

## Meal Production Summary - 02/09/2025

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	223	8	2	16	217
Beef Chow Mein	161	0	0	6	155
Shepherd's Pie	120	0	0	0	120
Beef Burrito Bowl	160	5	1	0	166
Beef Meatballs	176	7	0	6	177
Lebanese Beef Stew	72	0	0	14	58
Mongolian Beef	235	10	0	0	245
Chicken with Vegetables	68	8	0	0	76
Chicken with Sweet Potato and Beans	128	0	0	0	128
Naked Chicken Parma	249	10	0	0	259
Chicken Pesto Pasta	197	8	0	4	201
Chicken and Broccoli Pasta	118	0	1	0	119
Butter Chicken	191	3	0	0	194
Thai Green Chicken Curry	147	3	0	0	150
Moroccan Chicken	63	0	0	0	63
Steak with Mushroom Sauce	224	4	0	29	199
Creamy Chicken & Mushroom Gnocchi	199	0	0	0	199
Roasted Lemon Chicken & Potatoes	118	13	2	0	133
Beef Lasagna	293	14	2	0	309
Bean Nachos with Rice	10	0	0	0	10
Lamb Souvlaki	215	3	0	4	214
Chicken Fajita Bowl	119	16	0	0	135
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	14	0	0	0	14
Baked Family Lasagna	34	0	0	0	34
<b>TOTAL</b>	<b>3534</b>	<b>112</b>	<b>8</b>	<b>79</b>	<b>3575</b>

## Daily Production Report - 02/09/2025

### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	217	4919	3
Oil	0.7	217	51	

### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	320	6293	3
Oil	0.7	320	75	

### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	1113	19663	3
Water	95	1113	35245	
Salt	1	1113	371	
Oil	1.5	1113	556	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	63	11340	0
Oil	2	63	126	
Lemon Juice	6	63	378	
Moroccan Chicken Mix	4	63	252	

### Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	155	268	41540	
Oil	4	268	1072	
Roast Chicken Mix	4	268	1072	

### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	199	21890	0
Oil	1.5	199	298.5	
Baking Soda	3	199	597	

### Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	214	34668	0
Oil	2	214	428	
Salt	1.5	214	321.0	
Oregano	1.2	214	256.8	

### Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	376	56400	0
Cooking Cream	20	376	7520	
Butter	7	376	2632	
Salt	1.5	376	564.0	
White Pepper	0.5	376	188.0	

### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	185	248	45880	0
Salt	1	248	248	
White Pepper	0.5	248	124.0	

### Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	473	11234	8
Oil	1	473	59	
Spices Mix	2.5	473	148	

### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	133	9177	3
Oil	1	133	44	
Salt	1.2	133	53	

### Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	150	9000	0
Salt	1	150	150	

### Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	214	6420	0
Parsley	1.5	214	321.0	
Paprika	0.5	214	107.0	

### Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	403	24180	0

## Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	217	0	3
Napoli Sauce	0	217	0	
Crushed Tomatoes	0	217	0	
Beef Stock	0	217	0	
Onion	0	217	0	
Zucchini	0	217	0	
Carrot	0	217	0	
Vegetable Oil	0	217	0	
Salt	0	217	0	
Pepper	0	217	0	

### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	155	0	2
Celery	0	155	0	
Carrot	0	155	0	
Cabbage	0	155	0	
Onion	0	155	0	
Oil	0	155	0	
Pepper	0	155	0	
Salt	0	155	0	
Soy Sauce	0	155	0	
Oyster Sauce	0	155	0	

### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	120	0	2
Oil	0	120	0	
Carrots	0	120	0	
Capsicum	0	120	0	
Onion	0	120	0	
Mushroom	0	120	0	
Peas	0	120	0	
Tomato Paste	0	120	0	
Beef Stock	0	120	0	
Salt	0	120	0	
Pepper	0	120	0	
Napoli Sauce	0	120	0	

### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	166	0	2
Onion	0	166	0	
Capsicum	0	166	0	
Vegetable Oil	0	166	0	
Taco Seasoning	0	166	0	
Salt	0	166	0	
Pepper	0	166	0	
Beef Stock	0	166	0	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	177	26550	
Onion	10	177	1770	
Parsley	3	177	531	
Salt	1.5	177	265.5	
Pepper	0.2	177	35.4	

### Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	58	5626	1
Onion	30	58	1740	
Carrot	30	58	1740	
Potato	30	58	1740	
Peas	30	58	1740	
Oil	2	58	116	
Salt	2.5	58	145	
Pepper	0.5	58	29	
Tomato Paste	20	58	1160	
Water	30	58	1740	
Beef Stock	30	58	1740	
Rice	130	58	7540	

### Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	97	245	23765	
Baking Soda	2.5	245	612.5	
Water	10	245	2450	
Soy Sauce	5	245	1225	
Cornflour	2.5	245	612.5	
Capsicum	37	245	9065	
Onion	37	245	9065	
Rice	130	245	31850	

## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	76	5130	2
Corn	50	76	1900	
Beans	60	76	2280	
Broccoli	67	76	2546	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	201	26130	
Penne	59	201	11859	
Sundried Tomatoes	20	201	4020	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	194	6790	4
Peas	40	194	1940	
Rice	130	194	6305	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	63	11340	

### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	63	1260	
Zucchini	30	63	1890	
Red Capsicum	30	63	1890	
Garlic	2	63	126	
Oil	2	63	126	
Chickpeas	115	63	7245	
Mix Spices	1.7	63	107.1	
Chicken Stock	50	63	3150	

### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	309	46350	
Mozzerala Cheese	1750	309	231750	
Napoli Sauce	500	309	154500	
Bolognese	3200	309	988800	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	128	5760	3
Beans	60	128	2560	

### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	259	38850	

### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	119	15470	
Penne	59	119	7021	
Broccoli	40	119	4760	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	150	21000	
Rice	130	150	19500	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	199	21890	

### 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	10	800	1
Carrot	25	10	250	
Onion	20	10	200	
Taco Seasoning	1	10	10	
Salt	1.5	10	15	
Pepper	0.5	10	5	
Garlic	2.5	10	25	
Vegetable Oil	1.5	10	15	
Cumin	0.5	10	5	
Crushed Tomato	85	10	850	
Water	41.7	10	417	

## Meal Recipes (cont'd)

### Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	214	9987	3
Potatoes	140	214	9987	

### 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	135	6750	3
Capsicum	52	135	2340	
Red Onion	52	135	2340	
Salsa	30	135	1350	
Rice	130	135	5850	

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	199	4975	6
Chicken	80	199	2653	
Sauce	200	199	6633	
Spinach	25	199	829	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	150	1050
Coconut Cream	95	150	14250

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	214	4280
Garlic	1.5	214	321.0
Salt	0.5	214	107.0

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	245	17150
MEATBALLS	120	177	21240
LEMON	50	133	6650
MUSHROOM	100	199	19900
FAJITA SAUCE	33	135	4455
BURRITO SAUCE	43	166	7138

### Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	166	2380	3
Black Beans	50	166	2767	3
Corn	50	166	2767	3
Rice	130	166	7194	3

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	259	12950
Mozzarella Cheese	40	259	10360

### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	201	4020

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	201	4302	5
Sauce	80	201	3216	5

### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	150	4200	4
Sauce	90	150	3375	4

### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	194	5966	4
Sauce	90	194	4365	4

### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	199	4876	6
Chicken	80	199	2654	6
Sauce	200	199	6634	6
Spinach	25	199	830	6

### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	119	4046	3
Sauce	100	119	3967	3

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	5626
BEEF TOPSIDE (MONG)	23765
MINCE	26550
TOPSIDE STEAK	21890
LAMB SHOULDER	34668
MORROCAN CHICKEN	11340
ITALIAN CHICKEN	70839
NORMAL CHICKEN	112190
CHICKEN THIGH	41540

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	1740
10MM DICED POTATO (LEBO)	1740
10MM DICED ZUCCHINI	1890
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	1890
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	4970
5MM MONGOLIAN CAPSICUM	16085
5MM MONGOLIAN ONION	16085
5MM SLICED MUSHROOMS	0
BROCCOLI	9852
CRATED CARROTS	250
CRATED ZUCCHINI	0
LEMON POTATO	27531
ROASTED POTATO	89864
THAI POTATOS	9000
POTATO MASH	56400
SWEET POTATO MASH	45880
SPINACH	4974
RED ONION	6420
PARSLEY	321