

Meal Production Summary - 04/09/2025

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	122	9	19	0	150
Beef Chow Mein	57	7	13	0	77
Shepherd's Pie	55	0	13	0	68
Beef Burrito Bowl	73	13	25	0	111
Beef Meatballs	88	3	10	0	101
Lebanese Beef Stew	42	0	0	0	42
Mongolian Beef	100	21	0	0	121
Chicken with Vegetables	39	19	3	0	61
Chicken with Sweet Potato and Beans	73	0	16	0	89
Naked Chicken Parma	247	16	22	0	285
Chicken Pesto Pasta	92	13	18	0	123
Chicken and Broccoli Pasta	60	0	5	0	65
Butter Chicken	85	16	16	0	117
Thai Green Chicken Curry	68	11	0	0	79
Moroccan Chicken	33	0	13	0	46
Steak with Mushroom Sauce	79	7	19	0	105
Creamy Chicken & Mushroom Gnocchi	56	0	3	0	59
Roasted Lemon Chicken & Potatoes	77	6	18	0	101
Beef Lasagna	571	14	28	0	613
Bean Nachos with Rice	11	0	0	0	11
Lamb Souvlaki	113	2	0	0	115
Chicken Fajita Bowl	178	4	0	0	182
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	0	0	0	0	0
Baked Family Lasagna	10	0	0	0	10
TOTAL	2329	161	241	0	2731

Daily Production Report - 04/09/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	150	5100	2
Oil	0.7	150	52	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	188	5546	2
Oil	0.7	188	66	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	740	19610	2
Water	95	740	35150	
Salt	1	740	370	
Oil	1.5	740	555	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	46	8280	0
Oil	2	46	92	
Lemon Juice	6	46	276	
Moroccan Chicken Mix	4	46	184	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	155	283	43865	
Oil	4	283	1132	
Roast Chicken Mix	4	283	1132	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	105	11550	0
Oil	1.5	105	157.5	
Baking Soda	3	105	315	

Lamb Marinade

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	115	18630	0
Oil	2	115	230	
Salt	1.5	115	172.5	
Oregano	1.2	115	138.0	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	206	30900	0
Cooking Cream	20	206	4120	
Butter	7	206	1442	
Salt	1.5	206	309.0	
White Pepper	0.5	206	103.0	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	185	157	29045	0
Salt	1	157	157	
White Pepper	0.5	157	78.5	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	400	10857	7
Oil	1	400	57	
Spices Mix	2.5	400	143	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	101	10454	2
Oil	1	101	50	
Salt	1.2	101	61	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	79	4740	0
Salt	1	79	79	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	115	3450	0
Parsley	1.5	115	172.5	
Paprika	0.5	115	57.5	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	255	15300	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	150	0	2
Napoli Sauce	0	150	0	
Crushed Tomatoes	0	150	0	
Beef Stock	0	150	0	
Onion	0	150	0	
Zucchini	0	150	0	
Carrot	0	150	0	
Vegetable Oil	0	150	0	
Salt	0	150	0	
Pepper	0	150	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	77	0	1
Celery	0	77	0	
Carrot	0	77	0	
Cabbage	0	77	0	
Onion	0	77	0	
Oil	0	77	0	
Pepper	0	77	0	
Salt	0	77	0	
Soy Sauce	0	77	0	
Oyster Sauce	0	77	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	68	6800	1
Oil	2	68	136	
Carrots	15	68	1020	
Capsicum	15	68	1020	
Onion	15	68	1020	
Mushroom	15	68	1020	
Peas	15	68	1020	
Tomato Paste	6	68	408	
Beef Stock	20	68	1360	
Salt	2	68	136	
Pepper	0.5	68	34	
Napoli Sauce	70	68	4760	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	111	0	1
Onion	0	111	0	
Capsicum	0	111	0	
Vegetable Oil	0	111	0	
Taco Seasoning	0	111	0	
Salt	0	111	0	
Pepper	0	111	0	
Beef Stock	0	111	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	101	15150	
Onion	10	101	1010	
Parsley	3	101	303	
Salt	1.5	101	151.5	
Pepper	0.2	101	20.200000000000003	

Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	42	4074	1
Onion	30	42	1260	
Carrot	30	42	1260	
Potato	30	42	1260	
Peas	30	42	1260	
Oil	2	42	84	
Salt	2.5	42	105	
Pepper	0.5	42	21	
Tomato Paste	20	42	840	
Water	30	42	1260	
Beef Stock	30	42	1260	
Rice	130	42	5460	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	97	121	11737	
Baking Soda	2.5	121	302.5	
Water	10	121	1210	
Soy Sauce	5	121	605	
Cornflour	2.5	121	302.5	
Capsicum	37	121	4477	
Onion	37	121	4477	
Rice	130	121	15730	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	61	4118	2
Corn	50	61	1525	
Beans	60	61	1830	
Broccoli	67	61	2044	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	123	15990	
Penne	59	123	7257	
Sundried Tomatoes	20	123	2460	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	117	8190	2
Peas	40	117	2340	
Rice	130	117	7605	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	46	8280	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	46	920	
Zucchini	30	46	1380	
Red Capsicum	30	46	1380	
Garlic	2	46	92	
Oil	2	46	92	
Chickpeas	115	46	5290	
Mix Spices	1.7	46	78.2	
Chicken Stock	50	46	2300	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	613	91950	
Mozzerala Cheese	1750	613	459750	
Napoli Sauce	500	613	306500	
Bolognese	3200	613	1961600	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	89	6008	2
Beans	60	89	2670	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	285	42750	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	65	8450	
Penne	59	65	3835	
Broccoli	40	65	2600	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	79	11060	
Rice	130	79	10270	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	105	11550	

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	11	880	1
Carrot	25	11	275	
Onion	20	11	220	
Taco Seasoning	1	11	11	
Salt	1.5	11	16	
Pepper	0.5	11	6	
Garlic	2.5	11	28	
Vegetable Oil	1.5	11	16	
Cumin	0.5	11	6	
Crushed Tomato	85	11	935	
Water	41.7	11	459	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	115	8050	2
Potatoes	140	115	8050	

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	182	6825	4
Capsicum	52	182	2366	
Red Onion	52	182	2366	
Salsa	30	182	1365	
Rice	130	182	5915	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	59	4425	2
Chicken	80	59	2360	
Sauce	200	59	5900	
Spinach	25	59	738	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	79	553
Coconut Cream	95	79	7505

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	115	2300
Garlic	1.5	115	172.5
Salt	0.5	115	57.5

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	121	8470
MEATBALLS	120	101	12120
LEMON	50	101	5050
MUSHROOM	100	105	10500
FAJITA SAUCE	33	182	6006
BURRITO SAUCE	43	111	4773

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	111	2387	2
Black Beans	50	111	2775	2
Corn	50	111	2775	2
Rice	130	111	7215	2

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	285	14250
Mozzarella Cheese	40	285	11400

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	123	2460

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	123	4387	3
Sauce	80	123	3280	3

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	79	4424	2
Sauce	90	79	3555	2

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	117	4797	3
Sauce	90	117	3510	3

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	59	4337	2
Chicken	80	59	2360	2
Sauce	200	59	5900	2
Spinach	25	59	738	2

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	65	3315	2
Sauce	100	65	3250	2

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	4074
BEEF TOPSIDE (MONG)	11737
MINCE	21950
TOPSIDE STEAK	11550
LAMB SHOULDER	18630
MORROCAN CHICKEN	8280
ITALIAN CHICKEN	66555
NORMAL CHICKEN	57590
CHICKEN THIGH	43865

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	1260
10MM DICED POTATO (LEBO)	1260
10MM DICED ZUCCHINI	1380
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	2400
5MM DICED CARROTS	1020
5MM DICED CELERY	0
5MM DICED MUSHROOMS	1020
5MM DICED ONION	4430
5MM MONGOLIAN CAPSICUM	13941
5MM MONGOLIAN ONION	13941
5MM SLICED MUSHROOMS	0
BROCCOLI	6686
CRATED CARROTS	275
CRATED ZUCCHINI	0
LEMON POTATO	20906
ROASTED POTATO	75999
THAI POTATOS	4740
POTATO MASH	30900
SWEET POTATO MASH	29045
SPINACH	1474
RED ONION	3450
PARSLEY	172