

Meal Production Summary - 20/10/2025

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	163	20	0	183
Beef Chow Mein	76	6	0	82
Shepherd's Pie	100	0	0	100
Beef Burrito Bowl	179	9	0	188
Beef Meatballs	104	3	0	107
Lebanese Beef Stew	0	0	0	0
Mongolian Beef	194	21	0	215
Chicken with Vegetables	41	5	0	46
Chicken with Sweet Potato and Beans	94	0	0	94
Naked Chicken Parma	268	20	0	288
Chicken Pesto Pasta	280	10	0	290
Chicken and Broccoli Pasta	102	0	0	102
Butter Chicken	210	11	0	221
Thai Green Chicken Curry	182	6	0	188
Moroccan Chicken	67	0	0	67
Steak with Mushroom Sauce	214	8	0	222
Creamy Chicken & Mushroom Gnocchi	218	0	0	218
Roasted Lemon Chicken & Potatoes	115	4	0	119
Beef Lasagna	375	7	0	382
Bean Nachos with Rice	14	0	0	14
Lamb Souvlaki	131	13	0	144
Chicken Fajita Bowl	159	8	0	167
Steak On Its Own	0	0	0	0
Chicken On Its Own	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	0	0	0	0
Baked Family Lasagna	5	0	0	5
ON Amino Energy Can	0	3	0	3
TOTAL	3291	154	0	3445

Daily Production Report - 20/10/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	183	3904	3
Oil	0.7	183	43	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	392	7709	3
Oil	0.7	392	91	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	1075	18992	3
Water	95	1075	34042	
Salt	1	1075	358	
Oil	1.5	1075	538	

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	286	45760	
Oil	4	286	1144	
Roast Chicken Mix	4	286	1144	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	222	20646	0
Oil	1.5	222	333.0	
Baking Soda	3	222	666	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	144	23328	0
Oil	2	144	288	
Salt	1.5	144	216.0	
Oregano	1.2	144	172.8	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	329	49350	0
Cooking Cream	20	329	6580	
Butter	7	329	2303	
Salt	1.5	329	493.5	
White Pepper	0.5	329	164.5	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	194	38800	0
Salt	1	194	194	
White Pepper	0.5	194	97.0	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	432	11726	7
Oil	1	432	62	
Spices Mix	2.5	432	154	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	119	12316	2
Oil	1	119	60	
Salt	1.2	119	71	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	188	11280	0
Salt	1	188	188	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	144	4320	0
Parsley	1.5	144	216.0	
Paprika	0.5	144	72.0	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	362	21720	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	183	0	3
Napoli Sauce	0	183	0	
Crushed Tomatoes	0	183	0	
Beef Stock	0	183	0	
Onion	0	183	0	
Zucchini	0	183	0	
Carrot	0	183	0	
Vegetable Oil	0	183	0	
Salt	0	183	0	
Pepper	0	183	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	82	0	2
Celery	0	82	0	
Carrot	0	82	0	
Cabbage	0	82	0	
Onion	0	82	0	
Oil	0	82	0	
Pepper	0	82	0	
Salt	0	82	0	
Soy Sauce	0	82	0	
Oyster Sauce	0	82	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	100	0	2
Oil	0	100	0	
Carrots	0	100	0	
Capsicum	0	100	0	
Onion	0	100	0	
Mushroom	0	100	0	
Peas	0	100	0	
Tomato Paste	0	100	0	
Beef Stock	0	100	0	
Salt	0	100	0	
Pepper	0	100	0	
Napoli Sauce	0	100	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	188	0	2
Onion	0	188	0	
Capsicum	0	188	0	
Vegetable Oil	0	188	0	
Taco Seasoning	0	188	0	
Salt	0	188	0	
Pepper	0	188	0	
Beef Stock	0	188	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	107	16050	
Onion	10	107	1070	
Parsley	3	107	321	
Salt	1.5	107	160.5	
Pepper	0.2	107	21.400000000000002	

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	215	21500	
Baking Soda	2.5	215	537.5	
Water	10	215	2150	
Soy Sauce	5	215	1075	
Cornflour	2.5	215	537.5	
Capsicum	37	215	7955	
Onion	37	215	7955	
Rice	130	215	27950	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	46	6210	1
Corn	50	46	2300	
Beans	60	46	2760	
Broccoli	67	46	3082	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	290	37700	
Penne	59	290	17110	
Sundried Tomatoes	20	290	5800	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	221	7735	4
Peas	40	221	2210	
Rice	130	221	7182	

Moroccan Chicken

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

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	67	1340	
Zucchini	30	67	2010	
Red Capsicum	30	67	2010	
Garlic	2	67	134	
Oil	2	67	134	
Chickpeas	115	67	7705	
Mix Spices	1.7	67	113.89999999999999	
Chicken Stock	50	67	3350	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	382	57300	
Mozzerala Cheese	1750	382	286500	
Napoli Sauce	500	382	191000	
Bolognese	3200	382	1222400	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	94	6345	2
Beans	60	94	2820	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	288	43200	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	102	13260	
Penne	59	102	6018	
Broccoli	40	102	4080	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	188	26320	
Rice	130	188	24440	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	222	24420	

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	14	1120	1
Carrot	25	14	350	
Onion	20	14	280	
Taco Seasoning	1	14	14	
Salt	1.5	14	21	
Pepper	0.5	14	7	
Garlic	2.5	14	35	
Vegetable Oil	1.5	14	21	
Cumin	0.5	14	7	
Crushed Tomato	85	14	1190	
Water	41.7	14	584	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	144	10080	2
Potatoes	140	144	10080	

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	167	8350	3
Capsicum	52	167	2895	
Red Onion	52	167	2895	
Salsa	30	167	1670	
Rice	130	167	7237	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	218	4671	7
Chicken	80	218	2491	
Sauce	200	218	6229	
Spinach	25	218	779	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	188	1316
Coconut Cream	95	188	17860

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	144	2880
Garlic	1	144	144
Salt	0.2	144	28.8

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	215	15050
MEATBALLS	120	107	12840
LEMON	50	119	5950
MUSHROOM	100	222	22200
FAJITA SAUCE	33	167	5511
BURRITO SAUCE	43	188	8084

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	188	2021	4
Black Beans	50	188	2350	4
Corn	50	188	2350	4
Rice	130	188	6110	4

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	288	14400
Mozzarella Cheese	40	288	11520

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	290	5800

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	290	5172	6
Sauce	80	290	3867	6

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	188	5264	4
Sauce	90	188	4230	4

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	221	5437	5
Sauce	90	221	3978	5

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	218	4578	7
Chicken	80	218	2492	7
Sauce	200	218	6229	7
Spinach	25	218	779	7

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	102	3468	3
Sauce	100	102	3400	3

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	21500
MINCE	16050
TOPSIDE STEAK	20646
LAMB SHOULDER	23328
MORROCAN CHICKEN	12060
ITALIAN CHICKEN	65484
NORMAL CHICKEN	132470
CHICKEN THIGH	45760

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	2010
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	2010
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	2690
5MM MONGOLIAN CAPSICUM	16637
5MM MONGOLIAN ONION	16637
5MM SLICED MUSHROOMS	0
BROCCOLI	7162
CRATED CARROTS	350
CRATED ZUCCHINI	0
LEMON POTATO	24632
ROASTED POTATO	82075
THAI POTATOS	11280
POTATO MASH	49350
SWEET POTATO MASH	38800
SPINACH	5448
RED ONION	4320
PARSLEY	216