

## Meal Production Summary - 05/08/2025

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	129	8	2	11	128
Beef Chow Mein	105	7	0	0	112
Shepherd's Pie	72	0	1	5	68
Beef Burrito Bowl	91	6	0	0	97
Beef Meatballs	94	4	0	0	98
Lebanese Beef Stew	44	0	0	12	32
Mongolian Beef	123	12	0	8	127
Chicken with Vegetables	25	6	0	0	31
Chicken with Sweet Potato and Beans	58	0	1	0	59
Naked Chicken Parma	119	9	0	6	122
Chicken Pesto Pasta	98	7	0	0	105
Chicken and Broccoli Pasta	63	0	0	0	63
Butter Chicken	78	7	0	0	85
Thai Green Chicken Curry	97	5	0	0	102
Moroccan Chicken	48	0	0	0	48
Steak with Mushroom Sauce	115	8	0	23	100
Creamy Chicken & Mushroom Gnocchi	97	0	0	0	97
Roasted Lemon Chicken & Potatoes	79	4	2	7	78
Beef Lasagna	194	2	2	0	198
Bean Nachos with Rice	17	0	0	0	17
Lamb Souvlaki	111	5	0	0	116
Chicken Fajita Bowl	56	6	0	0	62
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	6	0	0	6	0
Baked Family Lasagna	24	0	0	22	2
<b>TOTAL</b>	<b>1943</b>	<b>96</b>	<b>8</b>	<b>100</b>	<b>1947</b>

## Daily Production Report - 05/08/2025

### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	128	4352	2
Oil	0.7	128	45	

### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	168	4956	2
Oil	0.7	168	59	

### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	634	16801	2
Water	95	634	30115	
Salt	1	634	317	
Oil	1.5	634	476	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	48	8640	0
Oil	2	48	96	
Lemon Juice	6	48	288	
Moroccan Chicken Mix	4	48	192	

### Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	150	140	21000	
Oil	4	140	560	
Roast Chicken Mix	4	140	560	

### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	100	11000	0
Oil	1.5	100	150.0	
Baking Soda	3	100	300	

### 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	198	29700	0
Cooking Cream	20	198	3960	
Butter	7	198	1386	
Salt	1.5	198	297.0	
White Pepper	0.5	198	99.0	

### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	185	127	23495	0
Salt	1	127	127	
White Pepper	0.5	127	63.5	

### Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	238	11305	4
Oil	1	238	60	
Spices Mix	2.5	238	149	

### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	78	8073	2
Oil	1	78	39	
Salt	1.2	78	47	

### Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	102	6120	0
Salt	1	102	102	

### 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	190	11400	0

## Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	128	0	2
Napoli Sauce	0	128	0	
Crushed Tomatoes	0	128	0	
Beef Stock	0	128	0	
Onion	0	128	0	
Zucchini	0	128	0	
Carrot	0	128	0	
Vegetable Oil	0	128	0	
Salt	0	128	0	
Pepper	0	128	0	

### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	112	0	2
Celery	0	112	0	
Carrot	0	112	0	
Cabbage	0	112	0	
Onion	0	112	0	
Oil	0	112	0	
Pepper	0	112	0	
Salt	0	112	0	
Soy Sauce	0	112	0	
Oyster Sauce	0	112	0	

### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	68	6800	1
Oil	2	68	136	
Carrots	15	68	1020	
Capsicum	15	68	1020	
Onion	15	68	1020	
Mushroom	15	68	1020	
Peas	15	68	1020	
Tomato Paste	6	68	408	
Beef Stock	20	68	1360	
Salt	2	68	136	
Pepper	0.5	68	34	
Napoli Sauce	70	68	4760	

### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	95	97	9215	1
Onion	12	97	1164	
Capsicum	12	97	1164	
Vegetable Oil	2	97	194	
Taco Seasoning	7	97	679	
Salt	1.5	97	146	
Pepper	0.5	97	48	
Beef Stock	40	97	3880	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	98	14700	
Onion	10	98	980	
Parsley	3	98	294	
Salt	1.5	98	147.0	
Pepper	0.2	98	19.6	

### Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	32	3104	1
Onion	30	32	960	
Carrot	30	32	960	
Potato	30	32	960	
Peas	30	32	960	
Oil	2	32	64	
Salt	2.5	32	80	
Pepper	0.5	32	16	
Tomato Paste	20	32	640	
Water	30	32	960	
Beef Stock	30	32	960	
Rice	130	32	4160	

### Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	97	127	12319	
Baking Soda	2.5	127	317.5	
Water	10	127	1270	
Soy Sauce	5	127	635	
Cornflour	2.5	127	317.5	
Capsicum	37	127	4699	
Onion	37	127	4699	
Rice	130	127	16510	

## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	31	4185	1
Corn	52	31	1612	
Beans	60	31	1860	
Broccoli	67	31	2077	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	105	13650	
Penne	59	105	6195	
Sundried Tomatoes	24	105	2520	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	85	11900	
Peas	40	85	3400	
Rice	130	85	11050	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	48	8640	

### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	48	960	
Zucchini	30	48	1440	
Red Capsicum	30	48	1440	
Garlic	2	48	96	
Oil	2	48	96	
Chickpeas	115	48	5520	
Mix Spices	1.7	48	81.6	
Chicken Stock	50	48	2400	

### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	198	29700	
Mozzerala Cheese	1750	198	148500	
Napoli Sauce	500	198	99000	
Bolognese	3200	198	633600	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	59	7965	1
Beans	60	59	3540	

### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	122	18300	

### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	63	8190	
Penne	59	63	3717	
Broccoli	40	63	2520	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	102	14280	
Rice	130	102	13260	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	100	11000	

### 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	17	1360	1
Carrot	25	17	425	
Onion	20	17	340	
Taco Seasoning	1	17	17	
Salt	1.5	17	26	
Pepper	0.5	17	8	
Garlic	2.5	17	42	
Vegetable Oil	1.5	17	26	
Cumin	0.5	17	8	
Crushed Tomato	85	17	1445	
Water	41.7	17	709	

## 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	62	4650	2
Capsicum	52	62	1612	
Red Onion	52	62	1612	
Salsa	30	62	930	
Rice	130	62	4030	

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	97	4850	3
Chicken	80	97	2587	
Sauce	200	97	6467	
Spinach	25	97	808	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	102	714
Coconut Cream	95	102	9690

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	116	2320
Garlic	1.5	116	174.0
Salt	0.5	116	58.0

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	127	8890
MEATBALLS	120	98	11760
LEMON	50	78	3900
MUSHROOM	100	100	10000
FAJITA SAUCE	33	62	2046
BURRITO SAUCE	43	97	4171

### Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	97	2086	2
Black Beans	50	97	2425	2
Corn	50	97	2425	2
Rice	130	97	6305	2

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	122	6100
Mozzarella Cheese	40	122	4880

### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	105	2100

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	105	3745	3
Sauce	80	105	2800	3

### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	102	3808	3
Sauce	90	102	3060	3

### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	85	5228	2
Sauce	90	85	3825	2

### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	97	4753	3
Chicken	80	97	2587	3
Sauce	200	97	6467	3
Spinach	25	97	809	3

### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	63	3213	2
Sauce	100	63	3150	2

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	3104
BEEF TOPSIDE (MONG)	12319
MINCE	30715
TOPSIDE STEAK	11000
LAMB SHOULDER	18792
MORROCAN CHICKEN	8640
ITALIAN CHICKEN	32436
NORMAL CHICKEN	58760
CHICKEN THIGH	21000

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	960
10MM DICED POTATO (LEBO)	960
10MM DICED ZUCCHINI	1440
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	3624
5MM DICED CARROTS	1020
5MM DICED CELERY	0
5MM DICED MUSHROOMS	1020
5MM DICED ONION	5424
5MM MONGOLIAN CAPSICUM	7923
5MM MONGOLIAN ONION	7923
5MM SLICED MUSHROOMS	0
BROCCOLI	4597
CRATED CARROTS	425
CRATED ZUCCHINI	0
LEMON POTATO	16146
ROASTED POTATO	45220
THAI POTATOS	6120
POTATO MASH	29700
SWEET POTATO MASH	23495
SPINACH	2424
RED ONION	3480
PARSLEY	174