

Meal Production Summary - 04/12/2025

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	144	17	1	0	162
Beef Chow Mein	98	15	1	0	114
Shepherd's Pie	103	0	1	0	104
Beef Burrito Bowl	110	12	17	0	139
Beef Meatballs	120	12	1	0	133
Lebanese Beef Stew	0	0	0	0	0
Mongolian Beef	137	14	0	0	151
Chicken with Vegetables	53	15	1	0	69
Chicken with Sweet Potato and Beans	94	0	6	0	100
Naked Chicken Parma	186	19	3	0	208
Chicken Pesto Pasta	140	15	4	0	159
Chicken and Broccoli Pasta	81	0	0	0	81
Butter Chicken	115	19	5	0	139
Thai Green Chicken Curry	110	12	0	0	122
Moroccan Chicken	68	0	4	0	72
Steak with Mushroom Sauce	143	5	3	0	151
Creamy Chicken & Mushroom Gnocchi	97	0	2	0	99
Roasted Lemon Chicken & Potatoes	89	10	0	0	99
Beef Lasagna	238	14	14	0	266
Bean Nachos with Rice	11	0	0	0	11
Lamb Souvlaki	151	3	0	0	154
Chicken Fajita Bowl	75	11	0	0	86
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	13	0	0	0	13
ON Amino Energy Can	0	4	0	0	4
TOTAL	2376	197	63	0	2636

Daily Production Report - 04/12/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	162	5184	2
Oil	0.7	162	57	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	240	7080	2
Oil	0.7	240	84	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	762	8077	5
Water	95	762	14478	
Salt	1	762	152	
Oil	1.5	762	229	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	72	12960	0
Oil	2	72	144	
Lemon Juice	6	72	432	
Moroccan Chicken Mix	4	72	288	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	185	29600	
Oil	4	185	740	
Roast Chicken Mix	4	185	740	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	151	14043	0
Oil	1.5	151	226.5	
Baking Soda	3	151	453	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	154	24948	0
Oil	2	154	308	
Salt	1.5	154	231.0	
Oregano	1.2	154	184.8	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	284	42600	0
Cooking Cream	20	284	5680	
Butter	7	284	1988	
Salt	1.5	284	426.0	
White Pepper	0.5	284	142.0	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	204	40800	0
Salt	1	204	204	
White Pepper	0.5	204	102.0	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	362	11463	6
Oil	1	362	60	
Spices Mix	2.5	362	151	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	99	10246	2
Oil	1	99	50	
Salt	1.2	99	59	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	122	7320	0
Salt	1	122	122	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	154	4620	0
Parsley	1.5	154	231.0	
Paprika	0.5	154	77.0	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	320	19200	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	162	0	2
Napoli Sauce	0	162	0	
Crushed Tomatoes	0	162	0	
Beef Stock	0	162	0	
Onion	0	162	0	
Zucchini	0	162	0	
Carrot	0	162	0	
Vegetable Oil	0	162	0	
Salt	0	162	0	
Pepper	0	162	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	114	0	2
Celery	0	114	0	
Carrot	0	114	0	
Cabbage	0	114	0	
Onion	0	114	0	
Oil	0	114	0	
Pepper	0	114	0	
Salt	0	114	0	
Soy Sauce	0	114	0	
Oyster Sauce	0	114	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	104	0	2
Oil	0	104	0	
Carrots	0	104	0	
Capsicum	0	104	0	
Onion	0	104	0	
Mushroom	0	104	0	
Peas	0	104	0	
Tomato Paste	0	104	0	
Beef Stock	0	104	0	
Salt	0	104	0	
Pepper	0	104	0	
Napoli Sauce	0	104	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	139	0	2
Onion	0	139	0	
Capsicum	0	139	0	
Vegetable Oil	0	139	0	
Taco Seasoning	0	139	0	
Salt	0	139	0	
Pepper	0	139	0	
Beef Stock	0	139	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	133	19950	
Onion	10	133	1330	
Parsley	3	133	399	
Salt	1.5	133	199.5	
Pepper	0.2	133	26.6	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	151	15100	
Baking Soda	2.5	151	377.5	
Water	10	151	1510	
Soy Sauce	5	151	755	
Cornflour	2.5	151	377.5	
Capsicum	37	151	5587	
Onion	37	151	5587	
Rice	130	151	19630	

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	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	69	4658	2
Corn	50	69	1725	
Beans	60	69	2070	
Broccoli	67	69	2312	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	159	20670	
Penne	59	159	9381	
Sundried Tomatoes	20	159	3180	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	139	6487	3
Peas	40	139	1853	
Rice	130	139	6023	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	72	12960	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	72	1296	
Zucchini	27	72	1944	
Red Capsicum	27	72	1944	
Garlic	1.8	72	129.6	
Oil	1.8	72	129.6	
Chickpeas	103.5	72	7452.0	
Mix Spices	1.53	72	110.16	
Chicken Stock	45	72	3240	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	266	39900	
Mozzerala Cheese A	1750	266	199500	
Napoli Sauce	500	266	133000	
Bolognese	3200	266	851200	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	100	6750	2
Beans	60	100	3000	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	208	31200	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	81	10530	
Penne	59	81	4779	
Broccoli	40	81	3240	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	122	17592.3999999999999998	
Rice	130	122	15860	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	151	16610	

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	11	880	1
Carrot	25	11	275	
Onion	20	11	220	
Taco Seasoning	1	11	11	
Salt	1.5	11	16	
Pepper	0.5	11	6	
Garlic	2.5	11	28	
Vegetable Oil	1.5	11	16	
Cumin	0.5	11	6	
Crushed Tomato	85	11	935	
Water	41.7	11	459	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	154	10780	2
Potatoes	140	154	10780	

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	86	6450	2
Capsicum	52	86	2236	
Red Onion	52	86	2236	
Salsa	30	86	1290	
Rice	130	86	5590	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	99	4950	3
Chicken	80	99	2640	
Sauce	200	99	6600	
Spinach	25	99	825	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7.21	122	879.62
Coconut Cream	97.85	122	11937.699999999999

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	154	3080
Garlic	1	154	154
Salt	0.2	154	30.8

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	151	10570
MEATBALLS	120	133	15960
LEMON	50	99	4950
MUSHROOM	100	151	15100
FAJITA SAUCE	33	86	2838
BURRITO SAUCE	43	139	5977

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	139	1993	3
Black Beans	50	139	2317	3
Corn	50	139	2317	3
Rice	130	139	6024	3

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	208	10400
Mozzarella Cheese	40	208	8320

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	159	3180

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	159	4254	4
Sauce	80	159	3180	4

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	122	4692	3
Sauce	92.7	122	3770	3

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	139	5699	3
Sauce	90	139	4170	3

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	99	4851	3
Chicken	80	99	2640	3
Sauce	200	99	6600	3
Spinach	25	99	825	3

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	81	4131	2
Sauce	100	81	4050	2

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	15100
MINCE	19950
TOPSIDE STEAK	14043
LAMB SHOULDER	24948
MORROCAN CHICKEN	12960
ITALIAN CHICKEN	57681
NORMAL CHICKEN	78000
CHICKEN THIGH	29600

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	1944
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	1944
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	2846
5MM MONGOLIAN CAPSICUM	10059
5MM MONGOLIAN ONION	10059
5MM SLICED MUSHROOMS	0
BROCCOLI	7862
CRATED CARROTS	275
CRATED ZUCCHINI	0
LEMON POTATO	20492
ROASTED POTATO	68778
THAI POTATOS	7320
POTATO MASH	42600
SWEET POTATO MASH	40800
SPINACH	2472
RED ONION	4620
PARSLEY	231