

Meal Production Summary - 02/09/2025

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	218	8	2	15	213
Beef Chow Mein	156	0	0	6	150
Shepherd's Pie	115	0	0	0	115
Beef Burrito Bowl	160	5	1	0	166
Beef Meatballs	169	7	0	6	170
Lebanese Beef Stew	72	0	0	14	58
Mongolian Beef	228	10	0	0	238
Chicken with Vegetables	68	8	0	0	76
Chicken with Sweet Potato and Beans	128	0	0	0	128
Naked Chicken Parma	242	10	0	0	252
Chicken Pesto Pasta	197	8	0	4	201
Chicken and Broccoli Pasta	118	0	1	0	119
Butter Chicken	184	3	0	0	187
Thai Green Chicken Curry	140	3	0	0	143
Moroccan Chicken	63	0	0	0	63
Steak with Mushroom Sauce	217	4	0	0	221
Creamy Chicken & Mushroom Gnocchi	192	0	0	0	192
Roasted Lemon Chicken & Potatoes	111	13	2	0	126
Beef Lasagna	286	14	2	0	302
Bean Nachos with Rice	10	0	0	0	10
Lamb Souvlaki	208	3	0	4	207
Chicken Fajita Bowl	119	16	0	0	135
Steak On Its Own	0	0	0	29	0
Chicken On Its Own	0	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	14	0	0	0	14
Baked Family Lasagna	34	0	0	0	34
TOTAL	3449	112	8	78	3520

Daily Production Report - 02/09/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	213	4828	3
Oil	0.7	213	50	

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	1087	19204	3
Water	95	1087	34422	
Salt	1	1087	362	
Oil	1.5	1087	544	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	63	11340	0
Oil	2	63	126	
Lemon Juice	6	63	378	
Moroccan Chicken Mix	4	63	252	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	155	261	40455	
Oil	4	261	1044	
Roast Chicken Mix	4	261	1044	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	221	24310	0
Oil	1.5	221	331.5	
Baking Soda	3	221	663	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	207	33534	0
Oil	2	207	414	
Salt	1.5	207	310.5	
Oregano	1.2	207	248.4	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	391	58650	0
Cooking Cream	20	391	7820	
Butter	7	391	2737	
Salt	1.5	391	586.5	
White Pepper	0.5	391	195.5	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	185	243	44955	0
Salt	1	243	243	
White Pepper	0.5	243	121.5	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	459	10901	8
Oil	1	459	57	
Spices Mix	2.5	459	143	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	126	13041	2
Oil	1	126	63	
Salt	1.2	126	76	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	143	8580	0
Salt	1	143	143	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	207	6210	0
Parsley	1.5	207	310.5	
Paprika	0.5	207	103.5	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	425	25500	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	213	0	3
Napoli Sauce	0	213	0	
Crushed Tomatoes	0	213	0	
Beef Stock	0	213	0	
Onion	0	213	0	
Zucchini	0	213	0	
Carrot	0	213	0	
Vegetable Oil	0	213	0	
Salt	0	213	0	
Pepper	0	213	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	150	0	2
Celery	0	150	0	
Carrot	0	150	0	
Cabbage	0	150	0	
Onion	0	150	0	
Oil	0	150	0	
Pepper	0	150	0	
Salt	0	150	0	
Soy Sauce	0	150	0	
Oyster Sauce	0	150	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	115	0	2
Oil	0	115	0	
Carrots	0	115	0	
Capsicum	0	115	0	
Onion	0	115	0	
Mushroom	0	115	0	
Peas	0	115	0	
Tomato Paste	0	115	0	
Beef Stock	0	115	0	
Salt	0	115	0	
Pepper	0	115	0	
Napoli Sauce	0	115	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	166	0	2
Onion	0	166	0	
Capsicum	0	166	0	
Vegetable Oil	0	166	0	
Taco Seasoning	0	166	0	
Salt	0	166	0	
Pepper	0	166	0	
Beef Stock	0	166	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	170	25500	
Onion	10	170	1700	
Parsley	3	170	510	
Salt	1.5	170	255.0	
Pepper	0.2	170	34.0	

Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	58	5626	1
Onion	30	58	1740	
Carrot	30	58	1740	
Potato	30	58	1740	
Peas	30	58	1740	
Oil	2	58	116	
Salt	2.5	58	145	
Pepper	0.5	58	29	
Tomato Paste	20	58	1160	
Water	30	58	1740	
Beef Stock	30	58	1740	
Rice	130	58	7540	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	97	238	23086	
Baking Soda	2.5	238	595.0	
Water	10	238	2380	
Soy Sauce	5	238	1190	
Cornflour	2.5	238	595.0	
Capsicum	37	238	8806	
Onion	37	238	8806	
Rice	130	238	30940	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	76	5130	2
Corn	50	76	1900	
Beans	60	76	2280	
Broccoli	67	76	2546	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	201	26130	
Penne	59	201	11859	
Sundried Tomatoes	20	201	4020	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	187	6545	4
Peas	40	187	1870	
Rice	130	187	6078	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	63	11340	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	63	1260	
Zucchini	30	63	1890	
Red Capsicum	30	63	1890	
Garlic	2	63	126	
Oil	2	63	126	
Chickpeas	115	63	7245	
Mix Spices	1.7	63	107.1	
Chicken Stock	50	63	3150	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	302	45300	
Mozzerala Cheese	1750	302	226500	
Napoli Sauce	500	302	151000	
Bolognese	3200	302	966400	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	128	5760	3
Beans	60	128	2560	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	252	37800	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	119	15470	
Penne	59	119	7021	
Broccoli	40	119	4760	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	143	20020	
Rice	130	143	18590	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	221	24310	

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	207	9660	3
Potatoes	140	207	9660	

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	135	6750	3
Capsicum	52	135	2340	
Red Onion	52	135	2340	
Salsa	30	135	1350	
Rice	130	135	5850	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	192	4800	6
Chicken	80	192	2560	
Sauce	200	192	6400	
Spinach	25	192	800	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	143	1001
Coconut Cream	95	143	13585

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	207	4140
Garlic	1.5	207	310.5
Salt	0.5	207	103.5

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	238	16660
MEATBALLS	120	170	20400
LEMON	50	126	6300
MUSHROOM	100	221	22100
FAJITA SAUCE	33	135	4455
BURRITO SAUCE	43	166	7138

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	166	2380	3
Black Beans	50	166	2767	3
Corn	50	166	2767	3
Rice	130	166	7194	3

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	252	12600
Mozzarella Cheese	40	252	10080

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	201	4020

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	201	4302	5
Sauce	80	201	3216	5

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	143	5339	3
Sauce	90	143	4290	3

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	187	5751	4
Sauce	90	187	4208	4

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	192	4704	6
Chicken	80	192	2560	6
Sauce	200	192	6400	6
Spinach	25	192	800	6

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	119	4046	3
Sauce	100	119	3967	3

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	5626
BEEF TOPSIDE (MONG)	23086
MINCE	25500
TOPSIDE STEAK	24310
LAMB SHOULDER	33534
MORROCAN CHICKEN	11340
ITALIAN CHICKEN	69768
NORMAL CHICKEN	109460
CHICKEN THIGH	40455

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	1740
10MM DICED POTATO (LEBO)	1740
10MM DICED ZUCCHINI	1890
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	1890
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	4900
5MM MONGOLIAN CAPSICUM	15826
5MM MONGOLIAN ONION	15826
5MM SLICED MUSHROOMS	0
BROCCOLI	9852
CRATED CARROTS	250
CRATED ZUCCHINI	0
LEMON POTATO	26082
ROASTED POTATO	87208
THAI POTATOS	8580
POTATO MASH	58650
SWEET POTATO MASH	44955
SPINACH	4800
RED ONION	6210
PARSLEY	310