

## Meal Production Summary - 01/12/2025

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	367	35	16	0	418
Beef Chow Mein	116	10	17	0	143
Shepherd's Pie	188	0	12	0	200
Beef Burrito Bowl	224	17	28	0	269
Beef Meatballs	249	15	12	0	276
Lebanese Beef Stew	0	0	0	0	0
Mongolian Beef	299	17	0	0	316
Chicken with Vegetables	92	10	0	0	102
Chicken with Sweet Potato and Beans	128	0	9	0	137
Naked Chicken Parma	463	52	13	0	528
Chicken Pesto Pasta	348	21	10	0	379
Chicken and Broccoli Pasta	204	0	12	0	216
Butter Chicken	331	15	14	0	360
Thai Green Chicken Curry	234	26	0	0	260
Moroccan Chicken	97	0	14	0	111
Steak with Mushroom Sauce	313	11	10	0	334
Creamy Chicken & Mushroom Gnocchi	282	0	4	0	286
Roasted Lemon Chicken & Potatoes	157	27	15	0	199
Beef Lasagna	627	53	25	0	705
Bean Nachos with Rice	27	0	0	0	27
Lamb Souvlaki	282	11	0	0	293
Chicken Fajita Bowl	143	14	0	0	157
Steak On Its Own	0	1	0	0	1
Chicken On Its Own	0	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	2	0	0	0	2
Baked Family Lasagna	9	0	0	0	9
ON Amino Energy Can	0	9	0	0	9
<b>TOTAL</b>	<b>5182</b>	<b>344</b>	<b>211</b>	<b>0</b>	<b>5737</b>

# Daily Production Report - 01/12/2025

## Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	418	5350	5
Oil	0.7	418	59	

## Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	595	7021	5
Oil	0.7	595	83	

## Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	1532	9022	9
Water	95	1532	16171	
Salt	1	1532	170	
Oil	1.5	1532	255	

## Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	111	19980	0
Oil	2	111	222	
Lemon Juice	6	111	666	
Moroccan Chicken Mix	4	111	444	

## Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	356	56960	
Oil	4	356	1424	
Roast Chicken Mix	4	356	1424	

## Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	335	31155	0
Oil	1.5	335	502.5	
Baking Soda	3	335	1005	

## Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	293	47466	0
Oil	2	293	586	
Salt	1.5	293	439.5	
Oregano	1.2	293	351.6	

## Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	610	91500	0
Cooking Cream	20	610	12200	
Butter	7	610	4270	
Salt	1.5	610	915.0	
White Pepper	0.5	610	305.0	

## Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	337	67400	0
Salt	1	337	337	
White Pepper	0.5	337	168.5	

## Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	821	11142	14
Oil	1	821	59	
Spices Mix	2.5	821	147	

## Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	199	10298	4
Oil	1	199	50	
Salt	1.2	199	60	

## Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	260	15600	0
Salt	1	260	260	

## Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	293	8790	0
Parsley	1.5	293	439.5	
Paprika	0.5	293	146.5	

## Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	573	34380	0

## Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	418	0	5
Napoli Sauce	0	418	0	
Crushed Tomatoes	0	418	0	
Beef Stock	0	418	0	
Onion	0	418	0	
Zucchini	0	418	0	
Carrot	0	418	0	
Vegetable Oil	0	418	0	
Salt	0	418	0	
Pepper	0	418	0	

### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	143	0	2
Celery	0	143	0	
Carrot	0	143	0	
Cabbage	0	143	0	
Onion	0	143	0	
Oil	0	143	0	
Pepper	0	143	0	
Salt	0	143	0	
Soy Sauce	0	143	0	
Oyster Sauce	0	143	0	

### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	200	0	3
Oil	0	200	0	
Carrots	0	200	0	
Capsicum	0	200	0	
Onion	0	200	0	
Mushroom	0	200	0	
Peas	0	200	0	
Tomato Paste	0	200	0	
Beef Stock	0	200	0	
Salt	0	200	0	
Pepper	0	200	0	
Napoli Sauce	0	200	0	

### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	269	0	3
Onion	0	269	0	
Capsicum	0	269	0	
Vegetable Oil	0	269	0	
Taco Seasoning	0	269	0	
Salt	0	269	0	
Pepper	0	269	0	
Beef Stock	0	269	0	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	276	41400	
Onion	10	276	2760	
Parsley	3	276	828	
Salt	1.5	276	414.0	
Pepper	0.2	276	55.2	

### Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	316	31600	
Baking Soda	2.5	316	790.0	
Water	10	316	3160	
Soy Sauce	5	316	1580	
Cornflour	2.5	316	790.0	
Capsicum	37	316	11692	
Onion	37	316	11692	
Rice	130	316	41080	

### 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	

## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	102	6885	2
Corn	50	102	2550	
Beans	60	102	3060	
Broccoli	67	102	3417	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	379	49270	
Penne	59	379	22361	
Sundried Tomatoes	20	379	7580	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	360	8400	6
Peas	40	360	2400	
Rice	130	360	7800	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	111	19980	

### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	111	1998	
Zucchini	27	111	2997	
Red Capsicum	27	111	2997	
Garlic	1.8	111	199.8	
Oil	1.8	111	199.8	
Chickpeas	103.5	111	11488.5	
Mix Spices	1.53	111	169.83	
Chicken Stock	45	111	4995	

### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	705	105750	
Mozzerala Cheese	1750	705	528750	
Napoli Sauce	500	705	352500	
Bolognese	3200	705	2256000	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	137	6165	3
Beans	60	137	2740	

### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	528	79200	

### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	216	28080	
Penne	59	216	12744	
Broccoli	40	216	8640	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	260	37492.0	
Rice	130	260	33800	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	334	36740	

### Steak On Its Own

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	200	1	200	1

### Bean Nachos with Rice

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Drained Beans	80	27	2160	1
Carrot	25	27	675	
Onion	20	27	540	
Taco Seasoning	1	27	27	
Salt	1.5	27	40	
Pepper	0.5	27	14	
Garlic	2.5	27	68	
Vegetable Oil	1.5	27	40	
Cumin	0.5	27	14	
Crushed Tomato	85	27	2295	
Water	41.7	27	1126	

## Meal Recipes (cont'd)

### Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	293	10255	4
Potatoes	140	293	10255	

### 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	157	7850	3
Capsicum	52	157	2721	
Red Onion	52	157	2721	
Salsa	30	157	1570	
Rice	130	157	6803	

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	286	5362	8
Chicken	80	286	2860	
Sauce	200	286	7150	
Spinach	25	286	894	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7.21	260	1874.6
Coconut Cream	97.85	260	25441.0

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	293	5860
Garlic	1	293	293
Salt	0.2	293	58.6

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	316	22120
MEATBALLS	120	276	33120
LEMON	50	199	9950
MUSHROOM	100	334	33400
FAJITA SAUCE	33	157	5181
BURRITO SAUCE	43	269	11567

### Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	269	2314	5
Black Beans	50	269	2690	5
Corn	50	269	2690	5
Rice	130	269	6994	5

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	528	26400
Mozzarella Cheese	40	528	21120

### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	379	7580

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	379	5070	8
Sauce	80	379	3790	8

### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	260	4999	6
Sauce	92.7	260	4017	6

### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	360	5535	8
Sauce	90	360	4050	8

### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	286	5256	8
Chicken	80	286	2860	8
Sauce	200	286	7150	8
Spinach	25	286	894	8

### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	216	4407	5
Sauce	100	216	4320	5

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	31600
MINCE	41400
TOPSIDE STEAK	31355
LAMB SHOULDER	47466
MORROCAN CHICKEN	19980
ITALIAN CHICKEN	117351
NORMAL CHICKEN	195130
CHICKEN THIGH	56960

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	2997
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	2997
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	5298
5MM MONGOLIAN CAPSICUM	19855
5MM MONGOLIAN ONION	19855
5MM SLICED MUSHROOMS	0
BROCCOLI	15474
CRATED CARROTS	675
CRATED ZUCCHINI	0
LEMON POTATO	41192
ROASTED POTATO	155988
THAI POTATOS	15600
POTATO MASH	91500
SWEET POTATO MASH	67400
SPINACH	7144
RED ONION	8790
PARSLEY	440