

## Meal Production Summary - 04/11/2025

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	205	11	0	216
Beef Chow Mein	138	12	0	150
Shepherd's Pie	151	0	0	151
Beef Burrito Bowl	160	3	0	163
Beef Meatballs	213	7	0	220
Lebanese Beef Stew	5	0	0	5
Mongolian Beef	258	13	0	271
Chicken with Vegetables	97	7	0	104
Chicken with Sweet Potato and Beans	137	0	0	137
Naked Chicken Parma	365	12	0	377
Chicken Pesto Pasta	238	10	0	248
Chicken and Broccoli Pasta	152	0	0	152
Butter Chicken	221	5	0	226
Thai Green Chicken Curry	175	10	0	185
Moroccan Chicken	96	0	0	96
Steak with Mushroom Sauce	248	4	0	252
Creamy Chicken & Mushroom Gnocchi	207	0	0	207
Roasted Lemon Chicken & Potatoes	208	7	0	215
Beef Lasagna	434	12	0	446
Bean Nachos with Rice	25	0	0	25
Lamb Souvlaki	215	6	0	221
Chicken Fajita Bowl	195	3	0	198
Steak On Its Own	0	0	0	0
Chicken On Its Own	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	8	0	0	8
Baked Family Lasagna	26	0	0	26
ON Amino Energy Can	0	2	0	2
<b>TOTAL</b>	<b>4177</b>	<b>124</b>	<b>0</b>	<b>4301</b>

# Daily Production Report - 04/11/2025

## Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	216	4608	3
Oil	0.7	216	50	

## Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	400	7867	3
Oil	0.7	400	93	

## Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	1223	21606	3
Water	95	1223	38728	
Salt	1	1223	408	
Oil	1.5	1223	612	

## Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	96	17280	0
Oil	2	96	192	
Lemon Juice	6	96	576	
Moroccan Chicken Mix	4	96	384	

## Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	413	66080	
Oil	4	413	1652	
Roast Chicken Mix	4	413	1652	

## Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	252	23436	0
Oil	1.5	252	378.0	
Baking Soda	3	252	756	

## Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	221	35802	0
Oil	2	221	442	
Salt	1.5	221	331.5	
Oregano	1.2	221	265.2	

## Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	472	70800	0
Cooking Cream	20	472	9440	
Butter	7	472	3304	
Salt	1.5	472	708.0	
White Pepper	0.5	472	236.0	

## Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	288	57600	0
Salt	1	288	288	
White Pepper	0.5	288	144.0	

## Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	598	11362	10
Oil	1	598	60	
Spices Mix	2.5	598	150	

## Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	215	11126	4
Oil	1	215	54	
Salt	1.2	215	64	

## Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	185	11100	0
Salt	1	185	185	

## Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	221	6630	0
Parsley	1.5	221	331.5	
Paprika	0.5	221	110.5	

## Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	493	29580	0

## Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	216	0	3
Napoli Sauce	0	216	0	
Crushed Tomatoes	0	216	0	
Beef Stock	0	216	0	
Onion	0	216	0	
Zucchini	0	216	0	
Carrot	0	216	0	
Vegetable Oil	0	216	0	
Salt	0	216	0	
Pepper	0	216	0	

### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	150	0	2
Celery	0	150	0	
Carrot	0	150	0	
Cabbage	0	150	0	
Onion	0	150	0	
Oil	0	150	0	
Pepper	0	150	0	
Salt	0	150	0	
Soy Sauce	0	150	0	
Oyster Sauce	0	150	0	

### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	151	0	2
Oil	0	151	0	
Carrots	0	151	0	
Capsicum	0	151	0	
Onion	0	151	0	
Mushroom	0	151	0	
Peas	0	151	0	
Tomato Paste	0	151	0	
Beef Stock	0	151	0	
Salt	0	151	0	
Pepper	0	151	0	
Napoli Sauce	0	151	0	

### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	163	0	2
Onion	0	163	0	
Capsicum	0	163	0	
Vegetable Oil	0	163	0	
Taco Seasoning	0	163	0	
Salt	0	163	0	
Pepper	0	163	0	
Beef Stock	0	163	0	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	220	33000	
Onion	10	220	2200	
Parsley	3	220	660	
Salt	1.5	220	330.0	
Pepper	0.2	220	44.0	

### Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	271	27100	
Baking Soda	2.5	271	677.5	
Water	10	271	2710	
Soy Sauce	5	271	1355	
Cornflour	2.5	271	677.5	
Capsicum	37	271	10027	
Onion	37	271	10027	
Rice	130	271	35230	

### Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	5	485	1
Onion	30	5	150	
Carrot	30	5	150	
Potato	30	5	150	
Peas	30	5	150	
Oil	2	5	10	
Salt	2.5	5	12	
Pepper	0.5	5	2	
Tomato Paste	20	5	100	
Water	30	5	150	
Beef Stock	30	5	150	
Rice	130	5	650	

## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	104	7020	2
Corn	50	104	2600	
Beans	60	104	3120	
Broccoli	67	104	3484	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	248	32240	
Penne	59	248	14632	
Sundried Tomatoes	20	248	4960	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	226	7910	4
Peas	40	226	2260	
Rice	130	226	7345	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	96	17280	

### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	96	1920	
Zucchini	30	96	2880	
Red Capsicum	30	96	2880	
Garlic	2	96	192	
Oil	2	96	192	
Chickpeas	115	96	11040	
Mix Spices	1.7	96	163.2	
Chicken Stock	50	96	4800	

### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	446	66900	
Mozzerala Cheese	1750	446	334500	
Napoli Sauce	500	446	223000	
Bolognese	3200	446	1427200	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	137	6165	3
Beans	60	137	2740	

### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	377	56550	

### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	152	19760	
Penne	59	152	8968	
Broccoli	40	152	6080	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	185	25900	
Rice	130	185	24050	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	252	27720	

### 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	25	2000	1
Carrot	25	25	625	
Onion	20	25	500	
Taco Seasoning	1	25	25	
Salt	1.5	25	38	
Pepper	0.5	25	12	
Garlic	2.5	25	62	
Vegetable Oil	1.5	25	38	
Cumin	0.5	25	12	
Crushed Tomato	85	25	2125	
Water	41.7	25	1042	

## Meal Recipes (cont'd)

### Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	221	10313	3
Potatoes	140	221	10313	

### 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	198	7425	4
Capsicum	52	198	2574	
Red Onion	52	198	2574	
Salsa	30	198	1485	
Rice	130	198	6435	

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	207	5175	6
Chicken	80	207	2760	
Sauce	200	207	6900	
Spinach	25	207	862	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	185	1295
Coconut Cream	95	185	17575

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	221	4420
Garlic	1	221	221
Salt	0.2	221	44.2

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	271	18970
MEATBALLS	120	220	26400
LEMON	50	215	10750
MUSHROOM	100	252	25200
FAJITA SAUCE	33	198	6534
BURRITO SAUCE	43	163	7009

### Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	163	2337	3
Black Beans	50	163	2717	3
Corn	50	163	2717	3
Rice	130	163	7064	3

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	377	18850
Mozzarella Cheese	40	377	15080

### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	248	4960

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	248	5308	5
Sauce	80	248	3968	5

### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	185	5180	4
Sauce	90	185	4163	4

### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	226	5560	5
Sauce	90	226	4068	5

### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	207	5072	6
Chicken	80	207	2760	6
Sauce	200	207	6900	6
Spinach	25	207	863	6

### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	152	3876	4
Sauce	100	152	3800	4

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	485
BEEF TOPSIDE (MONG)	27100
MINCE	33000
TOPSIDE STEAK	23436
LAMB SHOULDER	35802
MORROCAN CHICKEN	17280
ITALIAN CHICKEN	94554
NORMAL CHICKEN	132340
CHICKEN THIGH	66080

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	150
10MM DICED POTATO (LEBO)	150
10MM DICED ZUCCHINI	2880
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	2880
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	4770
5MM MONGOLIAN CAPSICUM	20323
5MM MONGOLIAN ONION	20323
5MM SLICED MUSHROOMS	0
BROCCOLI	13048
CRATED CARROTS	625
CRATED ZUCCHINI	0
LEMON POTATO	44504
ROASTED POTATO	113620
THAI POTATOS	11100
POTATO MASH	70800
SWEET POTATO MASH	57600
SPINACH	5172
RED ONION	6630
PARSLEY	332