

## Meal Production Summary - 19/08/2025

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	135	3	2	14	126
Beef Chow Mein	62	6	0	31	37
Shepherd's Pie	71	0	0	4	67
Beef Burrito Bowl	49	4	1	0	54
Beef Meatballs	86	6	0	0	92
Lebanese Beef Stew	28	0	0	8	20
Mongolian Beef	150	7	0	0	157
Chicken with Vegetables	28	7	0	0	35
Chicken with Sweet Potato and Beans	67	0	0	0	67
Naked Chicken Parma	131	9	0	0	140
Chicken Pesto Pasta	107	7	0	0	114
Chicken and Broccoli Pasta	74	0	1	0	75
Butter Chicken	105	3	0	0	108
Thai Green Chicken Curry	74	4	0	0	78
Moroccan Chicken	33	0	0	9	24
Steak with Mushroom Sauce	85	9	0	0	94
Creamy Chicken & Mushroom Gnocchi	98	0	0	0	98
Roasted Lemon Chicken & Potatoes	66	9	2	7	70
Beef Lasagna	205	1	2	0	208
Bean Nachos with Rice	9	0	0	0	9
Lamb Souvlaki	82	4	0	0	86
Chicken Fajita Bowl	62	8	0	0	70
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	3	0	0	0	3
Baked Family Lasagna	10	0	0	0	10
<b>TOTAL</b>	<b>1820</b>	<b>87</b>	<b>8</b>	<b>73</b>	<b>1842</b>

# Daily Production Report - 19/08/2025

## Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	126	4284	2
Oil	0.7	126	44	

## Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	189	5576	2
Oil	0.7	189	66	

## Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	533	14124	2
Water	95	533	25318	
Salt	1	533	266	
Oil	1.5	533	400	

## Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	24	4320	0
Oil	2	24	48	
Lemon Juice	6	24	144	
Moroccan Chicken Mix	4	24	96	

## Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	155	140	21700	
Oil	4	140	560	
Roast Chicken Mix	4	140	560	

## Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	94	10340	0
Oil	1.5	94	141.0	
Baking Soda	3	94	282	

## Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	86	13932	0
Oil	2	86	172	
Salt	1.5	86	129.0	
Oregano	1.2	86	103.2	

## Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	186	27900	0
Cooking Cream	20	186	3720	
Butter	7	186	1302	
Salt	1.5	186	279.0	
White Pepper	0.5	186	93.0	

## Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	185	134	24790	0
Salt	1	134	134	
White Pepper	0.5	134	67.0	

## Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	226	10735	4
Oil	1	226	56	
Spices Mix	2.5	226	141	

## Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	70	7245	2
Oil	1	70	35	
Salt	1.2	70	42	

## Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	78	4680	0
Salt	1	78	78	

## Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	86	2580	0
Parsley	1.5	86	129.0	
Paprika	0.5	86	43.0	

## Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	196	11760	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	37	0	1
Celery	0	37	0	
Carrot	0	37	0	
Cabbage	0	37	0	
Onion	0	37	0	
Oil	0	37	0	
Pepper	0	37	0	
Salt	0	37	0	
Soy Sauce	0	37	0	
Oyster Sauce	0	37	0	

### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	67	0	1
Oil	0	67	0	
Carrots	0	67	0	
Capsicum	0	67	0	
Onion	0	67	0	
Mushroom	0	67	0	
Peas	0	67	0	
Tomato Paste	0	67	0	
Beef Stock	0	67	0	
Salt	0	67	0	
Pepper	0	67	0	
Napoli Sauce	0	67	0	

### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	54	0	1
Onion	0	54	0	
Capsicum	0	54	0	
Vegetable Oil	0	54	0	
Taco Seasoning	0	54	0	
Salt	0	54	0	
Pepper	0	54	0	
Beef Stock	0	54	0	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	92	13800	
Onion	10	92	920	
Parsley	3	92	276	
Salt	1.5	92	138.0	
Pepper	0.2	92	18.400000000000002	

### Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	20	1940	1
Onion	30	20	600	
Carrot	30	20	600	
Potato	30	20	600	
Peas	30	20	600	
Oil	2	20	40	
Salt	2.5	20	50	
Pepper	0.5	20	10	
Tomato Paste	20	20	400	
Water	30	20	600	
Beef Stock	30	20	600	
Rice	130	20	2600	

### Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	97	157	15229	
Baking Soda	2.5	157	392.5	
Water	10	157	1570	
Soy Sauce	5	157	785	
Cornflour	2.5	157	392.5	
Capsicum	37	157	5809	
Onion	37	157	5809	
Rice	130	157	20410	

## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	35	4725	1
Corn	50	35	1750	
Beans	60	35	2100	
Broccoli	67	35	2345	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	114	14820	
Penne	59	114	6726	
Sundried Tomatoes	20	114	2280	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	108	7560	2
Peas	40	108	2160	
Rice	130	108	7020	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	24	4320	

### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	24	480	
Zucchini	30	24	720	
Red Capsicum	30	24	720	
Garlic	2	24	48	
Oil	2	24	48	
Chickpeas	115	24	2760	
Mix Spices	1.7	24	40.8	
Chicken Stock	50	24	1200	

### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	208	31200	
Mozzerala Cheese	1750	208	156000	
Napoli Sauce	500	208	104000	
Bolognese	3200	208	665600	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	67	4522	2
Beans	60	67	2010	

### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	140	21000	

### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	75	9750	
Penne	59	75	4425	
Broccoli	40	75	3000	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	78	10920	
Rice	130	78	10140	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	94	10340	

### 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	86	12040	1
Potatoes	140	86	12040	

### 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	70	5250	2
Capsicum	52	70	1820	
Red Onion	52	70	1820	
Salsa	30	70	1050	
Rice	130	70	4550	

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	98	4900	3
Chicken	80	98	2613	
Sauce	200	98	6533	
Spinach	25	98	817	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	78	546
Coconut Cream	95	78	7410

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	86	1720
Garlic	1.5	86	129.0
Salt	0.5	86	43.0

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	157	10990
MEATBALLS	120	92	11040
LEMON	50	70	3500
MUSHROOM	100	94	9400
FAJITA SAUCE	33	70	2310
BURRITO SAUCE	43	54	2322

### Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	54	2322	1
Black Beans	50	54	2700	1
Corn	50	54	2700	1
Rice	130	54	7020	1

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	140	7000
Mozzarella Cheese	40	140	5600

### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	114	2280

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	114	4066	3
Sauce	80	114	3040	3

### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	78	4368	2
Sauce	90	78	3510	2

### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	108	4428	3
Sauce	90	108	3240	3

### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	98	4802	3
Chicken	80	98	2614	3
Sauce	200	98	6534	3
Spinach	25	98	817	3

### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	75	3825	2
Sauce	100	75	3750	2

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	1940
BEEF TOPSIDE (MONG)	15229
MINCE	13800
TOPSIDE STEAK	10340
LAMB SHOULDER	13932
MORROCAN CHICKEN	4320
ITALIAN CHICKEN	37026
NORMAL CHICKEN	61490
CHICKEN THIGH	21700

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	600
10MM DICED POTATO (LEBO)	600
10MM DICED ZUCCHINI	720
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	720
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	2180
5MM MONGOLIAN CAPSICUM	9449
5MM MONGOLIAN ONION	9449
5MM SLICED MUSHROOMS	0
BROCCOLI	5345
CRATED CARROTS	225
CRATED ZUCCHINI	0
LEMON POTATO	14490
ROASTED POTATO	42940
THAI POTATOS	4680
POTATO MASH	27900
SWEET POTATO MASH	24790
SPINACH	2448
RED ONION	2580
PARSLEY	129