

## Meal Production Summary - 14/07/2025

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	145	145	145	0	435
Beef Chow Mein	86	86	86	0	258
Shepherd's Pie	111	111	111	0	333
Beef Burrito Bowl	100	100	100	0	300
Beef Meatballs	77	77	77	0	231
Lebanese Beef Stew	47	47	47	0	141
Mongolian Beef	152	152	152	0	456
Chicken with Vegetables	58	58	58	0	174
Chicken with Sweet Potato and Beans	97	97	97	0	291
Naked Chicken Parma	197	197	197	0	591
Chicken Pesto Pasta	128	128	128	0	384
Chicken and Broccoli Pasta	89	89	89	0	267
Butter Chicken	141	141	141	0	423
Thai Green Chicken Curry	103	103	103	0	309
Moroccan Chicken	71	71	71	0	213
Steak with Mushroom Sauce	127	127	127	0	381
Creamy Chicken & Mushroom Gnocchi	130	130	130	0	390
Roasted Lemon Chicken & Potatoes	96	96	96	0	288
Beef Lasagna	215	215	215	0	645
Bean Nachos with Rice	7	7	7	0	21
Lamb Souvlaki	148	148	148	0	444
Chicken Fajita Bowl	90	90	90	0	270
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	16	16	16	0	48
Baked Family Lasagna	18	18	18	0	54
<b>TOTAL</b>	<b>2449</b>	<b>2449</b>	<b>2449</b>	<b>0</b>	<b>7347</b>

## Daily Production Report - 14/07/2025

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### Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	612	91800	0
Cooking Cream	20	612	12240	
Butter	7	612	4284	
Salt	1.5	612	918.0	
White Pepper	0.5	612	306.0	

### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	185	624	115440	0
Salt	1	624	624	
White Pepper	0.5	624	312.0	

### Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	1035	11568	17
Oil	1	1035	61	
Spices Mix	2.5	1035	152	

### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	288	11923	5
Oil	1	288	58	
Salt	1.2	288	69	

### Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	309	18540	0
Salt	1	309	309	

### Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	444	13320	0
Parsley	1.5	444	666.0	
Paprika	0.5	444	222.0	

### Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	846	50760	0

### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	435	4930	6
Oil	0.7	435	51	

### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	651	7682	5
Oil	0.7	651	91	

### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	2178	38478	3
Water	95	2178	68970	
Salt	1	2178	726	
Oil	1.5	2178	1089	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	213	38340	0
Oil	2	213	426	
Lemon Juice	6	213	1278	
Moroccan Chicken Mix	4	213	852	

### Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	150	558	83700	
Oil	4	558	2232	
Roast Chicken Mix	4	558	2232	

### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	381	41910	0
Oil	1.5	381	571.5	
Baking Soda	3	381	1143	

### Lamb Marinade

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	444	71928	0
Oil	2	444	888	
Salt	1.5	444	666.0	
Oregano	1.2	444	532.8	

## Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	435	8700	5
Napoli Sauce	65	435	5655	
Crushed Tomatoes	45	435	3915	
Beef Stock	30	435	2610	
Onion	15	435	1305	
Zucchini	15	435	1305	
Carrot	15	435	1305	
Vegetable Oil	1	435	87	
Salt	3	435	261	
Pepper	1	435	87	

### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	120	258	7740	4
Celery	42	258	2709	
Carrot	42	258	2709	
Cabbage	42	258	2709	
Onion	42	258	2709	
Oil	2	258	129	
Pepper	1	258	64	
Salt	0.5	258	32	
Soy Sauce	13	258	838	
Oyster Sauce	13	258	838	

### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	333	6660	5
Oil	2	333	133	
Carrots	15	333	999	
Capsicum	15	333	999	
Onion	15	333	999	
Mushroom	15	333	999	
Peas	15	333	999	
Tomato Paste	6	333	400	
Beef Stock	20	333	1332	
Salt	2	333	133	
Pepper	0.5	333	33	
Napoli Sauce	70	333	4662	

### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	95	300	9500	3
Onion	12	300	1200	
Capsicum	12	300	1200	
Vegetable Oil	2	300	200	
Taco Seasoning	7	300	700	
Salt	1.5	300	150	
Pepper	0.5	300	50	
Beef Stock	40	300	4000	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	231	34650	
Onion	10	231	2310	
Parsley	3	231	693	
Salt	1.5	231	346.5	
Pepper	0.2	231	46.2	

### Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	141	6838	2
Onion	30	141	2115	
Carrot	30	141	2115	
Potato	30	141	2115	
Peas	30	141	2115	
Oil	2	141	141	
Salt	2.5	141	176	
Pepper	0.5	141	35	
Tomato Paste	20	141	1410	
Water	30	141	2115	
Beef Stock	30	141	2115	
Rice	130	141	9165	

### Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	97	456	44232	
Baking Soda	2.5	456	1140.0	
Water	10	456	4560	
Soy Sauce	5	456	2280	
Cornflour	2.5	456	1140.0	
Capsicum	37	456	16872	
Onion	37	456	16872	
Rice	130	456	59280	

## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	174	7830	3
Corn	52	174	3016	
Beans	60	174	3480	
Broccoli	67	174	3886	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	384	49920	
Penne	59	384	22656	
Sundried Tomatoes	24	384	9216	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	423	59220	
Peas	40	423	16920	
Rice	130	423	54990	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	213	38340	

### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	213	4260	
Zucchini	30	213	6390	
Red Capsicum	30	213	6390	
Garlic	2	213	426	
Oil	2	213	426	
Chickpeas	115	213	24495	
Mix Spices	1.7	213	362.09999999999997	
Chicken Stock	50	213	10650	

### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	645	96750	
Mozzerala Cheese	1750	645	483750	
Napoli Sauce	500	645	322500	
Bolognese	3200	645	2064000	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	291	7857	5
Beans	60	291	3492	

### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	591	88650	

### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	267	34710	
Penne	59	267	15753	
Broccoli	40	267	10680	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	309	43260	
Rice	130	309	40170	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	381	41910	

### 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	21	1680	1
Carrot	25	21	525	
Onion	20	21	420	
Taco Seasoning	1	21	21	
Salt	1.5	21	32	
Pepper	0.5	21	10	
Garlic	2.5	21	52	
Vegetable Oil	1.5	21	32	
Cumin	0.5	21	10	
Crushed Tomato	85	21	1785	
Water	41.7	21	876	

## Meal Recipes (cont'd)

### Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	444	12432	5
Potatoes	140	444	12432	

### 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	270	8100	5
Capsicum	52	270	2808	
Red Onion	52	270	2808	
Salsa	30	270	1620	
Rice	130	270	7020	

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	390	5318	11
Chicken	80	390	2836	
Sauce	200	390	7091	
Spinach	25	390	886	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	309	2163
Coconut Cream	90	309	27810

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	444	8880
Garlic	2	444	888
Salt	1	444	444

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	456	31920
MEATBALLS	120	231	27720
LEMON	50	288	14400
MUSHROOM	100	381	38100
FAJITA SAUCE	33	270	8910
BURRITO SAUCE	43	300	12900

### Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	300	2580	5
Black Beans	50	300	3000	5
Corn	50	300	3000	5
Rice	130	300	7800	5

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	591	29550
Mozzarella Cheese	40	591	23640

### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	24	384	9216

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	110	384	5280	8
Sauce	80	384	3840	8

### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	110	309	4856	7
Sauce	90	309	3973	7

### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	120	423	5640	9
Sauce	90	423	4230	9

### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	150	390	5319	11
Chicken	80	390	2837	11
Sauce	200	390	7091	11
Spinach	25	390	887	11

### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	100	267	4450	6
Sauce	100	267	4450	6

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	13677
BEEF TOPSIDE (MONG)	44232
MINCE	170910
TOPSIDE STEAK	41910
LAMB SHOULDER	71928
MORROCAN CHICKEN	38340
ITALIAN CHICKEN	161568
NORMAL CHICKEN	230490
CHICKEN THIGH	83700

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	4230
10MM DICED POTATO (LEBO)	4230
10MM DICED ZUCCHINI	6390
5MM DICED CABBAGE	10836
5MM DICED CAPSICUM	14985
5MM DICED CARROTS	15831
5MM DICED CELERY	10836
5MM DICED MUSHROOMS	4995
5MM DICED ONION	37176
5MM MONGOLIAN CAPSICUM	30912
5MM MONGOLIAN ONION	30912
5MM SLICED MUSHROOMS	0
BROCCOLI	22338
CRATED CARROTS	7050
CRATED ZUCCHINI	6525
LEMON POTATO	59615
ROASTED POTATO	196639
THAI POTATOS	18540
POTATO MASH	91800
SWEET POTATO MASH	115440
SPINACH	9744
RED ONION	13320
PARSLEY	666