

## Meal Production Summary - 29/07/2025

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	134	20	2	0	156
Beef Chow Mein	84	8	0	0	92
Shepherd's Pie	70	0	1	0	71
Beef Burrito Bowl	59	9	0	0	68
Beef Meatballs	106	7	0	9	104
Lebanese Beef Stew	51	0	0	11	40
Mongolian Beef	140	8	0	15	133
Chicken with Vegetables	20	3	0	0	23
Chicken with Sweet Potato and Beans	49	0	1	0	50
Naked Chicken Parma	144	19	0	0	163
Chicken Pesto Pasta	95	11	0	0	106
Chicken and Broccoli Pasta	75	0	0	0	75
Butter Chicken	101	4	0	0	105
Thai Green Chicken Curry	101	3	0	0	104
Moroccan Chicken	30	0	0	0	30
Steak with Mushroom Sauce	105	4	0	0	109
Creamy Chicken & Mushroom Gnocchi	120	0	0	7	113
Roasted Lemon Chicken & Potatoes	56	3	2	0	61
Beef Lasagna	224	7	2	0	233
Bean Nachos with Rice	19	0	0	0	19
Lamb Souvlaki	102	9	0	0	111
Chicken Fajita Bowl	76	8	0	0	84
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	13	0	0	0	13
<b>TOTAL</b>	<b>1977</b>	<b>123</b>	<b>8</b>	<b>42</b>	<b>2066</b>

## Daily Production Report - 29/07/2025

### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	156	5304	2
Oil	0.7	156	55	

### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	181	5340	2
Oil	0.7	181	63	

### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	645	34185	1
Water	95	645	61275	
Salt	1	645	645	
Oil	1.5	645	968	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	30	5400	0
Oil	2	30	60	
Lemon Juice	6	30	180	
Moroccan Chicken Mix	4	30	120	

### Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	150	145	21750	
Oil	4	145	580	
Roast Chicken Mix	4	145	580	

### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	109	11990	0
Oil	1.5	109	163.5	
Baking Soda	3	109	327	

### Lamb Marinade

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	111	17982	0
Oil	2	111	222	
Salt	1.5	111	166.5	
Oregano	1.2	111	133.2	

### Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	213	31950	0
Cooking Cream	20	213	4260	
Butter	7	213	1491	
Salt	1.5	213	319.5	
White Pepper	0.5	213	106.5	

### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	185	121	22385	0
Salt	1	121	121	
White Pepper	0.5	121	60.5	

### Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	274	10412	5
Oil	1	274	55	
Spices Mix	2.5	274	137	

### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	61	12627	1
Oil	1	61	61	
Salt	1.2	61	73	

### Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	104	6240	0
Salt	1	104	104	

### Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	111	3330	0
Parsley	1.5	111	166.5	
Paprika	0.5	111	55.5	

### Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	182	10920	0

## Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	156	0	2
Napoli Sauce	0	156	0	
Crushed Tomatoes	0	156	0	
Beef Stock	0	156	0	
Onion	0	156	0	
Zucchini	0	156	0	
Carrot	0	156	0	
Vegetable Oil	0	156	0	
Salt	0	156	0	
Pepper	0	156	0	

### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	92	0	2
Celery	0	92	0	
Carrot	0	92	0	
Cabbage	0	92	0	
Onion	0	92	0	
Oil	0	92	0	
Pepper	0	92	0	
Salt	0	92	0	
Soy Sauce	0	92	0	
Oyster Sauce	0	92	0	

### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	71	0	1
Oil	0	71	0	
Carrots	0	71	0	
Capsicum	0	71	0	
Onion	0	71	0	
Mushroom	0	71	0	
Peas	0	71	0	
Tomato Paste	0	71	0	
Beef Stock	0	71	0	
Salt	0	71	0	
Pepper	0	71	0	
Napoli Sauce	0	71	0	

### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	68	0	1
Onion	0	68	0	
Capsicum	0	68	0	
Vegetable Oil	0	68	0	
Taco Seasoning	0	68	0	
Salt	0	68	0	
Pepper	0	68	0	
Beef Stock	0	68	0	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	104	15600	
Onion	10	104	1040	
Parsley	3	104	312	
Salt	1.5	104	156.0	
Pepper	0.2	104	20.8	

### Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	40	3880	1
Onion	30	40	1200	
Carrot	30	40	1200	
Potato	30	40	1200	
Peas	30	40	1200	
Oil	2	40	80	
Salt	2.5	40	100	
Pepper	0.5	40	20	
Tomato Paste	20	40	800	
Water	30	40	1200	
Beef Stock	30	40	1200	
Rice	130	40	5200	

### Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	97	133	12901	
Baking Soda	2.5	133	332.5	
Water	10	133	1330	
Soy Sauce	5	133	665	
Cornflour	2.5	133	332.5	
Capsicum	37	133	4921	
Onion	37	133	4921	
Rice	130	133	17290	

## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	23	3105	1
Corn	52	23	1196	
Beans	60	23	1380	
Broccoli	67	23	1541	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	106	13780	
Penne	59	106	6254	
Sundried Tomatoes	24	106	2544	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	105	14700	
Peas	40	105	4200	
Rice	130	105	13650	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	30	5400	

### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	30	600	
Zucchini	30	30	900	
Red Capsicum	30	30	900	
Garlic	2	30	60	
Oil	2	30	60	
Chickpeas	115	30	3450	
Mix Spices	1.7	30	51.0	
Chicken Stock	50	30	1500	

### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	233	34950	
Mozzerala Cheese	1750	233	174750	
Napoli Sauce	500	233	116500	
Bolognese	3200	233	745600	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	50	6750	1
Beans	60	50	3000	

### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	163	24450	

### 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	104	14560	
Rice	130	104	13520	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	109	11990	

### 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	19	1520	1
Carrot	25	19	475	
Onion	20	19	380	
Taco Seasoning	1	19	19	
Salt	1.5	19	28	
Pepper	0.5	19	10	
Garlic	2.5	19	48	
Vegetable Oil	1.5	19	28	
Cumin	0.5	19	10	
Crushed Tomato	85	19	1615	
Water	41.7	19	792	

## Meal Recipes (cont'd)

### Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	111	7770	2
Potatoes	140	111	7770	

### 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	84	6300	2
Capsicum	52	84	2184	
Red Onion	52	84	2184	
Salsa	30	84	1260	
Rice	130	84	5460	

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	113	4238	4
Chicken	80	113	2260	
Sauce	200	113	5650	
Spinach	25	113	706	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	104	728
Coconut Cream	90	104	9360

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	111	2220
Garlic	2	111	222
Salt	1	111	111

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	133	9310
MEATBALLS	120	104	12480
LEMON	50	61	3050
MUSHROOM	100	109	10900
FAJITA SAUCE	33	84	2772
BURRITO SAUCE	43	68	2924

### Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	68	1462	2
Black Beans	50	68	1700	2
Corn	50	68	1700	2
Rice	130	68	4420	2

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	163	8150
Mozzarella Cheese	40	163	6520

### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	24	106	2544

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	110	106	3887	3
Sauce	80	106	2827	3

### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	110	104	3814	3
Sauce	90	104	3120	3

### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	120	105	4200	3
Sauce	90	105	3150	3

### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	150	113	4238	4
Chicken	80	113	2260	4
Sauce	200	113	5650	4
Spinach	25	113	707	4

### Broccoli Pasta

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

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	3880
BEEF TOPSIDE (MONG)	12901
MINCE	15600
TOPSIDE STEAK	11990
LAMB SHOULDER	17982
MORROCAN CHICKEN	5400
ITALIAN CHICKEN	36108
NORMAL CHICKEN	65390
CHICKEN THIGH	21750

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	1200
10MM DICED POTATO (LEBO)	1200
10MM DICED ZUCCHINI	900
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	900
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	3220
5MM MONGOLIAN CAPSICUM	9289
5MM MONGOLIAN ONION	9289
5MM SLICED MUSHROOMS	0
BROCCOLI	4541
CRATED CARROTS	475
CRATED ZUCCHINI	0
LEMON POTATO	12627
ROASTED POTATO	52060
THAI POTATOS	6240
POTATO MASH	31950
SWEET POTATO MASH	22385
SPINACH	2824
RED ONION	3330
PARSLEY	166