

## Meal Production Summary - 12/08/2025

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	106	6	2	10	104
Beef Chow Mein	46	1	0	34	13
Shepherd's Pie	53	0	1	0	54
Beef Burrito Bowl	73	14	0	0	87
Beef Meatballs	67	3	0	5	65
Lebanese Beef Stew	22	0	0	13	9
Mongolian Beef	106	12	0	0	118
Chicken with Vegetables	24	4	0	0	28
Chicken with Sweet Potato and Beans	40	0	1	0	41
Naked Chicken Parma	107	11	0	0	118
Chicken Pesto Pasta	75	5	0	0	80
Chicken and Broccoli Pasta	33	0	0	0	33
Butter Chicken	96	10	0	0	106
Thai Green Chicken Curry	70	7	0	0	77
Moroccan Chicken	22	0	0	7	15
Steak with Mushroom Sauce	111	3	0	10	104
Creamy Chicken & Mushroom Gnocchi	57	0	0	0	57
Roasted Lemon Chicken & Potatoes	27	6	2	0	35
Beef Lasagna	154	4	2	0	160
Bean Nachos with Rice	0	0	0	0	0
Lamb Souvlaki	68	5	0	0	73
Chicken Fajita Bowl	28	9	0	0	37
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	3	0	0	0	3
Baked Family Lasagna	8	0	0	0	8
<b>TOTAL</b>	<b>1396</b>	<b>100</b>	<b>8</b>	<b>79</b>	<b>1425</b>

# Daily Production Report - 12/08/2025

## Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	104	3536	2
Oil	0.7	104	36	

## Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	113	6667	1
Oil	0.7	113	79	

## Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	447	23691	1
Water	95	447	42465	
Salt	1	447	447	
Oil	1.5	447	670	

## 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	155	72	11160	
Oil	4	72	288	
Roast Chicken Mix	4	72	288	

## Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	104	11440	0
Oil	1.5	104	156.0	
Baking Soda	3	104	312	

## Lamb Marinade

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	73	11826	0
Oil	2	73	146	
Salt	1.5	73	109.5	
Oregano	1.2	73	87.6	

## Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	169	25350	0
Cooking Cream	20	169	3380	
Butter	7	169	1183	
Salt	1.5	169	253.5	
White Pepper	0.5	169	84.5	

## Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	185	95	17575	0
Salt	1	95	95	
White Pepper	0.5	95	47.5	

## Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	191	9072	4
Oil	1	191	48	
Spices Mix	2.5	191	119	

## Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	35	7245	1
Oil	1	35	35	
Salt	1.2	35	42	

## Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	77	4620	0
Salt	1	77	77	

## Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	73	2190	0
Parsley	1.5	73	109.5	
Paprika	0.5	73	36.5	

## Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	173	10380	0

# Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	104	5200	2
Napoli Sauce	65	104	3380	
Crushed Tomatoes	45	104	2340	
Beef Stock	30	104	1560	
Onion	15	104	780	
Zucchini	15	104	780	
Carrot	15	104	780	
Vegetable Oil	1	104	52	
Salt	3	104	156	
Pepper	1	104	52	

### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	120	13	1560	1
Celery	42	13	546	
Carrot	42	13	546	
Cabbage	42	13	546	
Onion	42	13	546	
Oil	2	13	26	
Pepper	1	13	13	
Salt	0.5	13	6	
Soy Sauce	13	13	169	
Oyster Sauce	13	13	169	

### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	54	5400	1
Oil	2	54	108	
Carrots	15	54	810	
Capsicum	15	54	810	
Onion	15	54	810	
Mushroom	15	54	810	
Peas	15	54	810	
Tomato Paste	6	54	324	
Beef Stock	20	54	1080	
Salt	2	54	108	
Pepper	0.5	54	27	
Napoli Sauce	70	54	3780	

### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	95	87	8265	1
Onion	12	87	1044	
Capsicum	12	87	1044	
Vegetable Oil	2	87	174	
Taco Seasoning	7	87	609	
Salt	1.5	87	130	
Pepper	0.5	87	44	
Beef Stock	40	87	3480	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	65	9750	
Onion	10	65	650	
Parsley	3	65	195	
Salt	1.5	65	97.5	
Pepper	0.2	65	13.0	

### Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	9	873	1
Onion	30	9	270	
Carrot	30	9	270	
Potato	30	9	270	
Peas	30	9	270	
Oil	2	9	18	
Salt	2.5	9	22	
Pepper	0.5	9	4	
Tomato Paste	20	9	180	
Water	30	9	270	
Beef Stock	30	9	270	
Rice	130	9	1170	

### Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	97	118	11446	
Baking Soda	2.5	118	295.0	
Water	10	118	1180	
Soy Sauce	5	118	590	
Cornflour	2.5	118	295.0	
Capsicum	37	118	4366	
Onion	37	118	4366	
Rice	130	118	15340	

## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	28	3780	1
Corn	50	28	1400	
Beans	60	28	1680	
Broccoli	67	28	1876	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	80	10400	
Penne	59	80	4720	
Sundried Tomatoes	20	80	1600	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	106	7420	2
Peas	40	106	2120	
Rice	130	106	6890	

### 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	160	24000	
Mozzerala Cheese	1750	160	120000	
Napoli Sauce	500	160	80000	
Bolognese	3200	160	512000	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	41	5535	1
Beans	60	41	2460	

### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	118	17700	

### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	33	4290	
Penne	59	33	1947	
Broccoli	40	33	1320	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	77	10780	
Rice	130	77	10010	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	104	11440	

### 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	0	0	
Carrot	25	0	0	
Onion	20	0	0	
Taco Seasoning	1	0	0	
Salt	1.5	0	0.0	
Pepper	0.5	0	0.0	
Garlic	2.5	0	0.0	
Vegetable Oil	1.5	0	0.0	
Cumin	0.5	0	0.0	
Crushed Tomato	85	0	0	
Water	41.7	0	0.0	

## Meal Recipes (cont'd)

### Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	73	10220	1
Potatoes	140	73	10220	

### 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	37	5550	1
Capsicum	52	37	1924	
Red Onion	52	37	1924	
Salsa	30	37	1110	
Rice	130	37	4810	

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	57	4275	2
Chicken	80	57	2280	
Sauce	200	57	5700	
Spinach	25	57	712	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	77	539
Coconut Cream	95	77	7315

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	73	1460
Garlic	1.5	73	109.5
Salt	0.5	73	36.5

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	118	8260
MEATBALLS	120	65	7800
LEMON	50	35	1750
MUSHROOM	100	104	10400
FAJITA SAUCE	33	37	1221
BURRITO SAUCE	43	87	3741

### Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	87	1871	2
Black Beans	50	87	2175	2
Corn	50	87	2175	2
Rice	130	87	5655	2

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	118	5900
Mozzarella Cheese	40	118	4720

### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	80	1600

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	80	4280	2
Sauce	80	80	3200	2

### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	77	4312	2
Sauce	90	77	3465	2

### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	106	4346	3
Sauce	90	106	3180	3

### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	57	4190	2
Chicken	80	57	2280	2
Sauce	200	57	5700	2
Spinach	25	57	713	2

### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	33	3366	1
Sauce	100	33	3300	1

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	873
BEEF TOPSIDE (MONG)	11446
MINCE	35375
TOPSIDE STEAK	11440
LAMB SHOULDER	11826
MORROCAN CHICKEN	2700
ITALIAN CHICKEN	28611
NORMAL CHICKEN	45890
CHICKEN THIGH	11160

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	270
10MM DICED POTATO (LEBO)	270
10MM DICED ZUCCHINI	450
5MM DICED CABBAGE	546
5MM DICED CAPSICUM	2304
5MM DICED CARROTS	1356
5MM DICED CELERY	546
5MM DICED MUSHROOMS	810
5MM DICED ONION	5180
5MM MONGOLIAN CAPSICUM	6290
5MM MONGOLIAN ONION	6290
5MM SLICED MUSHROOMS	0
BROCCOLI	3196
CRATED CARROTS	1560
CRATED ZUCCHINI	1560
LEMON POTATO	7245
ROASTED POTATO	36288
THAI POTATOS	4620
POTATO MASH	25350
SWEET POTATO MASH	17575
SPINACH	1424
RED ONION	2190
PARSLEY	110