stock	0	74	0	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	92	13800	
Onion	10	92	920	
Parsley	3	92	276	
Salt	1.5	92	138.0	
Pepper	0.2	92	18.400000000000002	

### Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	35	3395	1
Onion	30	35	1050	
Carrot	30	35	1050	
Potato	30	35	1050	
Peas	30	35	1050	
Oil	2	35	70	
Salt	2.5	35	88	
Pepper	0.5	35	18	
Tomato Paste	20	35	700	
Water	30	35	1050	
Beef Stock	30	35	1050	
Rice	130	35	4550	

### Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	97	115	11155	
Baking Soda	2.5	115	287.5	
Water	10	115	1150	
Soy Sauce	5	115	575	
Cornflour	2.5	115	287.5	
Capsicum	37	115	4255	
Onion	37	115	4255	
Rice	130	115	14950	

## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	35	4725	1
Corn	52	35	1820	
Beans	60	35	2100	
Broccoli	67	35	2345	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	99	12870	
Penne	59	99	5841	
Sundried Tomatoes	24	99	2376	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	54	7560	
Peas	40	54	2160	
Rice	130	54	7020	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	15	2700	

### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	15	300	
Zucchini	30	15	450	
Red Capsicum	30	15	450	
Garlic	2	15	30	
Oil	2	15	30	
Chickpeas	115	15	1725	
Mix Spices	1.7	15	25.5	
Chicken Stock	50	15	750	

### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	225	33750	
Mozzerala Cheese	1750	225	168750	
Napoli Sauce	500	225	112500	
Bolognese	3200	225	720000	

### 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	111	16650	

### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	64	8320	
Penne	59	64	3776	
Broccoli	40	64	2560	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	88	12320	
Rice	130	88	11440	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	84	9240	

### 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	10	800	1
Carrot	25	10	250	
Onion	20	10	200	
Taco Seasoning	1	10	10	
Salt	1.5	10	15	
Pepper	0.5	10	5	
Garlic	2.5	10	25	
Vegetable Oil	1.5	10	15	
Cumin	0.5	10	5	
Crushed Tomato	85	10	850	
Water	41.7	10	417	

## Meal Recipes (cont'd)

### Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	83	11620	1
Potatoes	140	83	11620	

### 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	76	5700	2
Capsicum	52	76	1976	
Red Onion	52	76	1976	
Salsa	30	76	1140	
Rice	130	76	4940	

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	41	3075	2
Chicken	80	41	1640	
Sauce	200	41	4100	
Spinach	25	41	512	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	88	616
Coconut Cream	90	88	7920

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	83	1660
Garlic	2	83	166
Salt	1	83	83

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	115	8050
MEATBALLS	120	92	11040
LEMON	50	127	6350
MUSHROOM	100	84	8400
FAJITA SAUCE	33	76	2508
BURRITO SAUCE	43	74	3182

### Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	74	1591	2
Black Beans	50	74	1850	2
Corn	50	74	1850	2
Rice	130	74	4810	2

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	111	5550
Mozzarella Cheese	40	111	4440

### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	24	99	2376

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	110	99	5445	2
Sauce	80	99	3960	2

### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	110	88	4840	2
Sauce	90	88	3960	2

### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	120	54	3240	2
Sauce	90	54	2430	2

### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	150	41	3075	2
Chicken	80	41	1640	2
Sauce	200	41	4100	2
Spinach	25	41	513	2

### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	100	64	3200	2
Sauce	100	64	3200	2

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	3395
BEEF TOPSIDE (MONG)	11155
MINCE	13800
TOPSIDE STEAK	9240
LAMB SHOULDER	13446
MORROCAN CHICKEN	2700
ITALIAN CHICKEN	30294
NORMAL CHICKEN	44980
CHICKEN THIGH	30450

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	1050
10MM DICED POTATO (LEBO)	1050
10MM DICED ZUCCHINI	450
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	450
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	2470
5MM MONGOLIAN CAPSICUM	8207
5MM MONGOLIAN ONION	8207
5MM SLICED MUSHROOMS	0
BROCCOLI	4905
CRATED CARROTS	250
CRATED ZUCCHINI	0
LEMON POTATO	26289
ROASTED POTATO	36860
THAI POTATOS	5280
POTATO MASH	26400
SWEET POTATO MASH	15910
SPINACH	1024
RED ONION	2490
PARSLEY	124