

Meal Production Summary - 29/12/2025

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	150	4	3	0	157
Beef Chow Mein	123	1	0	0	124
Shepherd's Pie	143	0	0	0	143
Beef Burrito Bowl	133	2	0	0	135
Beef Meatballs	153	3	0	0	156
Lebanese Beef Stew	4	0	0	0	4
Mongolian Beef	203	2	0	0	205
Chicken with Vegetables	72	1	0	0	73
Chicken with Sweet Potato and Beans	162	0	0	0	162
Naked Chicken Parma	236	2	3	0	241
Chicken Pesto Pasta	179	3	0	0	182
Chicken and Broccoli Pasta	118	0	0	0	118
Butter Chicken	186	3	0	0	189
Thai Green Chicken Curry	128	1	0	0	129
Moroccan Chicken	108	0	0	0	108
Steak with Mushroom Sauce	183	3	0	0	186
Creamy Chicken & Mushroom Gnocchi	136	0	1	0	137
Roasted Lemon Chicken & Potatoes	122	5	1	0	128
Beef Lasagna	285	6	2	0	293
Bean Nachos with Rice	2	0	0	0	2
Lamb Souvlaki	190	3	0	0	193
Chicken Fajita Bowl	119	1	0	0	120
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	0	6
Baked Family Lasagna	11	0	0	0	11
ON Amino Energy Can	0	1	0	0	1
TOTAL	3152	41	10	0	3203

Daily Production Report - 29/12/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	157	5024	2
Oil	0.7	157	55	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	300	5900	3
Oil	0.7	300	70	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	908	8021	6
Water	95	908	14377	
Salt	1	908	151	
Oil	1.5	908	227	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	108	19440	0
Oil	2	108	216	
Lemon Juice	6	108	648	
Moroccan Chicken Mix	4	108	432	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	248	39680	
Oil	4	248	992	
Roast Chicken Mix	4	248	992	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	186	17298	0
Oil	1.5	186	279.0	
Baking Soda	3	186	558	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	193	31266	0
Oil	2	193	386	
Salt	1.5	193	289.5	
Oregano	0.3	193	57.9	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	342	51300	0
Cooking Cream	20	342	6840	
Butter	7	342	2394	
Salt	1.5	342	513.0	
White Pepper	0.5	342	171.0	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	305	61000	0
Salt	1	305	305	
White Pepper	0.5	305	152.5	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	434	11780	7
Oil	1	434	62	
Spices Mix	2.5	434	155	

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	129	7740	0
Salt	1	129	129	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	193	5790	0
Parsley	1.5	193	289.5	
Paprika	0.5	193	96.5	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	421	25260	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	157	0	2
Napoli Sauce	0	157	0	
Crushed Tomatoes	0	157	0	
Beef Stock	0	157	0	
Onion	0	157	0	
Zucchini	0	157	0	
Carrot	0	157	0	
Vegetable Oil	0	157	0	
Salt	0	157	0	
Pepper	0	157	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	124	0	2
Celery	0	124	0	
Carrot	0	124	0	
Cabbage	0	124	0	
Onion	0	124	0	
Oil	0	124	0	
Pepper	0	124	0	
Salt	0	124	0	
Soy Sauce	0	124	0	
Oyster Sauce	0	124	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	143	0	2
Oil	0	143	0	
Carrots	0	143	0	
Capsicum	0	143	0	
Onion	0	143	0	
Mushroom	0	143	0	
Peas	0	143	0	
Tomato Paste	0	143	0	
Beef Stock	0	143	0	
Salt	0	143	0	
Pepper	0	143	0	
Napoli Sauce	0	143	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	135	0	2
Onion	0	135	0	
Capsicum	0	135	0	
Vegetable Oil	0	135	0	
Taco Seasoning	0	135	0	
Salt	0	135	0	
Pepper	0	135	0	
Beef Stock	0	135	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	156	23400	
Onion	10	156	1560	
Parsley	3	156	468	
Salt	1.5	156	234.0	
Pepper	0.2	156	31.200000000000	0003

Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	4	388	1
Onion	30	4	120	
Carrot	30	4	120	
Potato	30	4	120	
Peas	30	4	120	
Oil	2	4	8	
Salt	2.5	4	10	
Pepper	0.5	4	2	
Tomato Paste	20	4	80	
Water	30	4	120	
Beef Stock	30	4	120	
Rice	130	4	520	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	205	20500	
Baking Soda	2.5	205	512.5	
Water	10	205	2050	
Soy Sauce	5	205	1025	
Cornflour	2.5	205	512.5	
Capsicum	37	205	7585	
Onion	37	205	7585	
Rice	130	205	26650	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	73	4928	2
Corn	50	73	1825	
Beans	60	73	2190	
Broccoli	67	73	2446	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	182	23660	
Penne	59	182	10738	
Sundried Tomatoes	20	182	3640	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	189	6615	4
Peas	40	189	1890	
Rice	130	189	6142	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	108	19440	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	108	1944	
Zucchini	27	108	2916	
Red Capsicum	27	108	2916	
Garlic	1.8	108	194.4	
Oil	1.8	108	194.4	
Chickpeas	103.5	108	11178.0	
Mix Spices	1.53	108	165.24	
Chicken Stock	45	108	4860	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	293	43950	
Mozzerala Cheese	1750	293	219750	
Napoli Sauce	500	293	146500	
Bolognese	3200	293	937600	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	162	7290	3
Beans	60	162	3240	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	241	36150	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	118	15340	
Penne	59	118	6962	
Broccoli	40	118	4720	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	129	18601.8	
Rice	130	129	16770	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	186	20460	

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	2	160	1
Carrot	25	2	50	
Onion	20	2	40	
Taco Seasoning	1	2	2	
Salt	1.5	2	3	
Pepper	0.5	2	1	
Garlic	2.5	2	5	
Vegetable Oil	1.5	2	3	
Cumin	0.5	2	1	
Crushed Tomato	85	2	170	
Water	41.7	2	83	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	193	9007	3
Potatoes	140	193	9007	

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	120	9000	2
Capsicum	52	120	3120	
Red Onion	52	120	3120	
Salsa	30	120	1800	
Rice	130	120	7800	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	137	5138	4
Chicken	80	137	2740	
Sauce	200	137	6850	
Spinach	25	137	856	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7.21	129	930.09
Coconut Cream	97.85	129	12622.65

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	193	3860
Garlic	1	193	193
Salt	0.2	193	38.6

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	205	14350
MEATBALLS	120	156	18720
LEMON	50	128	6400
MUSHROOM	100	186	18600
FAJITA SAUCE	33	120	3960
BURRITO SAUCE	43	135	5805

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	135	1935	3
Black Beans	50	135	2250	3
Corn	50	135	2250	3
Rice	130	135	5850	3

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	241	12050
Mozzarella Cheese	40	241	9640

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	182	3640

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	182	4869	4
Sauce	80	182	3640	4

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	129	4961	3
Sauce	92.7	129	3987	3

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	189	5812	4
Sauce	90	189	4253	4

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	137	5035	4
Chicken	80	137	2740	4
Sauce	200	137	6850	4
Spinach	25	137	857	4

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	118	4012	3
Sauce	100	118	3934	3

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	388
BEEF TOPSIDE (MONG)	20500
MINCE	23400
TOPSIDE STEAK	17298
LAMB SHOULDER	31266
MORROCAN CHICKEN	19440
ITALIAN CHICKEN	72828
NORMAL CHICKEN	98150
CHICKEN THIGH	39680

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	120
10MM DICED POTATO (LEBO)	120
10MM DICED ZUCCHINI	2916
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	2916
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	3664
5MM MONGOLIAN CAPSICUM	13825
5MM MONGOLIAN ONION	13825
5MM SLICED MUSHROOMS	0
BROCCOLI	9610
CRATED CARROTS	50
CRATED ZUCCHINI	0
LEMON POTATO	26496
ROASTED POTATO	82460
THAI POTATOS	7740
POTATO MASH	51300
SWEET POTATO MASH	61000
SPINACH	3424
RED ONION	5790
PARSLEY	290