

Meal Production Summary - 08/12/2025

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	221	10	0	231
Beef Chow Mein	68	7	0	75
Shepherd's Pie	84	0	0	84
Beef Burrito Bowl	161	6	0	167
Beef Meatballs	114	5	0	119
Lebanese Beef Stew	10	0	0	10
Mongolian Beef	149	7	0	156
Chicken with Vegetables	74	9	0	83
Chicken with Sweet Potato and Beans	91	0	0	91
Naked Chicken Parma	264	16	0	280
Chicken Pesto Pasta	204	5	0	209
Chicken and Broccoli Pasta	111	0	0	111
Butter Chicken	173	7	0	180
Thai Green Chicken Curry	156	10	0	166
Moroccan Chicken	80	0	0	80
Steak with Mushroom Sauce	189	8	0	197
Creamy Chicken & Mushroom Gnocchi	169	0	0	169
Roasted Lemon Chicken & Potatoes	132	8	0	140
Beef Lasagna	391	11	0	402
Bean Nachos with Rice	12	0	0	12
Lamb Souvlaki	181	9	0	190
Chicken Fajita Bowl	106	5	0	111
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	11	0	0	11
ON Amino Energy Can	0	6	0	6
TOTAL	3151	129	0	3280

Daily Production Report - 08/12/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	231	4928	3
Oil	0.7	231	54	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	320	6293	3
Oil	0.7	320	75	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	877	9296	5
Water	95	877	16663	
Salt	1	877	175	
Oil	1.5	877	263	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	80	14400	0
Oil	2	80	160	
Lemon Juice	6	80	480	
Moroccan Chicken Mix	4	80	320	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	251	40160	
Oil	4	251	1004	
Roast Chicken Mix	4	251	1004	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	197	18321	0
Oil	1.5	197	295.5	
Baking Soda	3	197	591	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	190	30780	0
Oil	2	190	380	
Salt	1.5	190	285.0	
Oregano	1.2	190	228.0	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	316	47400	0
Cooking Cream	20	316	6320	
Butter	7	316	2212	
Salt	1.5	316	474.0	
White Pepper	0.5	316	158.0	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	175	35000	0
Salt	1	175	175	
White Pepper	0.5	175	87.5	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	470	11162	8
Oil	1	470	59	
Spices Mix	2.5	470	147	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	140	9660	3
Oil	1	140	47	
Salt	1.2	140	56	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	166	9960	0
Salt	1	166	166	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	190	5700	0
Parsley	1.5	190	285.0	
Paprika	0.5	190	95.0	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	371	22260	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	231	0	3
Napoli Sauce	0	231	0	
Crushed Tomatoes	0	231	0	
Beef Stock	0	231	0	
Onion	0	231	0	
Zucchini	0	231	0	
Carrot	0	231	0	
Vegetable Oil	0	231	0	
Salt	0	231	0	
Pepper	0	231	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	84	0	2
Oil	0	84	0	
Carrots	0	84	0	
Capsicum	0	84	0	
Onion	0	84	0	
Mushroom	0	84	0	
Peas	0	84	0	
Tomato Paste	0	84	0	
Beef Stock	0	84	0	
Salt	0	84	0	
Pepper	0	84	0	
Napoli Sauce	0	84	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	167	0	2
Onion	0	167	0	
Capsicum	0	167	0	
Vegetable Oil	0	167	0	
Taco Seasoning	0	167	0	
Salt	0	167	0	
Pepper	0	167	0	
Beef Stock	0	167	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	119	17850	
Onion	10	119	1190	
Parsley	3	119	357	
Salt	1.5	119	178.5	
Pepper	0.2	119	23.8	

Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	10	970	1
Onion	30	10	300	
Carrot	30	10	300	
Potato	30	10	300	
Peas	30	10	300	
Oil	2	10	20	
Salt	2.5	10	25	
Pepper	0.5	10	5	
Tomato Paste	20	10	200	
Water	30	10	300	
Beef Stock	30	10	300	
Rice	130	10	1300	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	156	15600	
Baking Soda	2.5	156	390.0	
Water	10	156	1560	
Soy Sauce	5	156	780	
Cornflour	2.5	156	390.0	
Capsicum	37	156	5772	
Onion	37	156	5772	
Rice	130	156	20280	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	83	5602	2
Corn	50	83	2075	
Beans	60	83	2490	
Broccoli	67	83	2780	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	209	27170	
Penne	59	209	12331	
Sundried Tomatoes	20	209	4180	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	180	8400	3
Peas	40	180	2400	
Rice	130	180	7800	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	80	14400	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	80	1440	
Zucchini	27	80	2160	
Red Capsicum	27	80	2160	
Garlic	1.8	80	144.0	
Oil	1.8	80	144.0	
Chickpeas	103.5	80	8280.0	
Mix Spices	1.53	80	122.4	
Chicken Stock	45	80	3600	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	402	60300	
Mozzerala Cheese	1750	402	301500	
Napoli Sauce	500	402	201000	
Bolognese	3200	402	1286400	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	91	6142	2
Beans	60	91	2730	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	280	42000	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	111	14430	
Penne	59	111	6549	
Broccoli	40	111	4440	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	166	23937.199999999997	
Rice	130	166	21580	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	197	21670	

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	190	8867	3
Potatoes	140	190	8867	

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	111	8325	2
Capsicum	52	111	2886	
Red Onion	52	111	2886	
Salsa	30	111	1665	
Rice	130	111	7215	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	169	5070	5
Chicken	80	169	2704	
Sauce	200	169	6760	
Spinach	25	169	845	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7.21	166	1196.86
Coconut Cream	97.85	166	16243.099999999999

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	190	3800
Garlic	1	190	190
Salt	0.2	190	38.0

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	156	10920
MEATBALLS	120	119	14280
LEMON	50	140	7000
MUSHROOM	100	197	19700
FAJITA SAUCE	33	111	3663
BURRITO SAUCE	43	167	7181

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	167	2394	3
Black Beans	50	167	2784	3
Corn	50	167	2784	3
Rice	130	167	7237	3

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	280	14000
Mozzarella Cheese	40	280	11200

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	209	4180

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	209	4473	5
Sauce	80	209	3344	5

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	166	4788	4
Sauce	92.7	166	3848	4

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	180	5535	4
Sauce	90	180	4050	4

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	169	4969	5
Chicken	80	169	2704	5
Sauce	200	169	6760	5
Spinach	25	169	845	5

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	111	3774	3
Sauce	100	111	3700	3

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	970
BEEF TOPSIDE (MONG)	15600
MINCE	17850
TOPSIDE STEAK	18321
LAMB SHOULDER	30780
MORROCAN CHICKEN	14400
ITALIAN CHICKEN	69462
NORMAL CHICKEN	108550
CHICKEN THIGH	40160

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	300
10MM DICED POTATO (LEBO)	300
10MM DICED ZUCCHINI	2160
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	2160
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	3170
5MM MONGOLIAN CAPSICUM	11544
5MM MONGOLIAN ONION	11544
5MM SLICED MUSHROOMS	0
BROCCOLI	10000
CRATED CARROTS	300
CRATED ZUCCHINI	0
LEMON POTATO	28980
ROASTED POTATO	89296
THAI POTATOS	9960
POTATO MASH	47400
SWEET POTATO MASH	35000
SPINACH	4224
RED ONION	5700
PARSLEY	285