

Meal Production Summary - 05/02/2026

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	125	19	12	10	146
Beef Chow Mein	96	38	4	10	128
Shepherd's Pie	72	0	18	39	51
Beef Burrito Bowl	109	15	22	0	146
Beef Meatballs	116	9	6	34	97
Lebanese Beef Stew	0	0	0	0	0
Mongolian Beef	138	24	0	15	147
Chicken with Vegetables	55	14	2	0	71
Chicken with Sweet Potato and Beans	85	0	6	0	91
Naked Chicken Parma	186	31	17	0	234
Chicken Pesto Pasta	159	138	14	18	293
Chicken and Broccoli Pasta	86	0	5	8	83
Butter Chicken	126	23	9	15	143
Thai Green Chicken Curry	113	25	0	10	128
Moroccan Chicken	73	0	8	15	66
Steak with Mushroom Sauce	141	7	7	0	155
Creamy Chicken & Mushroom Gnocchi	115	0	3	10	108
Roasted Lemon Chicken & Potatoes	114	9	13	19	117
Beef Lasagna	190	40	34	0	264
Bean Nachos with Rice	0	0	0	0	0
Lamb Souvlaki	135	9	0	15	129
Chicken Fajita Bowl	97	16	0	0	113
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	1	0	0	0	1
Baked Family Lasagna	3	0	0	0	3
ON Amino Energy Can	0	4	0	0	4
TOTAL	2335	421	180	218	2718

Daily Production Report - 05/02/2026

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	146	4672	2
Oil	0.7	146	51	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	376	7395	3
Oil	0.7	376	88	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	805	8533	5
Water	95	805	15295	
Salt	1	805	161	
Oil	1.5	805	242	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	66	11880	0
Oil	2	66	132	
Lemon Juice	6	66	396	
Moroccan Chicken Mix	4	66	264	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	230	36800	
Oil	4	230	920	
Roast Chicken Mix	4	230	920	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	155	14415	0
Oil	1.5	155	232.5	
Baking Soda	3	155	465	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	129	20898	0
Oil	2	129	258	
Salt	1.5	129	193.5	
Oregano	0.3	129	38.7	
Baking Soda	5.27	129	679.83	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	252	37800	0
Cooking Cream	20	252	5040	
Butter	7	252	1764	
Salt	1.5	252	378.0	
White Pepper	0.5	252	126.0	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	142	28400	0
Salt	1	142	142	
White Pepper	0.5	142	71.0	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	363	11495	6
Oil	1.62	363	98	
Spices Mix	2.5	363	151	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	117	12110	2
Oil	2	117	117	
Salt	1.2	117	70	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	128	7680	0
Salt	1	128	128	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	129	3870	0
Parsley	1.5	129	193.5	
Paprika	0.5	129	64.5	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	317	19020	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	146	0	2
Napoli Sauce	0	146	0	
Crushed Tomatoes	0	146	0	
Beef Stock	0	146	0	
Onion	0	146	0	
Zucchini	0	146	0	
Carrot	0	146	0	
Vegetable Oil	0	146	0	
Salt	0	146	0	
Pepper	0	146	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	128	0	2
Celery	0	128	0	
Carrot	0	128	0	
Cabbage	0	128	0	
Onion	0	128	0	
Oil	0	128	0	
Pepper	0	128	0	
Salt	0	128	0	
Soy Sauce	0	128	0	
Oyster Sauce	0	128	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	51	0	1
Oil	0	51	0	
Carrots	0	51	0	
Capsicum	0	51	0	
Onion	0	51	0	
Mushroom	0	51	0	
Peas	0	51	0	
Tomato Paste	0	51	0	
Beef Stock	0	51	0	
Salt	0	51	0	
Pepper	0	51	0	
Napoli Sauce	0	51	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	146	0	2
Onion	0	146	0	
Capsicum	0	146	0	
Vegetable Oil	0	146	0	
Taco Seasoning	0	146	0	
Salt	0	146	0	
Pepper	0	146	0	
Beef Stock	0	146	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	97	14550	
Onion	10	97	970	
Parsley	3	97	291	
Salt	1.5	97	145.5	
Pepper	0.2	97	19.400000000000002	

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	147	14700	
Baking Soda	2.5	147	367.5	
Water	10	147	1470	
Soy Sauce	5	147	735	
Cornflour	2.5	147	367.5	
Capsicum	37	147	5439	
Onion	37	147	5439	
Rice	130	147	19110	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	71	4792	2
Corn	50	71	1775	
Beans	60	71	2130	
Broccoli	67	71	2378	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	293	38090	
Penne	59	293	17287	
Sundried Tomatoes	20	293	5860	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	143	6673	3
Peas	40	143	1907	
Rice	130	143	6197	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	66	11880	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	66	1188	
Zucchini	27	66	1782	
Red Capsicum	27	66	1782	
Garlic	1.8	66	118.8	
Oil	1.8	66	118.8	
Chickpeas	103.5	66	6831.0	
Mix Spices	1.53	66	100.98	
Chicken Stock	45	66	2970	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	264	39600	
Mozzerala Cheese	1750	264	198000	
Napoli Sauce	500	264	132000	
Bolognese	3200	264	844800	

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	234	35100	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	83	10790	
Penne	59	83	4897	
Broccoli	40	83	3320	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	128	18457.6	
Rice	130	128	16640	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	155	17050	

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	129	9030	2
Potatoes	140	129	9030	

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	113	8475	2
Capsicum	52	113	2938	
Red Onion	52	113	2938	
Salsa	30	113	1695	
Rice	130	113	7345	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	108	5400	3
Chicken	80	108	2880	
Sauce	200	108	7200	
Spinach	25	108	900	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7.21	128	922.88
Coconut Cream	97.85	128	12524.8

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	129	2580
Garlic	1	129	129
Salt	0.2	129	25.8

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	147	10290
MEATBALLS	120	97	11640
LEMON	50	117	5850
MUSHROOM	100	155	15500
FAJITA SAUCE	33	113	3729
BURRITO SAUCE	43	146	6278

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	146	2093	3
Black Beans	50	146	2434	3
Corn	50	146	2434	3
Rice	130	146	6327	3

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	234	11700
Mozzarella Cheese	40	234	9360

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	293	5860

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	293	5226	6
Sauce	80	293	3907	6

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	128	4923	3
Sauce	92.7	128	3956	3

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	143	5863	3
Sauce	90	143	4290	3

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	108	3969	4
Chicken	80	108	2160	4
Sauce	200	108	5400	4
Spinach	25	108	675	4

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	83	4233	2
Sauce	100	83	4150	2

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	14700
MINCE	14550
TOPSIDE STEAK	14415
LAMB SHOULDER	20898
MORROCAN CHICKEN	11880
ITALIAN CHICKEN	60588
NORMAL CHICKEN	98150
CHICKEN THIGH	36800

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	1782
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	1782
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	2158
5MM MONGOLIAN CAPSICUM	11315
5MM MONGOLIAN ONION	11315
5MM SLICED MUSHROOMS	0
BROCCOLI	8076
CRATED CARROTS	0
CRATED ZUCCHINI	0
LEMON POTATO	24218
ROASTED POTATO	68970
THAI POTATOS	7680
POTATO MASH	37800
SWEET POTATO MASH	28400
SPINACH	2700
RED ONION	3870
PARSLEY	194