

## Meal Production Summary - 13/11/2025

| Meal                                | Clean Eats  | Made Active | Elite Meals | Already Made | Total       |
|-------------------------------------|-------------|-------------|-------------|--------------|-------------|
| Spaghetti Bolognese                 | 161         | 11          | 15          | 13           | 174         |
| Beef Chow Mein                      | 65          | 11          | 15          | 0            | 91          |
| Shepherd's Pie                      | 76          | 0           | 12          | 7            | 81          |
| Beef Burrito Bowl                   | 88          | 17          | 24          | 0            | 129         |
| Beef Meatballs                      | 84          | 22          | 7           | 4            | 109         |
| Lebanese Beef Stew                  | 0           | 0           | 0           | 0            | 0           |
| Mongolian Beef                      | 158         | 5           | 0           | 40           | 123         |
| Chicken with Vegetables             | 48          | 17          | 1           | 0            | 66          |
| Chicken with Sweet Potato and Beans | 67          | 0           | 12          | 0            | 79          |
| Naked Chicken Parma                 | 200         | 15          | 10          | 0            | 225         |
| Chicken Pesto Pasta                 | 151         | 13          | 11          | 0            | 175         |
| Chicken and Broccoli Pasta          | 104         | 0           | 10          | 0            | 114         |
| Butter Chicken                      | 141         | 41          | 15          | 0            | 197         |
| Thai Green Chicken Curry            | 93          | 12          | 0           | 0            | 105         |
| Moroccan Chicken                    | 57          | 0           | 10          | 5            | 62          |
| Steak with Mushroom Sauce           | 111         | 6           | 4           | 5            | 116         |
| Creamy Chicken & Mushroom Gnocchi   | 73          | 0           | 9           | 0            | 82          |
| Roasted Lemon Chicken & Potatoes    | 123         | 1           | 10          | 0            | 134         |
| Beef Lasagna                        | 298         | 15          | 23          | 0            | 336         |
| Bean Nachos with Rice               | 12          | 0           | 0           | 5            | 7           |
| Lamb Souvlaki                       | 138         | 15          | 0           | 19           | 134         |
| Chicken Fajita Bowl                 | 88          | 13          | 0           | 0            | 101         |
| 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  | 5           | 0           | 0           | 0            | 5           |
| Baked Family Lasagna                | 6           | 0           | 0           | 0            | 6           |
| ON Amino Energy Can                 | 0           | 9           | 0           | 0            | 9           |
| <b>TOTAL</b>                        | <b>2347</b> | <b>223</b>  | <b>188</b>  | <b>98</b>    | <b>2660</b> |

## Daily Production Report - 13/11/2025

### Spaghetti Order

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Spaghetti  | 64       | 174   | 3712  | 3       |
| Oil        | 0.7      | 174   | 41    |         |

### Penne Order

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Penne      | 59       | 289   | 5684  | 3       |
| Oil        | 0.7      | 289   | 67    |         |

### Rice Order

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Rice       | 53       | 753   | 19954 | 2       |
| Water      | 95       | 753   | 35768 |         |
| Salt       | 1        | 753   | 376   |         |
| Oil        | 1.5      | 753   | 565   |         |

### Moroccan Chicken

| Ingredient           | Qty/Meal | Meals | Total | Batches |
|----------------------|----------|-------|-------|---------|
| Chicken              | 180      | 62    | 11160 | 0       |
| Oil                  | 2        | 62    | 124   |         |
| Lemon Juice          | 6        | 62    | 372   |         |
| Moroccan Chicken Mix | 4        | 62    | 248   |         |

### Chicken Thigh

| Ingredient        | Qty/Meal | Meals | Total | Batches |
|-------------------|----------|-------|-------|---------|
| Chicken           | 160      | 235   | 37600 |         |
| Oil               | 4        | 235   | 940   |         |
| Roast Chicken Mix | 4        | 235   | 940   |         |

### Steak

| Ingredient  | Qty/Meal | Meals | Total | Batches |
|-------------|----------|-------|-------|---------|
| Steak       | 93       | 116   | 10788 | 0       |
| Oil         | 1.5      | 116   | 174.0 |         |
| Baking Soda | 3        | 116   | 348   |         |

### Lamb Marinate

| Ingredient    | Qty/Meal | Meals | Total | Batches |
|---------------|----------|-------|-------|---------|
| Lamb Shoulder | 162      | 134   | 21708 | 0       |
| Oil           | 2        | 134   | 268   |         |
| Salt          | 1.5      | 134   | 201.0 |         |
| Oregano       | 1.2      | 134   | 160.8 |         |

### Potato Mash

| Ingredient    | Qty/Meal | Meals | Total | Batches |
|---------------|----------|-------|-------|---------|
| Potato        | 150      | 225   | 33750 | 0       |
| Cooking Cream | 20       | 225   | 4500  |         |
| Butter        | 7        | 225   | 1575  |         |
| Salt          | 1.5      | 225   | 337.5 |         |
| White Pepper  | 0.5      | 225   | 112.5 |         |

### Sweet Potato Mash

| Ingredient   | Qty/Meal | Meals | Total | Batches |
|--------------|----------|-------|-------|---------|
| Sweet Potato | 200      | 160   | 32000 | 0       |
| Salt         | 1        | 160   | 160   |         |
| White Pepper | 0.5      | 160   | 80.0  |         |

### Roasted Potatoes

| Ingredient       | Qty/Meal | Meals | Total | Batches |
|------------------|----------|-------|-------|---------|
| Roasted Potatoes | 190      | 359   | 11368 | 6       |
| Oil              | 1        | 359   | 60    |         |
| Spices Mix       | 2.5      | 359   | 150   |         |

### Roasted Lemon Potatoes

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Potatoes   | 207      | 134   | 9246  | 3       |
| Oil        | 1        | 134   | 45    |         |
| Salt       | 1.2      | 134   | 54    |         |

### Roasted Thai Potatoes

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Potato     | 60       | 105   | 6300  | 0       |
| Salt       | 1        | 105   | 105   |         |

### Lamb Onion Marinated

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Red Onion  | 30       | 134   | 4020  | 0       |
| Parsley    | 1.5      | 134   | 201.0 |         |
| Paprika    | 0.5      | 134   | 67.0  |         |

### Green Beans

| Ingredient  | Qty/Meal | Meals | Total | Batches |
|-------------|----------|-------|-------|---------|
| Green Beans | 60       | 261   | 15660 | 0       |

## Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

| Ingredient       | Qty/Meal | Meals | Batch Total | Batch |
|------------------|----------|-------|-------------|-------|
| Beef Mince       | 0        | 174   | 0           | 2     |
| Napoli Sauce     | 0        | 174   | 0           |       |
| Crushed Tomatoes | 0        | 174   | 0           |       |
| Beef Stock       | 0        | 174   | 0           |       |
| Onion            | 0        | 174   | 0           |       |
| Zucchini         | 0        | 174   | 0           |       |
| Carrot           | 0        | 174   | 0           |       |
| Vegetable Oil    | 0        | 174   | 0           |       |
| Salt             | 0        | 174   | 0           |       |
| Pepper           | 0        | 174   | 0           |       |

### Beef Chow Mein

| Ingredient   | Qty/Meal | Meals | Batch Total | Batch |
|--------------|----------|-------|-------------|-------|
| Beef Mince   | 0        | 91    | 0           | 2     |
| Celery       | 0        | 91    | 0           |       |
| Carrot       | 0        | 91    | 0           |       |
| Cabbage      | 0        | 91    | 0           |       |
| Onion        | 0        | 91    | 0           |       |
| Oil          | 0        | 91    | 0           |       |
| Pepper       | 0        | 91    | 0           |       |
| Salt         | 0        | 91    | 0           |       |
| Soy Sauce    | 0        | 91    | 0           |       |
| Oyster Sauce | 0        | 91    | 0           |       |

### Shepherd's Pie

| Ingredient   | Qty/Meal | Meals | Batch Total | Batch |
|--------------|----------|-------|-------------|-------|
| Beef Mince   | 0        | 81    | 0           | 1     |
| Oil          | 0        | 81    | 0           |       |
| Carrots      | 0        | 81    | 0           |       |
| Capsicum     | 0        | 81    | 0           |       |
| Onion        | 0        | 81    | 0           |       |
| Mushroom     | 0        | 81    | 0           |       |
| Peas         | 0        | 81    | 0           |       |
| Tomato Paste | 0        | 81    | 0           |       |
| Beef Stock   | 0        | 81    | 0           |       |
| Salt         | 0        | 81    | 0           |       |
| Pepper       | 0        | 81    | 0           |       |
| Napoli Sauce | 0        | 81    | 0           |       |

### Beef Burrito Bowl

| Ingredient     | Qty/Meal | Meals | Batch Total | Batch |
|----------------|----------|-------|-------------|-------|
| Beef Mince     | 0        | 129   | 0           | 1     |
| Onion          | 0        | 129   | 0           |       |
| Capsicum       | 0        | 129   | 0           |       |
| Vegetable Oil  | 0        | 129   | 0           |       |
| Taco Seasoning | 0        | 129   | 0           |       |
| Salt           | 0        | 129   | 0           |       |
| Pepper         | 0        | 129   | 0           |       |
| Beef Stock     | 0        | 129   | 0           |       |

### Beef Meatballs

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Mince      | 150      | 109   | 16350       |       |
| Onion      | 10       | 109   | 1090        |       |
| Parsley    | 3        | 109   | 327         |       |
| Salt       | 1.5      | 109   | 163.5       |       |
| Pepper     | 0.2      | 109   | 21.8        |       |

### 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      | 123   | 12300       |       |
| Baking Soda | 2.5      | 123   | 307.5       |       |
| Water       | 10       | 123   | 1230        |       |
| Soy Sauce   | 5        | 123   | 615         |       |
| Cornflour   | 2.5      | 123   | 307.5       |       |
| Capsicum    | 37       | 123   | 4551        |       |
| Onion       | 37       | 123   | 4551        |       |
| Rice        | 130      | 123   | 15990       |       |

## Meal Recipes (cont'd)

### Chicken With Vegetables

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken    | 135      | 66    | 4455        | 2     |
| Corn       | 50       | 66    | 1650        |       |
| Beans      | 60       | 66    | 1980        |       |
| Broccoli   | 67       | 66    | 2211        |       |

### Chicken Pesto Pasta

| Ingredient        | Qty/Meal | Meals | Batch Total | Batch |
|-------------------|----------|-------|-------------|-------|
| Chicken           | 130      | 175   | 22750       |       |
| Penne             | 59       | 175   | 10325       |       |
| Sundried Tomatoes | 20       | 175   | 3500        |       |

### Butter Chicken

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken    | 140      | 197   | 6895        | 4     |
| Peas       | 40       | 197   | 1970        |       |
| Rice       | 130      | 197   | 6402        |       |

### Moroccan Chicken

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken    | 180      | 62    | 11160       |       |

### Chickpea Recipe

| Ingredient    | Qty/Meal | Meals | Total              |  |
|---------------|----------|-------|--------------------|--|
| Onion         | 18       | 62    | 1116               |  |
| Zucchini      | 27       | 62    | 1674               |  |
| Red Capsicum  | 27       | 62    | 1674               |  |
| Garlic        | 1.8      | 62    | 111.60000000000001 |  |
| Oil           | 1.8      | 62    | 111.60000000000001 |  |
| Chickpeas     | 103.5    | 62    | 6417.0             |  |
| Mix Spices    | 1.53     | 62    | 94.86              |  |
| Chicken Stock | 45       | 62    | 2790               |  |

### Beef Lasagna

| Ingredient       | Qty/Meal | Meals | Batch Total | Batch |
|------------------|----------|-------|-------------|-------|
| Lasange Sheets   | 150      | 336   | 50400       |       |
| Mozzerala Cheese | 1750     | 336   | 252000      |       |
| Napoli Sauce     | 500      | 336   | 168000      |       |
| Bolognese        | 3200     | 336   | 1075200     |       |

### Chicken with Sweet Potato and Beans

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken    | 135      | 79    | 5332        | 2     |
| Beans      | 60       | 79    | 2370        |       |

### Naked Chicken Parma

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken    | 150      | 225   | 33750       |       |

### Chicken and Broccoli Pasta

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken    | 130      | 114   | 14820       |       |
| Penne      | 59       | 114   | 6726        |       |
| Broccoli   | 40       | 114   | 4560        |       |

### Thai Green Chicken Curry

| Ingredient | Qty/Meal | Meals | Batch Total        | Batch |
|------------|----------|-------|--------------------|-------|
| Chicken    | 144.2    | 105   | 15140.999999999998 |       |
| Rice       | 130      | 105   | 13650              |       |

### Steak with Mushroom Sauce

| Ingredient    | Qty/Meal | Meals | Batch Total | Batch |
|---------------|----------|-------|-------------|-------|
| Topside Steak | 110      | 116   | 12760       |       |

### 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       | 7     | 560         | 1     |
| Carrot         | 25       | 7     | 175         |       |
| Onion          | 20       | 7     | 140         |       |
| Taco Seasoning | 1        | 7     | 7           |       |
| Salt           | 1.5      | 7     | 10          |       |
| Pepper         | 0.5      | 7     | 4           |       |
| Garlic         | 2.5      | 7     | 18          |       |
| Vegetable Oil  | 1.5      | 7     | 10          |       |
| Cumin          | 0.5      | 7     | 4           |       |
| Crushed Tomato | 85       | 7     | 595         |       |
| Water          | 41.7     | 7     | 292         |       |

## Meal Recipes (cont'd)

### Lamb Souvlaki

| Ingredient    | Qty/Meal | Meals | Batch Total | Batch |
|---------------|----------|-------|-------------|-------|
| Lamb Shoulder | 140      | 134   | 9380        | 2     |
| Potatoes      | 140      | 134   | 9380        |       |

### 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      | 101   | 7575        | 2     |
| Capsicum      | 52       | 101   | 2626        |       |
| Red Onion     | 52       | 101   | 2626        |       |
| Salsa         | 30       | 101   | 1515        |       |
| Rice          | 130      | 101   | 6565        |       |

### Creamy Chicken & Mushroom Gnocchi

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Gnocchi    | 150      | 82    | 4100        | 3     |
| Chicken    | 80       | 82    | 2187        |       |
| Sauce      | 200      | 82    | 5467        |       |
| Spinach    | 25       | 82    | 683         |       |

## Sauces

### Thai Sauce

| Ingredient        | Meal Amount | Total Meals | Required Ingredient |
|-------------------|-------------|-------------|---------------------|
| Green Curry Paste | 7.21        | 105         | 757.05              |
| Coconut Cream     | 97.85       | 105         | 10274.25            |

### Lamb Sauce

| Ingredient   | Meal Amount | Total Meals | Required Ingredient |
|--------------|-------------|-------------|---------------------|
| Greek Yogurt | 20          | 134         | 2680                |
| Garlic       | 1           | 134         | 134                 |
| Salt         | 0.2         | 134         | 26.8                |

## To Pack In Fridge

### Sauces to Prepare

| Sauce         | Qty | Amt | Total |
|---------------|-----|-----|-------|
| MONGOLIAN     | 70  | 123 | 8610  |
| MEATBALLS     | 120 | 109 | 13080 |
| LEMON         | 50  | 134 | 6700  |
| MUSHROOM      | 100 | 116 | 11600 |
| FAJITA SAUCE  | 33  | 101 | 3333  |
| BURRITO SAUCE | 43  | 129 | 5547  |

### Beef Burrito Mix

| Ingredient  | Qty | Amt | Total | Batches |
|-------------|-----|-----|-------|---------|
| Salsa       | 43  | 129 | 1849  | 3       |
| Black Beans | 50  | 129 | 2150  | 3       |
| Corn        | 50  | 129 | 2150  | 3       |
| Rice        | 130 | 129 | 5590  | 3       |

### Parma Mix

| Ingredient        | Qty | Amt | Total |
|-------------------|-----|-----|-------|
| Napoli Sauce      | 50  | 225 | 11250 |
| Mozzarella Cheese | 40  | 225 | 9000  |

### Chicken Pesto Sundried

| Ingredient       | Qty | Meals | Total |
|------------------|-----|-------|-------|
| Sundried Tomatos | 20  | 175   | 3500  |

## Chicken Mixing

### Pesto

| Ingredient | Qty/Batch | Amount | Total | Batches |
|------------|-----------|--------|-------|---------|
| Chicken    | 107       | 175    | 4682  | 4       |
| Sauce      | 80        | 175    | 3500  | 4       |

### Thai

| Ingredient | Qty/Batch | Amount | Total | Batches |
|------------|-----------|--------|-------|---------|
| Chicken    | 115.36    | 105    | 4038  | 3       |
| Sauce      | 92.7      | 105    | 3245  | 3       |

### Butter Chicken

| Ingredient | Qty/Batch | Amount | Total | Batches |
|------------|-----------|--------|-------|---------|
| Chicken    | 123       | 197    | 6058  | 4       |
| Sauce      | 90        | 197    | 4433  | 4       |

### Gnocchi

| Ingredient | Qty/Batch | Amount | Total | Batches |
|------------|-----------|--------|-------|---------|
| Gnocchi    | 147       | 82     | 4018  | 3       |
| Chicken    | 80        | 82     | 2187  | 3       |
| Sauce      | 200       | 82     | 5467  | 3       |
| Spinach    | 25        | 82     | 684   | 3       |

### Broccoli Pasta

| Ingredient | Qty/Batch | Amount | Total | Batches |
|------------|-----------|--------|-------|---------|
| Chicken    | 102       | 114    | 3876  | 3       |
| Sauce      | 100       | 114    | 3800  | 3       |

## Meat Order and Veg Prep

### Meat Order

| Meat Type           | Amount (g) |
|---------------------|------------|
| CHUCK ROLL (LEBO)   | 0          |
| BEEF TOPSIDE (MONG) | 12300      |
| MINCE               | 16350      |
| TOPSIDE STEAK       | 10788      |
| LAMB SHOULDER       | 21708      |
| MORROCAN CHICKEN    | 11160      |
| ITALIAN CHICKEN     | 56610      |
| NORMAL CHICKEN      | 87490      |
| CHICKEN THIGH       | 37600      |

### Veg Prep

| Veg Prep                 | Amount (g) |
|--------------------------|------------|
| 10MM DICED CARROT        | 0          |
| 10MM DICED POTATO (LEBO) | 0          |
| 10MM DICED ZUCCHINI      | 1674       |
| 5MM DICED CABBAGE        | 0          |
| 5MM DICED CAPSICUM       | 1674       |
| 5MM DICED CARROTS        | 0          |
| 5MM DICED CELERY         | 0          |
| 5MM DICED MUSHROOMS      | 0          |
| 5MM DICED ONION          | 2346       |
| 5MM MONGOLIAN CAPSICUM   | 9803       |
| 5MM MONGOLIAN ONION      | 9803       |
| 5MM SLICED MUSHROOMS     | 0          |
| BROCCOLI                 | 8982       |
| CRATED CARROTS           | 175        |
| CRATED ZUCCHINI          | 0          |
| LEMON POTATO             | 27738      |
| ROASTED POTATO           | 68208      |
| THAI POTATOS             | 6300       |
| POTATO MASH              | 33750      |
| SWEET POTATO MASH        | 32000      |
| SPINACH                  | 2048       |
| RED ONION                | 4020       |
| PARSLEY                  | 201        |