

Meal Production Summary - 14/07/2025

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	167	7	2	0	176
Beef Chow Mein	99	3	0	5	97
Shepherd's Pie	104	0	1	12	93
Beef Burrito Bowl	56	4	1	0	61
Beef Meatballs	86	10	0	0	96
Lebanese Beef Stew	62	0	0	10	52
Mongolian Beef	95	6	0	0	101
Chicken with Vegetables	14	7	0	0	21
Chicken with Sweet Potato and Beans	53	0	0	0	53
Naked Chicken Parma	144	12	2	0	158
Chicken Pesto Pasta	106	3	0	0	109
Chicken and Broccoli Pasta	56	0	0	0	56
Butter Chicken	97	2	0	0	99
Thai Green Chicken Curry	82	4	0	0	86
Moroccan Chicken	19	0	0	8	11
Steak with Mushroom Sauce	108	6	0	0	114
Creamy Chicken & Mushroom Gnocchi	99	0	0	0	99
Roasted Lemon Chicken & Potatoes	58	8	0	0	66
Beef Lasagna	217	4	2	0	223
Bean Nachos with Rice	23	0	0	0	23
Lamb Souvlaki	89	3	0	0	92
Chicken Fajita Bowl	67	3	0	0	70
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	4	0	0	0	4
Baked Family Lasagna	15	0	0	0	15
TOTAL	1920	82	8	35	1975

Daily Production Report - 14/07/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	176	3989	3
Oil	0.7	176	41	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	165	4868	2
Oil	0.7	165	58	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	589	31217	1
Water	95	589	55955	
Salt	1	589	589	
Oil	1.5	589	884	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	11	1980	0
Oil	2	11	22	
Lemon Juice	6	11	66	
Moroccan Chicken Mix	4	11	44	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	150	136	20400	
Oil	4	136	544	
Roast Chicken Mix	4	136	544	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	114	12540	0
Oil	1.5	114	171.0	
Baking Soda	3	114	342	

Lamb Marinade

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	92	14904	0
Oil	2	92	184	
Salt	1.5	92	138.0	
Oregano	1.2	92	110.4	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	210	31500	0
Cooking Cream	20	210	4200	
Butter	7	210	1470	
Salt	1.5	210	315.0	
White Pepper	0.5	210	105.0	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	185	146	27010	0
Salt	1	146	146	
White Pepper	0.5	146	73.0	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	250	11875	4
Oil	1	250	62	
Spices Mix	2.5	250	156	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	66	6831	2
Oil	1	66	33	
Salt	1.2	66	40	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	86	5160	0
Salt	1	86	86	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	92	2760	0
Parsley	1.5	92	138.0	
Paprika	0.5	92	46.0	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	188	11280	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	176	0	2
Napoli Sauce	0	176	0	
Crushed Tomatoes	0	176	0	
Beef Stock	0	176	0	
Onion	0	176	0	
Zucchini	0	176	0	
Carrot	0	176	0	
Vegetable Oil	0	176	0	
Salt	0	176	0	
Pepper	0	176	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	97	0	2
Celery	0	97	0	
Carrot	0	97	0	
Cabbage	0	97	0	
Onion	0	97	0	
Oil	0	97	0	
Pepper	0	97	0	
Salt	0	97	0	
Soy Sauce	0	97	0	
Oyster Sauce	0	97	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	93	4650	2
Oil	2	93	93	
Carrots	15	93	698	
Capsicum	15	93	698	
Onion	15	93	698	
Mushroom	15	93	698	
Peas	15	93	698	
Tomato Paste	6	93	279	
Beef Stock	20	93	930	
Salt	2	93	93	
Pepper	0.5	93	23	
Napoli Sauce	70	93	3255	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	61	0	1
Onion	0	61	0	
Capsicum	0	61	0	
Vegetable Oil	0	61	0	
Taco Seasoning	0	61	0	
Salt	0	61	0	
Pepper	0	61	0	
Beef Stock	0	61	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	96	14400	
Onion	10	96	960	
Parsley	3	96	288	
Salt	1.5	96	144.0	
Pepper	0.2	96	19.200000000000003	

Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	52	5044	1
Onion	30	52	1560	
Carrot	30	52	1560	
Potato	30	52	1560	
Peas	30	52	1560	
Oil	2	52	104	
Salt	2.5	52	130	
Pepper	0.5	52	26	
Tomato Paste	20	52	1040	
Water	30	52	1560	
Beef Stock	30	52	1560	
Rice	130	52	6760	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	97	101	9797	
Baking Soda	2.5	101	252.5	
Water	10	101	1010	
Soy Sauce	5	101	505	
Cornflour	2.5	101	252.5	
Capsicum	37	101	3737	
Onion	37	101	3737	
Rice	130	101	13130	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	21	2835	1
Corn	52	21	1092	
Beans	60	21	1260	
Broccoli	67	21	1407	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	109	14170	
Penne	59	109	6431	
Sundried Tomatoes	24	109	2616	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	99	13860	
Peas	40	99	3960	
Rice	130	99	12870	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	11	1980	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	11	220	
Zucchini	30	11	330	
Red Capsicum	30	11	330	
Garlic	2	11	22	
Oil	2	11	22	
Chickpeas	115	11	1265	
Mix Spices	1.7	11	18.7	
Chicken Stock	50	11	550	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	223	33450	
Mozzerala Cheese	1750	223	167250	
Napoli Sauce	500	223	111500	
Bolognese	3200	223	713600	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	53	7155	1
Beans	60	53	3180	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	158	23700	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	56	7280	
Penne	59	56	3304	
Broccoli	40	56	2240	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	86	12040	
Rice	130	86	11180	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	114	12540	

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	23	1840	1
Carrot	25	23	575	
Onion	20	23	460	
Taco Seasoning	1	23	23	
Salt	1.5	23	34	
Pepper	0.5	23	12	
Garlic	2.5	23	58	
Vegetable Oil	1.5	23	34	
Cumin	0.5	23	12	
Crushed Tomato	85	23	1955	
Water	41.7	23	959	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	92	6440	2
Potatoes	140	92	6440	

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	70	5250	2
Capsicum	52	70	1820	
Red Onion	52	70	1820	
Salsa	30	70	1050	
Rice	130	70	4550	

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	86	602
Coconut Cream	90	86	7740

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	92	1840
Garlic	2	92	184
Salt	1	92	92

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	101	7070
MEATBALLS	120	96	11520
LEMON	50	66	3300
MUSHROOM	100	114	11400
FAJITA SAUCE	33	70	2310
BURRITO SAUCE	43	61	2623

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	61	1312	2
Black Beans	50	61	1525	2
Corn	50	61	1525	2
Rice	130	61	3965	2

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	158	7900
Mozzarella Cheese	40	158	6320

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	24	109	2616

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	110	109	3997	3
Sauce	80	109	2907	3

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	110	86	4730	2
Sauce	90	86	3870	2

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	120	99	3960	3
Sauce	90	99	2970	3

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	150	99	4950	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	100	56	2800	2
Sauce	100	56	2800	2

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	5044
BEEF TOPSIDE (MONG)	9797
MINCE	23700
TOPSIDE STEAK	12540
LAMB SHOULDER	14904
MORROCAN CHICKEN	1980
ITALIAN CHICKEN	35496
NORMAL CHICKEN	58370
CHICKEN THIGH	20400

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	1560
10MM DICED POTATO (LEBO)	1560
10MM DICED ZUCCHINI	330
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	1724
5MM DICED CARROTS	1394
5MM DICED CELERY	0
5MM DICED MUSHROOMS	1394
5MM DICED ONION	4594
5MM MONGOLIAN CAPSICUM	7377
5MM MONGOLIAN ONION	7377
5MM SLICED MUSHROOMS	0
BROCCOLI	3647
CRATED CARROTS	575
CRATED ZUCCHINI	0
LEMON POTATO	13662
ROASTED POTATO	47500
THAI POTATOS	5160
POTATO MASH	31500
SWEET POTATO MASH	27010
SPINACH	2472
RED ONION	2760
PARSLEY	138