

## Meal Production Summary - 18/11/2025

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	206	28	2	0	236
Beef Chow Mein	118	11	0	0	129
Shepherd's Pie	146	0	0	0	146
Beef Burrito Bowl	133	19	2	0	154
Beef Meatballs	169	9	0	0	178
Lebanese Beef Stew	0	0	0	0	0
Mongolian Beef	240	19	0	0	259
Chicken with Vegetables	72	10	0	0	82
Chicken with Sweet Potato and Beans	150	0	0	0	150
Naked Chicken Parma	283	17	0	0	300
Chicken Pesto Pasta	210	21	0	0	231
Chicken and Broccoli Pasta	158	0	0	0	158
Butter Chicken	167	19	0	0	186
Thai Green Chicken Curry	141	17	0	0	158
Moroccan Chicken	103	0	0	0	103
Steak with Mushroom Sauce	215	5	0	0	220
Creamy Chicken & Mushroom Gnocchi	165	0	0	0	165
Roasted Lemon Chicken & Potatoes	161	10	2	0	173
Beef Lasagna	410	34	0	0	444
Bean Nachos with Rice	25	0	0	0	25
Lamb Souvlaki	220	10	0	0	230
Chicken Fajita Bowl	136	11	0	0	147
Steak On Its Own	0	0	0	0	0
Chicken On Its Own	0	5	0	0	5
Family Mac and 3 Cheese Pasta Bake	6	0	0	0	6
Baked Family Lasagna	28	0	0	0	28
ON Amino Energy Can	0	18	0	0	18
<b>TOTAL</b>	<b>3662</b>	<b>263</b>	<b>6</b>	<b>0</b>	<b>3931</b>

## Daily Production Report - 18/11/2025

### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	236	5035	3
Oil	0.7	236	55	

### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	389	7650	3
Oil	0.7	389	91	

### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	1058	18691	3
Water	95	1058	33503	
Salt	1	1058	353	
Oil	1.5	1058	529	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	103	18540	0
Oil	2	103	206	
Lemon Juice	6	103	618	
Moroccan Chicken Mix	4	103	412	

### Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	320	51200	
Oil	4	320	1280	
Roast Chicken Mix	4	320	1280	

### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	220	20460	0
Oil	1.5	220	330.0	
Baking Soda	3	220	660	

### Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	230	37260	0
Oil	2	230	460	
Salt	1.5	230	345.0	
Oregano	1.2	230	276.0	

### Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	398	59700	0
Cooking Cream	20	398	7960	
Butter	7	398	2786	
Salt	1.5	398	597.0	
White Pepper	0.5	398	199.0	

### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	296	59200	0
Salt	1	296	296	
White Pepper	0.5	296	148.0	

### Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	530	11189	9
Oil	1	530	59	
Spices Mix	2.5	530	147	

### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	173	11937	3
Oil	1	173	58	
Salt	1.2	173	69	

### Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	158	9480	0
Salt	1	158	158	

### Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	230	6900	0
Parsley	1.5	230	345.0	
Paprika	0.5	230	115.0	

### Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	452	27120	0

## Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	236	0	3
Napoli Sauce	0	236	0	
Crushed Tomatoes	0	236	0	
Beef Stock	0	236	0	
Onion	0	236	0	
Zucchini	0	236	0	
Carrot	0	236	0	
Vegetable Oil	0	236	0	
Salt	0	236	0	
Pepper	0	236	0	

### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	129	0	2
Celery	0	129	0	
Carrot	0	129	0	
Cabbage	0	129	0	
Onion	0	129	0	
Oil	0	129	0	
Pepper	0	129	0	
Salt	0	129	0	
Soy Sauce	0	129	0	
Oyster Sauce	0	129	0	

### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	146	0	2
Oil	0	146	0	
Carrots	0	146	0	
Capsicum	0	146	0	
Onion	0	146	0	
Mushroom	0	146	0	
Peas	0	146	0	
Tomato Paste	0	146	0	
Beef Stock	0	146	0	
Salt	0	146	0	
Pepper	0	146	0	
Napoli Sauce	0	146	0	

### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	154	0	2
Onion	0	154	0	
Capsicum	0	154	0	
Vegetable Oil	0	154	0	
Taco Seasoning	0	154	0	
Salt	0	154	0	
Pepper	0	154	0	
Beef Stock	0	154	0	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	178	26700	
Onion	10	178	1780	
Parsley	3	178	534	
Salt	1.5	178	267.0	
Pepper	0.2	178	35.6	

### 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	259	25900	
Baking Soda	2.5	259	647.5	
Water	10	259	2590	
Soy Sauce	5	259	1295	
Cornflour	2.5	259	647.5	
Capsicum	37	259	9583	
Onion	37	259	9583	
Rice	130	259	33670	

## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	82	5535	2
Corn	50	82	2050	
Beans	60	82	2460	
Broccoli	67	82	2747	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	231	30030	
Penne	59	231	13629	
Sundried Tomatoes	20	231	4620	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	186	6510	4
Peas	40	186	1860	
Rice	130	186	6045	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	103	18540	

### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	103	1854	
Zucchini	27	103	2781	
Red Capsicum	27	103	2781	
Garlic	1.8	103	185.4	
Oil	1.8	103	185.4	
Chickpeas	103.5	103	10660.5	
Mix Spices	1.53	103	157.59	
Chicken Stock	45	103	4635	

### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	444	66600	
Mozzerala Cheese	1750	444	333000	
Napoli Sauce	500	444	222000	
Bolognese	3200	444	1420800	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	150	6750	3
Beans	60	150	3000	

### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	300	45000	

### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	158	20540	
Penne	59	158	9322	
Broccoli	40	158	6320	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	158	22783.6	
Rice	130	158	20540	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	220	24200	

### 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	230	10733	3
Potatoes	140	230	10733	

### Chicken On Its Own

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken Breast	200	5	1000	1

### Chicken Fajita Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken Thigh	150	147	7350	3
Capsicum	52	147	2548	
Red Onion	52	147	2548	
Salsa	30	147	1470	
Rice	130	147	6370	

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	165	4950	5
Chicken	80	165	2640	
Sauce	200	165	6600	
Spinach	25	165	825	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7.21	158	1139.18
Coconut Cream	97.85	158	15460.3

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	230	4600
Garlic	1	230	230
Salt	0.2	230	46.0

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	259	18130
MEATBALLS	120	178	21360
LEMON	50	173	8650
MUSHROOM	100	220	22000
FAJITA SAUCE	33	147	4851
BURRITO SAUCE	43	154	6622

### Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	154	2208	3
Black Beans	50	154	2567	3
Corn	50	154	2567	3
Rice	130	154	6674	3

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	300	15000
Mozzarella Cheese	40	300	12000

### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	231	4620

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	231	4944	5
Sauce	80	231	3696	5

### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	158	4557	4
Sauce	92.7	158	3662	4

### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	186	5720	4
Sauce	90	186	4185	4

### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	165	4851	5
Chicken	80	165	2640	5
Sauce	200	165	6600	5
Spinach	25	165	825	5

### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	158	4029	4
Sauce	100	158	3950	4

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	25900
MINCE	26700
TOPSIDE STEAK	20460
LAMB SHOULDER	37260
MORROCAN CHICKEN	18540
ITALIAN CHICKEN	82161
NORMAL CHICKEN	116740
CHICKEN THIGH	51200

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	2781
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	2781
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	4134
5MM MONGOLIAN CAPSICUM	17227
5MM MONGOLIAN ONION	17227
5MM SLICED MUSHROOMS	0
BROCCOLI	11814
CRATED CARROTS	625
CRATED ZUCCHINI	0
LEMON POTATO	35811
ROASTED POTATO	100692
THAI POTATOS	9480
POTATO MASH	59700
SWEET POTATO MASH	59200
SPINACH	4122
RED ONION	6900
PARSLEY	345