

## Meal Production Summary - 13/11/2025

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	161	11	15	0	187
Beef Chow Mein	65	11	15	0	91
Shepherd's Pie	76	0	12	0	88
Beef Burrito Bowl	88	17	24	0	129
Beef Meatballs	84	22	7	0	113
Lebanese Beef Stew	0	0	0	0	0
Mongolian Beef	158	5	0	0	163
Chicken with Vegetables	48	17	1	0	66
Chicken with Sweet Potato and Beans	67	0	12	0	79
Naked Chicken Parma	200	15	10	0	225
Chicken Pesto Pasta	151	13	11	0	175
Chicken and Broccoli Pasta	104	0	10	0	114
Butter Chicken	140	41	15	0	196
Thai Green Chicken Curry	93	12	0	0	105
Moroccan Chicken	57	0	10	0	67
Steak with Mushroom Sauce	111	6	4	0	121
Creamy Chicken & Mushroom Gnocchi	73	0	9	0	82
Roasted Lemon Chicken & Potatoes	116	1	10	0	127
Beef Lasagna	298	15	23	0	336
Bean Nachos with Rice	12	0	0	0	12
Lamb Souvlaki	138	15	0	0	153
Chicken Fajita Bowl	81	13	0	0	94
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	5	0	0	0	5
Baked Family Lasagna	6	0	0	0	6
ON Amino Energy Can	0	9	0	0	9
<b>TOTAL</b>	<b>2332</b>	<b>223</b>	<b>188</b>	<b>0</b>	<b>2743</b>

## Daily Production Report - 13/11/2025

### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	187	3989	3
Oil	0.7	187	44	

### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	289	5684	3
Oil	0.7	289	67	

### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	790	20935	2
Water	95	790	37525	
Salt	1	790	395	
Oil	1.5	790	592	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	67	12060	0
Oil	2	67	134	
Lemon Juice	6	67	402	
Moroccan Chicken Mix	4	67	268	

### Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	221	35360	
Oil	4	221	884	
Roast Chicken Mix	4	221	884	

### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	121	11253	0
Oil	1.5	121	181.5	
Baking Soda	3	121	363	

### Lamb Marinade

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	153	24786	0
Oil	2	153	306	
Salt	1.5	153	229.5	
Oregano	1.2	153	183.6	

### Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	234	35100	0
Cooking Cream	20	234	4680	
Butter	7	234	1638	
Salt	1.5	234	351.0	
White Pepper	0.5	234	117.0	

### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	167	33400	0
Salt	1	167	167	
White Pepper	0.5	167	83.5	

### Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	378	11970	6
Oil	1	378	63	
Spices Mix	2.5	378	158	

### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	127	8763	3
Oil	1	127	42	
Salt	1.2	127	51	

### Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	105	6300	0
Salt	1	105	105	

### Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	153	4590	0
Parsley	1.5	153	229.5	
Paprika	0.5	153	76.5	

### Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	266	15960	0

## Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	187	0	3
Napoli Sauce	0	187	0	
Crushed Tomatoes	0	187	0	
Beef Stock	0	187	0	
Onion	0	187	0	
Zucchini	0	187	0	
Carrot	0	187	0	
Vegetable Oil	0	187	0	
Salt	0	187	0	
Pepper	0	187	0	

### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	91	0	2
Celery	0	91	0	
Carrot	0	91	0	
Cabbage	0	91	0	
Onion	0	91	0	
Oil	0	91	0	
Pepper	0	91	0	
Salt	0	91	0	
Soy Sauce	0	91	0	
Oyster Sauce	0	91	0	

### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	88	0	2
Oil	0	88	0	
Carrots	0	88	0	
Capsicum	0	88	0	
Onion	0	88	0	
Mushroom	0	88	0	
Peas	0	88	0	
Tomato Paste	0	88	0	
Beef Stock	0	88	0	
Salt	0	88	0	
Pepper	0	88	0	
Napoli Sauce	0	88	0	

### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	129	0	1
Onion	0	129	0	
Capsicum	0	129	0	
Vegetable Oil	0	129	0	
Taco Seasoning	0	129	0	
Salt	0	129	0	
Pepper	0	129	0	
Beef Stock	0	129	0	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	113	16950	
Onion	10	113	1130	
Parsley	3	113	339	
Salt	1.5	113	169.5	
Pepper	0.2	113	22.6	

### 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	163	16300	
Baking Soda	2.5	163	407.5	
Water	10	163	1630	
Soy Sauce	5	163	815	
Cornflour	2.5	163	407.5	
Capsicum	37	163	6031	
Onion	37	163	6031	
Rice	130	163	21190	

## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	66	4455	2
Corn	50	66	1650	
Beans	60	66	1980	
Broccoli	67	66	2211	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	175	22750	
Penne	59	175	10325	
Sundried Tomatoes	20	175	3500	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	196	6860	4
Peas	40	196	1960	
Rice	130	196	6370	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	67	12060	

### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	67	1206	
Zucchini	27	67	1809	
Red Capsicum	27	67	1809	
Garlic	1.8	67	120.60000000000001	
Oil	1.8	67	120.60000000000001	
Chickpeas	103.5	67	6934.5	
Mix Spices	1.53	67	102.51	
Chicken Stock	45	67	3015	

### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	336	50400	
Mozzerala Cheese	1750	336	252000	
Napoli Sauce	500	336	168000	
Bolognese	3200	336	1075200	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	79	5332	2
Beans	60	79	2370	

### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	225	33750	

### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	114	14820	
Penne	59	114	6726	
Broccoli	40	114	4560	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	105	15140.999999999998	
Rice	130	105	13650	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	121	13310	

### 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	12	960	1
Carrot	25	12	300	
Onion	20	12	240	
Taco Seasoning	1	12	12	
Salt	1.5	12	18	
Pepper	0.5	12	6	
Garlic	2.5	12	30	
Vegetable Oil	1.5	12	18	
Cumin	0.5	12	6	
Crushed Tomato	85	12	1020	
Water	41.7	12	500	

## Meal Recipes (cont'd)

### Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	153	10710	2
Potatoes	140	153	10710	

### 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	94	7050	2
Capsicum	52	94	2444	
Red Onion	52	94	2444	
Salsa	30	94	1410	
Rice	130	94	6110	

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	82	4100	3
Chicken	80	82	2187	
Sauce	200	82	5467	
Spinach	25	82	683	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7.21	105	757.05
Coconut Cream	97.85	105	10274.25

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	153	3060
Garlic	1	153	153
Salt	0.2	153	30.6

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	163	11410
MEATBALLS	120	113	13560
LEMON	50	127	6350
MUSHROOM	100	121	12100
FAJITA SAUCE	33	94	3102
BURRITO SAUCE	43	129	5547

### Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	129	1849	3
Black Beans	50	129	2150	3
Corn	50	129	2150	3
Rice	130	129	5590	3

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	225	11250
Mozzarella Cheese	40	225	9000

### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	175	3500

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	175	4682	4
Sauce	80	175	3500	4

### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	105	4038	3
Sauce	92.7	105	3245	3

### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	196	6027	4
Sauce	90	196	4410	4

### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	82	4018	3
Chicken	80	82	2187	3
Sauce	200	82	5467	3
Spinach	25	82	684	3

### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	114	3876	3
Sauce	100	114	3800	3

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	16300
MINCE	16950
TOPSIDE STEAK	11253
LAMB SHOULDER	24786
MORROCAN CHICKEN	12060
ITALIAN CHICKEN	56610
NORMAL CHICKEN	87360
CHICKEN THIGH	35360

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	1809
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	1809
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	2576
5MM MONGOLIAN CAPSICUM	10919
5MM MONGOLIAN ONION	10919
5MM SLICED MUSHROOMS	0
BROCCOLI	8982
CRATED CARROTS	300
CRATED ZUCCHINI	0
LEMON POTATO	26289
ROASTED POTATO	71820
THAI POTATOS	6300
POTATO MASH	35100
SWEET POTATO MASH	33400
SPINACH	2048
RED ONION	4590
PARSLEY	230