

## Meal Production Summary - 14/08/2025

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	98	10	23	0	131
Beef Chow Mein	40	11	18	6	63
Shepherd's Pie	65	0	28	0	93
Beef Burrito Bowl	64	16	37	0	117
Beef Meatballs	67	15	20	0	102
Lebanese Beef Stew	45	0	0	6	39
Mongolian Beef	112	20	0	0	132
Chicken with Vegetables	23	10	7	0	40
Chicken with Sweet Potato and Beans	64	0	23	10	77
Naked Chicken Parma	108	24	21	0	153
Chicken Pesto Pasta	75	15	21	0	111
Chicken and Broccoli Pasta	57	0	6	0	63
Butter Chicken	61	19	21	0	101
Thai Green Chicken Curry	61	13	0	0	74
Moroccan Chicken	20	0	15	0	35
Steak with Mushroom Sauce	52	15	33	15	85
Creamy Chicken & Mushroom Gnocchi	71	0	2	0	73
Roasted Lemon Chicken & Potatoes	45	8	28	5	76
Beef Lasagna	165	7	44	0	216
Bean Nachos with Rice	5	0	0	0	5
Lamb Souvlaki	76	14	0	5	85
Chicken Fajita Bowl	60	16	0	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	4	0	0	0	4
Baked Family Lasagna	1	0	0	0	1
<b>TOTAL</b>	<b>1439</b>	<b>213</b>	<b>347</b>	<b>47</b>	<b>1952</b>

## Daily Production Report - 14/08/2025

### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	131	4454	2
Oil	0.7	131	46	

### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	174	5133	2
Oil	0.7	174	61	

### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	607	16086	2
Water	95	607	28832	
Salt	1	607	304	
Oil	1.5	607	455	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	35	6300	0
Oil	2	35	70	
Lemon Juice	6	35	210	
Moroccan Chicken Mix	4	35	140	

### Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	155	152	23560	
Oil	4	152	608	
Roast Chicken Mix	4	152	608	

### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	85	9350	0
Oil	1.5	85	127.5	
Baking Soda	3	85	255	

### Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	85	13770	0
Oil	2	85	170	
Salt	1.5	85	127.5	
Oregano	1.2	85	102.0	

### Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	187	28050	0
Cooking Cream	20	187	3740	
Butter	7	187	1309	
Salt	1.5	187	280.5	
White Pepper	0.5	187	93.5	

### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	185	170	31450	0
Salt	1	170	170	
White Pepper	0.5	170	85.0	

### Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	238	11305	4
Oil	1	238	60	
Spices Mix	2.5	238	149	

### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	76	7866	2
Oil	1	76	38	
Salt	1.2	76	46	

### Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	74	4440	0
Salt	1	74	74	

### Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	85	2550	0
Parsley	1.5	85	127.5	
Paprika	0.5	85	42.5	

### Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	202	12120	0

## Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	131	0	2
Napoli Sauce	0	131	0	
Crushed Tomatoes	0	131	0	
Beef Stock	0	131	0	
Onion	0	131	0	
Zucchini	0	131	0	
Carrot	0	131	0	
Vegetable Oil	0	131	0	
Salt	0	131	0	
Pepper	0	131	0	

### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	63	0	1
Celery	0	63	0	
Carrot	0	63	0	
Cabbage	0	63	0	
Onion	0	63	0	
Oil	0	63	0	
Pepper	0	63	0	
Salt	0	63	0	
Soy Sauce	0	63	0	
Oyster Sauce	0	63	0	

### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	93	0	2
Oil	0	93	0	
Carrots	0	93	0	
Capsicum	0	93	0	
Onion	0	93	0	
Mushroom	0	93	0	
Peas	0	93	0	
Tomato Paste	0	93	0	
Beef Stock	0	93	0	
Salt	0	93	0	
Pepper	0	93	0	
Napoli Sauce	0	93	0	

### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	117	0	1
Onion	0	117	0	
Capsicum	0	117	0	
Vegetable Oil	0	117	0	
Taco Seasoning	0	117	0	
Salt	0	117	0	
Pepper	0	117	0	
Beef Stock	0	117	0	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	102	15300	
Onion	10	102	1020	
Parsley	3	102	306	
Salt	1.5	102	153.0	
Pepper	0.2	102	20.400000000000	0002

### Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	39	3783	1
Onion	30	39	1170	
Carrot	30	39	1170	
Potato	30	39	1170	
Peas	30	39	1170	
Oil	2	39	78	
Salt	2.5	39	98	
Pepper	0.5	39	20	
Tomato Paste	20	39	780	
Water	30	39	1170	
Beef Stock	30	39	1170	
Rice	130	39	5070	

### Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	97	132	12804	
Baking Soda	2.5	132	330.0	
Water	10	132	1320	
Soy Sauce	5	132	660	
Cornflour	2.5	132	330.0	
Capsicum	37	132	4884	
Onion	37	132	4884	
Rice	130	132	17160	

## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	40	5400	1
Corn	50	40	2000	
Beans	60	40	2400	
Broccoli	67	40	2680	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	111	14430	
Penne	59	111	6549	
Sundried Tomatoes	20	111	2220	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	101	7070	2
Peas	40	101	2020	
Rice	130	101	6565	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	35	6300	

### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	35	700	
Zucchini	30	35	1050	
Red Capsicum	30	35	1050	
Garlic	2	35	70	
Oil	2	35	70	
Chickpeas	115	35	4025	
Mix Spices	1.7	35	59.5	
Chicken Stock	50	35	1750	

### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	216	32400	
Mozzerala Cheese	1750	216	162000	
Napoli Sauce	500	216	108000	
Bolognese	3200	216	691200	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	77	5198	2
Beans	60	77	2310	

### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	153	22950	

### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	63	8190	
Penne	59	63	3717	
Broccoli	40	63	2520	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	74	10360	
Rice	130	74	9620	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	85	9350	

### 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	5	400	1
Carrot	25	5	125	
Onion	20	5	100	
Taco Seasoning	1	5	5	
Salt	1.5	5	8	
Pepper	0.5	5	2	
Garlic	2.5	5	12	
Vegetable Oil	1.5	5	8	
Cumin	0.5	5	2	
Crushed Tomato	85	5	425	
Water	41.7	5	208	

## Meal Recipes (cont'd)

### Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	85	11900	1
Potatoes	140	85	11900	

### 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	73	3650	3
Chicken	80	73	1947	
Sauce	200	73	4867	
Spinach	25	73	608	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	74	518
Coconut Cream	95	74	7030

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	85	1700
Garlic	1.5	85	127.5
Salt	0.5	85	42.5

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	132	9240
MEATBALLS	120	102	12240
LEMON	50	76	3800
MUSHROOM	100	85	8500
FAJITA SAUCE	33	76	2508
BURRITO SAUCE	43	117	5031

### Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	117	2516	2
Black Beans	50	117	2925	2
Corn	50	117	2925	2
Rice	130	117	7605	2

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	153	7650
Mozzarella Cheese	40	153	6120

### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	111	2220

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	111	3959	3
Sauce	80	111	2960	3

### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	74	4144	2
Sauce	90	74	3330	2

### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	101	4141	3
Sauce	90	101	3030	3

### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	73	3577	3
Chicken	80	73	1947	3
Sauce	200	73	4867	3
Spinach	25	73	609	3

### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	63	3213	2
Sauce	100	63	3150	2

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	3783
BEEF TOPSIDE (MONG)	12804
MINCE	15300
TOPSIDE STEAK	9350
LAMB SHOULDER	13770
MORROCAN CHICKEN	6300
ITALIAN CHICKEN	41310
NORMAL CHICKEN	54860
CHICKEN THIGH	23560

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	1170
10MM DICED POTATO (LEBO)	1170
10MM DICED ZUCCHINI	1050
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	1050
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	2990
5MM MONGOLIAN CAPSICUM	8836
5MM MONGOLIAN ONION	8836
5MM SLICED MUSHROOMS	0
BROCCOLI	5200
CRATED CARROTS	125
CRATED ZUCCHINI	0
LEMON POTATO	15732
ROASTED POTATO	45220
THAI POTATOS	4440
POTATO MASH	28050
SWEET POTATO MASH	31450
SPINACH	1824
RED ONION	2550
PARSLEY	128