

## Meal Production Summary - 25/09/2025

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	132	22	20	15	159
Beef Chow Mein	70	16	9	0	95
Shepherd's Pie	48	0	10	19	39
Beef Burrito Bowl	110	29	22	0	161
Beef Meatballs	93	34	12	0	139
Lebanese Beef Stew	56	0	0	0	56
Mongolian Beef	111	41	0	21	131
Chicken with Vegetables	53	18	3	0	74
Chicken with Sweet Potato and Beans	61	0	11	0	72
Naked Chicken Parma	150	58	35	10	233
Chicken Pesto Pasta	85	35	19	0	139
Chicken and Broccoli Pasta	59	0	12	0	71
Butter Chicken	66	32	18	0	116
Thai Green Chicken Curry	66	33	0	0	99
Moroccan Chicken	48	0	10	0	58
Steak with Mushroom Sauce	94	27	23	34	110
Creamy Chicken & Mushroom Gnocchi	80	0	4	0	84
Roasted Lemon Chicken & Potatoes	83	10	20	0	113
Beef Lasagna	179	35	40	0	254
Bean Nachos with Rice	8	0	0	0	8
Lamb Souvlaki	109	19	0	0	128
Chicken Fajita Bowl	94	15	0	0	109
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	0	0	0	0	0
Baked Family Lasagna	5	0	0	0	5
<b>TOTAL</b>	<b>1860</b>	<b>424</b>	<b>268</b>	<b>99</b>	<b>2453</b>

# Daily Production Report - 25/09/2025

## Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	159	5088	2
Oil	0.7	159	56	

## Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	210	6195	2
Oil	0.7	210	74	

## Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	775	20538	2
Water	95	775	36812	
Salt	1	775	388	
Oil	1.5	775	581	

## Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	58	10440	0
Oil	2	58	116	
Lemon Juice	6	58	348	
Moroccan Chicken Mix	4	58	232	

## Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	222	35520	
Oil	4	222	888	
Roast Chicken Mix	4	222	888	

## Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	110	10230	0
Oil	1.5	110	165.0	
Baking Soda	3	110	330	

## Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	128	20736	0
Oil	2	128	256	
Salt	1.5	128	192.0	
Oregano	1.2	128	153.6	

## Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	249	37350	0
Cooking Cream	20	249	4980	
Butter	7	249	1743	
Salt	1.5	249	373.5	
White Pepper	0.5	249	124.5	

## Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	111	22200	0
Salt	1	111	111	
White Pepper	0.5	111	55.5	

## Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	361	11432	6
Oil	1	361	60	
Spices Mix	2.5	361	150	

## Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	113	11696	2
Oil	1	113	56	
Salt	1.2	113	68	

## Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	99	5940	0
Salt	1	99	99	

## Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	128	3840	0
Parsley	1.5	128	192.0	
Paprika	0.5	128	64.0	

## Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	256	15360	0

# Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	159	0	2
Napoli Sauce	0	159	0	
Crushed Tomatoes	0	159	0	
Beef Stock	0	159	0	
Onion	0	159	0	
Zucchini	0	159	0	
Carrot	0	159	0	
Vegetable Oil	0	159	0	
Salt	0	159	0	
Pepper	0	159	0	

### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	95	0	2
Celery	0	95	0	
Carrot	0	95	0	
Cabbage	0	95	0	
Onion	0	95	0	
Oil	0	95	0	
Pepper	0	95	0	
Salt	0	95	0	
Soy Sauce	0	95	0	
Oyster Sauce	0	95	0	

### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	39	0	1
Oil	0	39	0	
Carrots	0	39	0	
Capsicum	0	39	0	
Onion	0	39	0	
Mushroom	0	39	0	
Peas	0	39	0	
Tomato Paste	0	39	0	
Beef Stock	0	39	0	
Salt	0	39	0	
Pepper	0	39	0	
Napoli Sauce	0	39	0	

### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	161	0	2
Onion	0	161	0	
Capsicum	0	161	0	
Vegetable Oil	0	161	0	
Taco Seasoning	0	161	0	
Salt	0	161	0	
Pepper	0	161	0	
Beef Stock	0	161	0	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	139	20850	
Onion	10	139	1390	
Parsley	3	139	417	
Salt	1.5	139	208.5	
Pepper	0.2	139	27.8	

### Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	56	5432	1
Onion	30	56	1680	
Carrot	30	56	1680	
Potato	30	56	1680	
Peas	30	56	1680	
Oil	2	56	112	
Salt	2.5	56	140	
Pepper	0.5	56	28	
Tomato Paste	20	56	1120	
Water	30	56	1680	
Beef Stock	30	56	1680	
Rice	130	56	7280	

### Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	131	13100	
Baking Soda	2.5	131	327.5	
Water	10	131	1310	
Soy Sauce	5	131	655	
Cornflour	2.5	131	327.5	
Capsicum	37	131	4847	
Onion	37	131	4847	
Rice	130	131	17030	

## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	74	4995	2
Corn	50	74	1850	
Beans	60	74	2220	
Broccoli	67	74	2479	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	139	18070	
Penne	59	139	8201	
Sundried Tomatoes	20	139	2780	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	116	8120	2
Peas	40	116	2320	
Rice	130	116	7540	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	58	10440	

### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	58	1160	
Zucchini	30	58	1740	
Red Capsicum	30	58	1740	
Garlic	2	58	116	
Oil	2	58	116	
Chickpeas	115	58	6670	
Mix Spices	1.7	58	98.6	
Chicken Stock	50	58	2900	

### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	254	38100	
Mozzerala Cheese	1750	254	190500	
Napoli Sauce	500	254	127000	
Bolognese	3200	254	812800	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	72	4860	2
Beans	60	72	2160	

### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	233	34950	

### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	71	9230	
Penne	59	71	4189	
Broccoli	40	71	2840	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	99	13860	
Rice	130	99	12870	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	110	12100	

### 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	8	640	1
Carrot	25	8	200	
Onion	20	8	160	
Taco Seasoning	1	8	8	
Salt	1.5	8	12	
Pepper	0.5	8	4	
Garlic	2.5	8	20	
Vegetable Oil	1.5	8	12	
Cumin	0.5	8	4	
Crushed Tomato	85	8	680	
Water	41.7	8	334	

## Meal Recipes (cont'd)

### Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	128	8960	2
Potatoes	140	128	8960	

### 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	109	8175	2
Capsicum	52	109	2834	
Red Onion	52	109	2834	
Salsa	30	109	1635	
Rice	130	109	7085	

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	84	4200	3
Chicken	80	84	2240	
Sauce	200	84	5600	
Spinach	25	84	700	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	99	693
Coconut Cream	95	99	9405

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	128	2560
Garlic	1	128	128
Salt	0.2	128	25.6

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	131	9170
MEATBALLS	120	139	16680
LEMON	50	113	5650
MUSHROOM	100	110	11000
FAJITA SAUCE	33	109	3597
BURRITO SAUCE	43	161	6923

### Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	161	2308	3
Black Beans	50	161	2684	3
Corn	50	161	2684	3
Rice	130	161	6977	3

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	233	11650
Mozzarella Cheese	40	233	9320

### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	139	2780

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	139	4958	3
Sauce	80	139	3707	3

### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	99	5544	2
Sauce	90	99	4455	2

### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	116	4756	3
Sauce	90	116	3480	3

### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	84	4116	3
Chicken	80	84	2240	3
Sauce	200	84	5600	3
Spinach	25	84	700	3

### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	71	3621	2
Sauce	100	71	3550	2

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	5432
BEEF TOPSIDE (MONG)	13100
MINCE	20850
TOPSIDE STEAK	10230
LAMB SHOULDER	20736
MORROCAN CHICKEN	10440
ITALIAN CHICKEN	57987
NORMAL CHICKEN	66170
CHICKEN THIGH	35520

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	1680
10MM DICED POTATO (LEBO)	1680
10MM DICED ZUCCHINI	1740
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	1740
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	4390
5MM MONGOLIAN CAPSICUM	10515
5MM MONGOLIAN ONION	10515
5MM SLICED MUSHROOMS	0
BROCCOLI	7798
CRATED CARROTS	200
CRATED ZUCCHINI	0
LEMON POTATO	23390
ROASTED POTATO	68586
THAI POTATOS	5940
POTATO MASH	37350
SWEET POTATO MASH	22200
SPINACH	2100
RED ONION	3840
PARSLEY	192