

## Meal Production Summary - 09/02/2026

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	351	12	0	363
Beef Chow Mein	66	9	0	75
Shepherd's Pie	73	0	0	73
Beef Burrito Bowl	298	25	0	323
Beef Meatballs	90	13	0	103
Lebanese Beef Stew	0	0	0	0
Mongolian Beef	332	13	0	345
Chicken with Vegetables	28	5	0	33
Chicken with Sweet Potato and Beans	216	0	0	216
Naked Chicken Parma	366	21	0	387
Chicken Pesto Pasta	339	16	0	355
Chicken and Broccoli Pasta	136	0	0	136
Butter Chicken	323	7	0	330
Thai Green Chicken Curry	158	15	0	173
Moroccan Chicken	41	0	0	41
Steak with Mushroom Sauce	312	12	0	324
Creamy Chicken & Mushroom Gnocchi	127	0	0	127
Roasted Lemon Chicken & Potatoes	81	13	0	94
Beef Lasagna	470	14	0	484
Bean Nachos with Rice	0	0	0	0
Lamb Souvlaki	87	6	0	93
Chicken Fajita Bowl	234	7	0	241
Steak On Its Own	0	0	0	0
Chicken On Its Own	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	4	0	0	4
Baked Family Lasagna	3	0	0	3
ON Amino Energy Can	0	4	0	4
<b>TOTAL</b>	<b>4135</b>	<b>192</b>	<b>0</b>	<b>4327</b>

## Daily Production Report - 09/02/2026

### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	363	4646	5
Oil	0.7	363	51	

### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	491	7242	4
Oil	0.7	491	86	

### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	1487	8757	9
Water	95	1487	15696	
Salt	1	1487	165	
Oil	1.5	1487	248	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	41	7380	0
Oil	2	41	82	
Lemon Juice	6	41	246	
Moroccan Chicken Mix	4	41	164	

### Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	335	53600	
Oil	4	335	1340	
Roast Chicken Mix	4	335	1340	

### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	324	30132	0
Oil	1.5	324	486.0	
Baking Soda	3	324	972	

### Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	93	15066	0
Oil	2	93	186	
Salt	1.5	93	139.5	
Oregano	0.3	93	27.9	
Baking Soda	5.27	93	490.11	

### Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	427	64050	0
Cooking Cream	20	427	8540	
Butter	7	427	2989	
Salt	1.5	427	640.5	
White Pepper	0.5	427	213.5	

### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	289	57800	0
Salt	1	289	289	
White Pepper	0.5	289	144.5	

### Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	480	11400	8
Oil	1.62	480	97	
Spices Mix	2.5	480	150	

### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	94	9729	2
Oil	2	94	94	
Salt	1.2	94	56	

### Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	173	10380	0
Salt	1	173	173	

### Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	93	2790	0
Parsley	1.5	93	139.5	
Paprika	0.5	93	46.5	

### Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	573	34380	0

## Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	363	0	5
Napoli Sauce	0	363	0	
Crushed Tomatoes	0	363	0	
Beef Stock	0	363	0	
Onion	0	363	0	
Zucchini	0	363	0	
Carrot	0	363	0	
Vegetable Oil	0	363	0	
Salt	0	363	0	
Pepper	0	363	0	

### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	75	0	1
Celery	0	75	0	
Carrot	0	75	0	
Cabbage	0	75	0	
Onion	0	75	0	
Oil	0	75	0	
Pepper	0	75	0	
Salt	0	75	0	
Soy Sauce	0	75	0	
Oyster Sauce	0	75	0	

### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	73	0	1
Oil	0	73	0	
Carrots	0	73	0	
Capsicum	0	73	0	
Onion	0	73	0	
Mushroom	0	73	0	
Peas	0	73	0	
Tomato Paste	0	73	0	
Beef Stock	0	73	0	
Salt	0	73	0	
Pepper	0	73	0	
Napoli Sauce	0	73	0	

### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	323	0	3
Onion	0	323	0	
Capsicum	0	323	0	
Vegetable Oil	0	323	0	
Taco Seasoning	0	323	0	
Salt	0	323	0	
Pepper	0	323	0	
Beef Stock	0	323	0	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	103	15450	
Onion	10	103	1030	
Parsley	3	103	309	
Salt	1.5	103	154.5	
Pepper	0.2	103	20.6	

### 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	345	34500	
Baking Soda	2.5	345	862.5	
Water	10	345	3450	
Soy Sauce	5	345	1725	
Cornflour	2.5	345	862.5	
Capsicum	37	345	12765	
Onion	37	345	12765	
Rice	130	345	44850	

## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	33	4455	1
Corn	50	33	1650	
Beans	60	33	1980	
Broccoli	67	33	2211	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	355	46150	
Penne	59	355	20945	
Sundried Tomatoes	20	355	7100	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	330	7700	6
Peas	40	330	2200	
Rice	130	330	7150	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	41	7380	

### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	41	738	
Zucchini	27	41	1107	
Red Capsicum	27	41	1107	
Garlic	1.8	41	73.8	
Oil	1.8	41	73.8	
Chickpeas	103.5	41	4243.5	
Mix Spices	1.53	41	62.730000000000004	
Chicken Stock	45	41	1845	

### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	484	72600	
Mozzerala Cheese	1750	484	363000	
Napoli Sauce	500	484	242000	
Bolognese	3200	484	1548800	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	216	7290	4
Beans	60	216	3240	

### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	387	58050	

### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	136	17680	
Penne	59	136	8024	
Broccoli	40	136	5440	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	173	24946.6	
Rice	130	173	22490	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	324	35640	

### 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	0	0	
Carrot	25	0	0	
Onion	20	0	0	
Taco Seasoning	1	0	0	
Salt	1.5	0	0.0	
Pepper	0.5	0	0.0	
Garlic	2.5	0	0.0	
Vegetable Oil	1.5	0	0.0	
Cumin	0.5	0	0.0	
Crushed Tomato	85	0	0	
Water	41.7	0	0.0	

## Meal Recipes (cont'd)

### Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	93	6510	2
Potatoes	140	93	6510	

### 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	241	7230	5
Capsicum	52	241	2506	
Red Onion	52	241	2506	
Salsa	30	241	1446	
Rice	130	241	6266	

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	127	4762	4
Chicken	80	127	2540	
Sauce	200	127	6350	
Spinach	25	127	794	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7.21	173	1247.33
Coconut Cream	97.85	173	16928.05

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	93	1860
Garlic	1	93	93
Salt	0.2	93	18.6

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	345	24150
MEATBALLS	120	103	12360
LEMON	50	94	4700
MUSHROOM	100	324	32400
FAJITA SAUCE	33	241	7953
BURRITO SAUCE	43	323	13889

### Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	323	2315	6
Black Beans	50	323	2692	6
Corn	50	323	2692	6
Rice	130	323	6999	6

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	387	19350
Mozzarella Cheese	40	387	15480

### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	355	7100

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	355	4749	8
Sauce	80	355	3550	8

### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	173	4990	4
Sauce	92.7	173	4010	4

### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	330	5799	7
Sauce	90	330	4243	7

### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	127	4668	4
Chicken	80	127	2540	4
Sauce	200	127	6350	4
Spinach	25	127	794	4

### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	136	4624	3
Sauce	100	136	4534	3

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	34500
MINCE	15450
TOPSIDE STEAK	30132
LAMB SHOULDER	15066
MORROCAN CHICKEN	7380
ITALIAN CHICKEN	97308
NORMAL CHICKEN	145730
CHICKEN THIGH	53600

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	1107
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	1107
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	1768
5MM MONGOLIAN CAPSICUM	25295
5MM MONGOLIAN ONION	25295
5MM SLICED MUSHROOMS	0
BROCCOLI	7651
CRATED CARROTS	0
CRATED ZUCCHINI	0
LEMON POTATO	19458
ROASTED POTATO	91200
THAI POTATOS	10380
POTATO MASH	64050
SWEET POTATO MASH	57800
SPINACH	3172
RED ONION	2790
PARSLEY	140