

## Meal Production Summary - 01/12/2025

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	187	35	16	0	238
Beef Chow Mein	57	10	17	0	84
Shepherd's Pie	85	0	12	0	97
Beef Burrito Bowl	56	17	28	0	101
Beef Meatballs	108	15	12	0	135
Lebanese Beef Stew	0	0	0	0	0
Mongolian Beef	94	17	0	0	111
Chicken with Vegetables	34	10	0	0	44
Chicken with Sweet Potato and Beans	52	0	9	0	61
Naked Chicken Parma	171	52	13	0	236
Chicken Pesto Pasta	129	21	10	0	160
Chicken and Broccoli Pasta	101	0	12	0	113
Butter Chicken	136	15	14	0	165
Thai Green Chicken Curry	83	26	0	0	109
Moroccan Chicken	58	0	14	0	72
Steak with Mushroom Sauce	127	11	10	0	148
Creamy Chicken & Mushroom Gnocchi	86	0	4	0	90
Roasted Lemon Chicken & Potatoes	102	27	15	0	144
Beef Lasagna	235	53	25	0	313
Bean Nachos with Rice	16	0	0	0	16
Lamb Souvlaki	105	11	0	0	116
Chicken Fajita Bowl	87	14	0	0	101
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	1	0	0	0	1
Baked Family Lasagna	2	0	0	0	2
ON Amino Energy Can	0	9	0	0	9
<b>TOTAL</b>	<b>2112</b>	<b>344</b>	<b>211</b>	<b>0</b>	<b>2667</b>

## Daily Production Report - 01/12/2025

### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	238	5077	3
Oil	0.7	238	56	

### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	273	5369	3
Oil	0.7	273	64	

### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	687	9103	4
Water	95	687	16316	
Salt	1	687	172	
Oil	1.5	687	258	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	72	12960	0
Oil	2	72	144	
Lemon Juice	6	72	432	
Moroccan Chicken Mix	4	72	288	

### Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	245	39200	
Oil	4	245	980	
Roast Chicken Mix	4	245	980	

### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	149	13857	0
Oil	1.5	149	223.5	
Baking Soda	3	149	447	

### Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	116	18792	0
Oil	2	116	232	
Salt	1.5	116	174.0	
Oregano	1.2	116	139.2	

### Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	283	42450	0
Cooking Cream	20	283	5660	
Butter	7	283	1981	
Salt	1.5	283	424.5	
White Pepper	0.5	283	141.5	

### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	158	31600	0
Salt	1	158	158	
White Pepper	0.5	158	79.0	

### Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	352	11147	6
Oil	1	352	59	
Spices Mix	2.5	352	147	

### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	144	9936	3
Oil	1	144	48	
Salt	1.2	144	58	

### Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	109	6540	0
Salt	1	109	109	

### Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	116	3480	0
Parsley	1.5	116	174.0	
Paprika	0.5	116	58.0	

### Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	253	15180	0

## Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	238	0	3
Napoli Sauce	0	238	0	
Crushed Tomatoes	0	238	0	
Beef Stock	0	238	0	
Onion	0	238	0	
Zucchini	0	238	0	
Carrot	0	238	0	
Vegetable Oil	0	238	0	
Salt	0	238	0	
Pepper	0	238	0	

### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	84	0	2
Celery	0	84	0	
Carrot	0	84	0	
Cabbage	0	84	0	
Onion	0	84	0	
Oil	0	84	0	
Pepper	0	84	0	
Salt	0	84	0	
Soy Sauce	0	84	0	
Oyster Sauce	0	84	0	

### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	97	0	2
Oil	0	97	0	
Carrots	0	97	0	
Capsicum	0	97	0	
Onion	0	97	0	
Mushroom	0	97	0	
Peas	0	97	0	
Tomato Paste	0	97	0	
Beef Stock	0	97	0	
Salt	0	97	0	
Pepper	0	97	0	
Napoli Sauce	0	97	0	

### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	101	0	1
Onion	0	101	0	
Capsicum	0	101	0	
Vegetable Oil	0	101	0	
Taco Seasoning	0	101	0	
Salt	0	101	0	
Pepper	0	101	0	
Beef Stock	0	101	0	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	135	20250	
Onion	10	135	1350	
Parsley	3	135	405	
Salt	1.5	135	202.5	
Pepper	0.2	135	27.0	

### 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	

### Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	111	11100	
Baking Soda	2.5	111	277.5	
Water	10	111	1110	
Soy Sauce	5	111	555	
Cornflour	2.5	111	277.5	
Capsicum	37	111	4107	
Onion	37	111	4107	
Rice	130	111	14430	

## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	44	5940	1
Corn	50	44	2200	
Beans	60	44	2640	
Broccoli	67	44	2948	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	160	20800	
Penne	59	160	9440	
Sundried Tomatoes	20	160	3200	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	165	7700	3
Peas	40	165	2200	
Rice	130	165	7150	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	72	12960	

### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	72	1296	
Zucchini	27	72	1944	
Red Capsicum	27	72	1944	
Garlic	1.8	72	129.6	
Oil	1.8	72	129.6	
Chickpeas	103.5	72	7452.0	
Mix Spices	1.53	72	110.16	
Chicken Stock	45	72	3240	

### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	313	46950	
Mozzerala Cheese	1750	313	234750	
Napoli Sauce	500	313	156500	
Bolognese	3200	313	1001600	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	61	4118	2
Beans	60	61	1830	

### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	236	35400	

### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	113	14690	
Penne	59	113	6667	
Broccoli	40	113	4520	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	109	15717.8	
Rice	130	109	14170	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	148	16280	

### 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	16	1280	1
Carrot	25	16	400	
Onion	20	16	320	
Taco Seasoning	1	16	16	
Salt	1.5	16	24	
Pepper	0.5	16	8	
Garlic	2.5	16	40	
Vegetable Oil	1.5	16	24	
Cumin	0.5	16	8	
Crushed Tomato	85	16	1360	
Water	41.7	16	667	

## Meal Recipes (cont'd)

### Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	116	8120	2
Potatoes	140	116	8120	

### 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	101	7575	2
Capsicum	52	101	2626	
Red Onion	52	101	2626	
Salsa	30	101	1515	
Rice	130	101	6565	

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	90	4500	3
Chicken	80	90	2400	
Sauce	200	90	6000	
Spinach	25	90	750	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7.21	109	785.89
Coconut Cream	97.85	109	10665.65

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	116	2320
Garlic	1	116	116
Salt	0.2	116	23.200000000000003

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	111	7770
MEATBALLS	120	135	16200
LEMON	50	144	7200
MUSHROOM	100	148	14800
FAJITA SAUCE	33	101	3333
BURRITO SAUCE	43	101	4343

### Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	101	2172	2
Black Beans	50	101	2525	2
Corn	50	101	2525	2
Rice	130	101	6565	2

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	236	11800
Mozzarella Cheese	40	236	9440

### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	160	3200

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	160	4280	4
Sauce	80	160	3200	4

### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	109	4192	3
Sauce	92.7	109	3369	3

### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	165	5074	4
Sauce	90	165	3713	4

### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	90	4410	3
Chicken	80	90	2400	3
Sauce	200	90	6000	3
Spinach	25	90	750	3

### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	113	3842	3
Sauce	100	113	3767	3

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	11100
MINCE	20250
TOPSIDE STEAK	14057
LAMB SHOULDER	18792
MORROCAN CHICKEN	12960
ITALIAN CHICKEN	52173
NORMAL CHICKEN	82810
CHICKEN THIGH	39200

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	1944
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	1944
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	2966
5MM MONGOLIAN CAPSICUM	9359
5MM MONGOLIAN ONION	9359
5MM SLICED MUSHROOMS	0
BROCCOLI	7468
CRATED CARROTS	400
CRATED ZUCCHINI	0
LEMON POTATO	29808
ROASTED POTATO	66876
THAI POTATOS	6540
POTATO MASH	42450
SWEET POTATO MASH	31600
SPINACH	2248
RED ONION	3480
PARSLEY	174