

## Meal Production Summary - 03/11/2025

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	123	3	0	126
Beef Chow Mein	51	3	0	54
Shepherd's Pie	73	0	0	73
Beef Burrito Bowl	53	2	0	55
Beef Meatballs	78	2	0	80
Lebanese Beef Stew	2	0	0	2
Mongolian Beef	107	5	0	112
Chicken with Vegetables	47	3	0	50
Chicken with Sweet Potato and Beans	73	0	0	73
Naked Chicken Parma	167	6	0	173
Chicken Pesto Pasta	135	7	0	142
Chicken and Broccoli Pasta	125	0	0	125
Butter Chicken	133	4	0	137
Thai Green Chicken Curry	120	7	0	127
Moroccan Chicken	56	0	0	56
Steak with Mushroom Sauce	133	3	0	136
Creamy Chicken & Mushroom Gnocchi	101	0	0	101
Roasted Lemon Chicken & Potatoes	107	3	0	110
Beef Lasagna	264	3	0	267
Bean Nachos with Rice	9	0	0	9
Lamb Souvlaki	161	4	0	165
Chicken Fajita Bowl	61	5	0	66
Steak On Its Own	0	0	0	0
Chicken On Its Own	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	0	0	0	0
Baked Family Lasagna	2	0	0	2
ON Amino Energy Can	0	7	0	7
Lunch & Dinner Weekdays Only - 10 Meals	0	1	0	1
<b>TOTAL</b>	<b>2181</b>	<b>68</b>	<b>0</b>	<b>2249</b>

## Daily Production Report - 03/11/2025

### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	126	4032	2
Oil	0.7	126	44	

### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	267	7876	2
Oil	0.7	267	93	

### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	562	14893	2
Water	95	562	26695	
Salt	1	562	281	
Oil	1.5	562	422	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	56	10080	0
Oil	2	56	112	
Lemon Juice	6	56	336	
Moroccan Chicken Mix	4	56	224	

### Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	176	28160	
Oil	4	176	704	
Roast Chicken Mix	4	176	704	

### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	136	12648	0
Oil	1.5	136	204.0	
Baking Soda	3	136	408	

### Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	165	26730	0
Oil	2	165	330	
Salt	1.5	165	247.5	
Oregano	1.2	165	198.0	

### Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	216	32400	0
Cooking Cream	20	216	4320	
Butter	7	216	1512	
Salt	1.5	216	324.0	
White Pepper	0.5	216	108.0	

### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	146	29200	0
Salt	1	146	146	
White Pepper	0.5	146	73.0	

### Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	338	10703	6
Oil	1	338	56	
Spices Mix	2.5	338	141	

### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	110	11385	2
Oil	1	110	55	
Salt	1.2	110	66	

### Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	127	7620	0
Salt	1	127	127	

### Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	165	4950	0
Parsley	1.5	165	247.5	
Paprika	0.5	165	82.5	

### Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	259	15540	0

## Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	126	0	2
Napoli Sauce	0	126	0	
Crushed Tomatoes	0	126	0	
Beef Stock	0	126	0	
Onion	0	126	0	
Zucchini	0	126	0	
Carrot	0	126	0	
Vegetable Oil	0	126	0	
Salt	0	126	0	
Pepper	0	126	0	

### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	54	0	1
Celery	0	54	0	
Carrot	0	54	0	
Cabbage	0	54	0	
Onion	0	54	0	
Oil	0	54	0	
Pepper	0	54	0	
Salt	0	54	0	
Soy Sauce	0	54	0	
Oyster Sauce	0	54	0	

### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	73	0	1
Oil	0	73	0	
Carrots	0	73	0	
Capsicum	0	73	0	
Onion	0	73	0	
Mushroom	0	73	0	
Peas	0	73	0	
Tomato Paste	0	73	0	
Beef Stock	0	73	0	
Salt	0	73	0	
Pepper	0	73	0	
Napoli Sauce	0	73	0	

### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	55	0	1
Onion	0	55	0	
Capsicum	0	55	0	
Vegetable Oil	0	55	0	
Taco Seasoning	0	55	0	
Salt	0	55	0	
Pepper	0	55	0	
Beef Stock	0	55	0	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	80	12000	
Onion	10	80	800	
Parsley	3	80	240	
Salt	1.5	80	120.0	
Pepper	0.2	80	16.0	

### Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	2	194	1
Onion	30	2	60	
Carrot	30	2	60	
Potato	30	2	60	
Peas	30	2	60	
Oil	2	2	4	
Salt	2.5	2	5	
Pepper	0.5	2	1	
Tomato Paste	20	2	40	
Water	30	2	60	
Beef Stock	30	2	60	
Rice	130	2	260	

### Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	112	11200	
Baking Soda	2.5	112	280.0	
Water	10	112	1120	
Soy Sauce	5	112	560	
Cornflour	2.5	112	280.0	
Capsicum	37	112	4144	
Onion	37	112	4144	
Rice	130	112	14560	

## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	50	6750	1
Corn	50	50	2500	
Beans	60	50	3000	
Broccoli	67	50	3350	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	142	18460	
Penne	59	142	8378	
Sundried Tomatoes	20	142	2840	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	137	6393	3
Peas	40	137	1827	
Rice	130	137	5937	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	56	10080	

### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	56	1120	
Zucchini	30	56	1680	
Red Capsicum	30	56	1680	
Garlic	2	56	112	
Oil	2	56	112	
Chickpeas	115	56	6440	
Mix Spices	1.7	56	95.2	
Chicken Stock	50	56	2800	

### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	267	40050	
Mozzerala Cheese	1750	267	200250	
Napoli Sauce	500	267	133500	
Bolognese	3200	267	854400	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	73	4928	2
Beans	60	73	2190	

### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	173	25950	

### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	125	16250	
Penne	59	125	7375	
Broccoli	40	125	5000	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	127	17780	
Rice	130	127	16510	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	136	14960	

### 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	9	720	1
Carrot	25	9	225	
Onion	20	9	180	
Taco Seasoning	1	9	9	
Salt	1.5	9	14	
Pepper	0.5	9	4	
Garlic	2.5	9	22	
Vegetable Oil	1.5	9	14	
Cumin	0.5	9	4	
Crushed Tomato	85	9	765	
Water	41.7	9	375	

## Meal Recipes (cont'd)

### Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	165	11550	2
Potatoes	140	165	11550	

### 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	66	4950	2
Capsicum	52	66	1716	
Red Onion	52	66	1716	
Salsa	30	66	990	
Rice	130	66	4290	

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	101	5050	3
Chicken	80	101	2693	
Sauce	200	101	6733	
Spinach	25	101	842	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	127	889
Coconut Cream	95	127	12065

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	165	3300
Garlic	1	165	165
Salt	0.2	165	33.0

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	112	7840
MEATBALLS	120	80	9600
LEMON	50	110	5500
MUSHROOM	100	136	13600
FAJITA SAUCE	33	66	2178
BURRITO SAUCE	43	55	2365

### Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	55	2365	1
Black Beans	50	55	2750	1
Corn	50	55	2750	1
Rice	130	55	7150	1

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	173	8650
Mozzarella Cheese	40	173	6920

### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	142	2840

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	142	5065	3
Sauce	80	142	3787	3

### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	127	4742	3
Sauce	90	127	3810	3

### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	137	5617	3
Sauce	90	137	4110	3

### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	101	4949	3
Chicken	80	101	2694	3
Sauce	200	101	6734	3
Spinach	25	101	842	3

### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	125	4250	3
Sauce	100	125	4167	3

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	194
BEEF TOPSIDE (MONG)	11200
MINCE	12000
TOPSIDE STEAK	12648
LAMB SHOULDER	26730
MORROCAN CHICKEN	10080
ITALIAN CHICKEN	45288
NORMAL CHICKEN	82160
CHICKEN THIGH	28160

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	60
10MM DICED POTATO (LEBO)	60
10MM DICED ZUCCHINI	1680
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	1680
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	2160
5MM MONGOLIAN CAPSICUM	7576
5MM MONGOLIAN ONION	7576
5MM SLICED MUSHROOMS	0
BROCCOLI	8350
CRATED CARROTS	225
CRATED ZUCCHINI	0
LEMON POTATO	22770
ROASTED POTATO	64218
THAI POTATOS	7620
POTATO MASH	32400
SWEET POTATO MASH	29200
SPINACH	2524
RED ONION	4950
PARSLEY	248