

## Meal Production Summary - 13/11/2025

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	162	11	15	13	175
Beef Chow Mein	69	11	15	0	95
Shepherd's Pie	86	0	12	7	91
Beef Burrito Bowl	47	17	24	0	88
Beef Meatballs	74	22	7	4	99
Lebanese Beef Stew	0	0	0	0	0
Mongolian Beef	168	5	0	40	133
Chicken with Vegetables	42	17	1	0	60
Chicken with Sweet Potato and Beans	67	0	12	0	79
Naked Chicken Parma	147	15	10	0	172
Chicken Pesto Pasta	147	13	11	0	171
Chicken and Broccoli Pasta	94	0	10	0	104
Butter Chicken	136	41	15	0	192
Thai Green Chicken Curry	83	12	0	0	95
Moroccan Chicken	61	0	10	5	66
Steak with Mushroom Sauce	129	6	4	5	134
Creamy Chicken & Mushroom Gnocchi	94	0	9	0	103
Roasted Lemon Chicken & Potatoes	117	1	10	0	128
Beef Lasagna	248	15	23	0	286
Bean Nachos with Rice	17	0	0	5	12
Lamb Souvlaki	113	15	0	19	109
Chicken Fajita Bowl	101	13	0	0	114
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	4	2
Baked Family Lasagna	2	0	0	0	2
ON Amino Energy Can	0	9	0	0	9
<b>TOTAL</b>	<b>2210</b>	<b>223</b>	<b>188</b>	<b>102</b>	<b>2519</b>

## Daily Production Report - 13/11/2025

### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	175	3733	3
Oil	0.7	175	41	

### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	275	5408	3
Oil	0.7	275	64	

### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	729	19318	2
Water	95	729	34628	
Salt	1	729	364	
Oil	1.5	729	547	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	66	11880	0
Oil	2	66	132	
Lemon Juice	6	66	396	
Moroccan Chicken Mix	4	66	264	

### Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	242	38720	
Oil	4	242	968	
Roast Chicken Mix	4	242	968	

### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	134	12462	0
Oil	1.5	134	201.0	
Baking Soda	3	134	402	

### Lamb Marinade

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	109	17658	0
Oil	2	109	218	
Salt	1.5	109	163.5	
Oregano	1.2	109	130.8	

### Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	233	34950	0
Cooking Cream	20	233	4660	
Butter	7	233	1631	
Salt	1.5	233	349.5	
White Pepper	0.5	233	116.5	

### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	170	34000	0
Salt	1	170	170	
White Pepper	0.5	170	85.0	

### Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	281	10678	5
Oil	1	281	56	
Spices Mix	2.5	281	140	

### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	128	8832	3
Oil	1	128	43	
Salt	1.2	128	51	

### Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	95	5700	0
Salt	1	95	95	

### Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	109	3270	0
Parsley	1.5	109	163.5	
Paprika	0.5	109	54.5	

### Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	273	16380	0

## Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	175	0	2
Napoli Sauce	0	175	0	
Crushed Tomatoes	0	175	0	
Beef Stock	0	175	0	
Onion	0	175	0	
Zucchini	0	175	0	
Carrot	0	175	0	
Vegetable Oil	0	175	0	
Salt	0	175	0	
Pepper	0	175	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	91	0	2
Oil	0	91	0	
Carrots	0	91	0	
Capsicum	0	91	0	
Onion	0	91	0	
Mushroom	0	91	0	
Peas	0	91	0	
Tomato Paste	0	91	0	
Beef Stock	0	91	0	
Salt	0	91	0	
Pepper	0	91	0	
Napoli Sauce	0	91	0	

### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	88	0	1
Onion	0	88	0	
Capsicum	0	88	0	
Vegetable Oil	0	88	0	
Taco Seasoning	0	88	0	
Salt	0	88	0	
Pepper	0	88	0	
Beef Stock	0	88	0	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	99	14850	
Onion	10	99	990	
Parsley	3	99	297	
Salt	1.5	99	148.5	
Pepper	0.2	99	19.8	

### 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	133	13300	
Baking Soda	2.5	133	332.5	
Water	10	133	1330	
Soy Sauce	5	133	665	
Cornflour	2.5	133	332.5	
Capsicum	37	133	4921	
Onion	37	133	4921	
Rice	130	133	17290	

## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	60	8100	1
Corn	50	60	3000	
Beans	60	60	3600	
Broccoli	67	60	4020	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	171	22230	
Penne	59	171	10089	
Sundried Tomatoes	20	171	3420	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	192	6720	4
Peas	40	192	1920	
Rice	130	192	6240	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	66	11880	

### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	66	1188	
Zucchini	27	66	1782	
Red Capsicum	27	66	1782	
Garlic	1.8	66	118.8	
Oil	1.8	66	118.8	
Chickpeas	103.5	66	6831.0	
Mix Spices	1.53	66	100.98	
Chicken Stock	45	66	2970	

### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	286	42900	
Mozzerala Cheese	1750	286	214500	
Napoli Sauce	500	286	143000	
Bolognese	3200	286	915200	

### 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	172	25800	

### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	104	13520	
Penne	59	104	6136	
Broccoli	40	104	4160	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	95	13698.999999999998	
Rice	130	95	12350	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	134	14740	

### 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	109	7630	2
Potatoes	140	109	7630	

### 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	114	8550	2
Capsicum	52	114	2964	
Red Onion	52	114	2964	
Salsa	30	114	1710	
Rice	130	114	7410	

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	103	5150	3
Chicken	80	103	2747	
Sauce	200	103	6867	
Spinach	25	103	858	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7.21	95	684.95
Coconut Cream	97.85	95	9295.75

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	109	2180
Garlic	1	109	109
Salt	0.2	109	21.8

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	133	9310
MEATBALLS	120	99	11880
LEMON	50	128	6400
MUSHROOM	100	134	13400
FAJITA SAUCE	33	114	3762
BURRITO SAUCE	43	88	3784

### Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	88	1892	2
Black Beans	50	88	2200	2
Corn	50	88	2200	2
Rice	130	88	5720	2

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	172	8600
Mozzarella Cheese	40	172	6880

### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	171	3420

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	171	4575	4
Sauce	80	171	3420	4

### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	95	5480	2
Sauce	92.7	95	4404	2

### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	192	5904	4
Sauce	90	192	4320	4

### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	103	5047	3
Chicken	80	103	2747	3
Sauce	200	103	6867	3
Spinach	25	103	859	3

### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	104	3536	3
Sauce	100	104	3467	3

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	13300
MINCE	14850
TOPSIDE STEAK	12462
LAMB SHOULDER	17658
MORROCAN CHICKEN	11880
ITALIAN CHICKEN	47583
NORMAL CHICKEN	86450
CHICKEN THIGH	38720

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	1782
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	1782
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	2418
5MM MONGOLIAN CAPSICUM	10849
5MM MONGOLIAN ONION	10849
5MM SLICED MUSHROOMS	0
BROCCOLI	8180
CRATED CARROTS	300
CRATED ZUCCHINI	0
LEMON POTATO	26496
ROASTED POTATO	53390
THAI POTATOS	5700
POTATO MASH	34950
SWEET POTATO MASH	34000
SPINACH	2572
RED ONION	3270
PARSLEY	164