

Meal Production Summary - 05/01/2026

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	133	11	6	138
Beef Chow Mein	65	12	20	57
Shepherd's Pie	105	0	26	79
Beef Burrito Bowl	105	9	0	114
Beef Meatballs	104	20	15	109
Lebanese Beef Stew	0	0	0	0
Mongolian Beef	140	22	8	154
Chicken with Vegetables	59	5	17	47
Chicken with Sweet Potato and Beans	91	0	25	66
Naked Chicken Parma	163	27	18	172
Chicken Pesto Pasta	142	18	0	160
Chicken and Broccoli Pasta	105	0	15	90
Butter Chicken	136	20	30	126
Thai Green Chicken Curry	108	16	0	124
Moroccan Chicken	57	0	23	34
Steak with Mushroom Sauce	113	8	0	121
Creamy Chicken & Mushroom Gnocchi	98	0	0	98
Roasted Lemon Chicken & Potatoes	104	8	23	89
Beef Lasagna	209	28	0	237
Bean Nachos with Rice	0	0	0	0
Lamb Souvlaki	115	10	0	125
Chicken Fajita Bowl	90	12	0	102
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	7	0	0	7
ON Amino Energy Can	0	7	0	7
Lunch & Dinner Weekdays Only - 10 Meals	0	1	0	1
TOTAL	2249	234	226	2257

Daily Production Report - 05/01/2026

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	138	4416	2
Oil	0.7	138	48	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	250	7375	2
Oil	0.7	250	88	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	677	8970	4
Water	95	677	16079	
Salt	1	677	169	
Oil	1.5	677	254	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	34	6120	0
Oil	2	34	68	
Lemon Juice	6	34	204	
Moroccan Chicken Mix	4	34	136	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	191	30560	
Oil	4	191	764	
Roast Chicken Mix	4	191	764	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	121	11253	0
Oil	1.5	121	181.5	
Baking Soda	3	121	363	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	125	20250	0
Oil	2	125	250	
Salt	1.5	125	187.5	
Oregano	0.3	125	37.5	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	230	34500	0
Cooking Cream	20	230	4600	
Butter	7	230	1610	
Salt	1.5	230	345.0	
White Pepper	0.5	230	115.0	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	145	29000	0
Salt	1	145	145	
White Pepper	0.5	145	72.5	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	297	11286	5
Oil	1	297	59	
Spices Mix	2.5	297	148	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	89	9212	2
Oil	1	89	44	
Salt	1.2	89	53	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	124	7440	0
Salt	1	124	124	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	125	3750	0
Parsley	1.5	125	187.5	
Paprika	0.5	125	62.5	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	234	14040	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	138	0	2
Napoli Sauce	0	138	0	
Crushed Tomatoes	0	138	0	
Beef Stock	0	138	0	
Onion	0	138	0	
Zucchini	0	138	0	
Carrot	0	138	0	
Vegetable Oil	0	138	0	
Salt	0	138	0	
Pepper	0	138	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	57	0	1
Celery	0	57	0	
Carrot	0	57	0	
Cabbage	0	57	0	
Onion	0	57	0	
Oil	0	57	0	
Pepper	0	57	0	
Salt	0	57	0	
Soy Sauce	0	57	0	
Oyster Sauce	0	57	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	79	0	1
Oil	0	79	0	
Carrots	0	79	0	
Capsicum	0	79	0	
Onion	0	79	0	
Mushroom	0	79	0	
Peas	0	79	0	
Tomato Paste	0	79	0	
Beef Stock	0	79	0	
Salt	0	79	0	
Pepper	0	79	0	
Napoli Sauce	0	79	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	114	0	1
Onion	0	114	0	
Capsicum	0	114	0	
Vegetable Oil	0	114	0	
Taco Seasoning	0	114	0	
Salt	0	114	0	
Pepper	0	114	0	
Beef Stock	0	114	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	109	16350	
Onion	10	109	1090	
Parsley	3	109	327	
Salt	1.5	109	163.5	
Pepper	0.2	109	21.8	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	154	15400	
Baking Soda	2.5	154	385.0	
Water	10	154	1540	
Soy Sauce	5	154	770	
Cornflour	2.5	154	385.0	
Capsicum	37	154	5698	
Onion	37	154	5698	
Rice	130	154	20020	

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	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	47	6345	1
Corn	50	47	2350	
Beans	60	47	2820	
Broccoli	67	47	3149	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	160	20800	
Penne	59	160	9440	
Sundried Tomatoes	20	160	3200	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	126	5880	3
Peas	40	126	1680	
Rice	130	126	5460	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	34	6120	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	34	612	
Zucchini	27	34	918	
Red Capsicum	27	34	918	
Garlic	1.8	34	61.2	
Oil	1.8	34	61.2	
Chickpeas	103.5	34	3519.0	
Mix Spices	1.53	34	52.02	
Chicken Stock	45	34	1530	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	237	35550	
Mozzerala Cheese A1750	237	177750		
Napoli Sauce	500	237	118500	
Bolognese	3200	237	758400	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	66	4455	2
Beans	60	66	1980	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	172	25800	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	90	11700	
Penne	59	90	5310	
Broccoli	40	90	3600	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	124	17880.8	
Rice	130	124	16120	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	121	13310	

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	125	8750	2
Potatoes	140	125	8750	

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	102	7650	2
Capsicum	52	102	2652	
Red Onion	52	102	2652	
Salsa	30	102	1530	
Rice	130	102	6630	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	98	4900	3
Chicken	80	98	2613	
Sauce	200	98	6533	
Spinach	25	98	817	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7.21	124	894.04
Coconut Cream	97.85	124	12133.4

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	125	2500
Garlic	1	125	125
Salt	0.2	125	25.0

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	154	10780
MEATBALLS	120	109	13080
LEMON	50	89	4450
MUSHROOM	100	121	12100
FAJITA SAUCE	33	102	3366
BURRITO SAUCE	43	114	4902

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	114	2451	2
Black Beans	50	114	2850	2
Corn	50	114	2850	2
Rice	130	114	7410	2

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	172	8600
Mozzarella Cheese	40	172	6880

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	160	3200

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	160	4280	4
Sauce	80	160	3200	4

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	124	4769	3
Sauce	92.7	124	3832	3

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	126	5166	3
Sauce	90	126	3780	3

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	98	4802	3
Chicken	80	98	2614	3
Sauce	200	98	6534	3
Spinach	25	98	817	3

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	90	4590	2
Sauce	100	90	4500	2

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	15400
MINCE	16350
TOPSIDE STEAK	11253
LAMB SHOULDER	20250
MORROCAN CHICKEN	6120
ITALIAN CHICKEN	43605
NORMAL CHICKEN	77740
CHICKEN THIGH	30560

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	918
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	918
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	1702
5MM MONGOLIAN CAPSICUM	11002
5MM MONGOLIAN ONION	11002
5MM SLICED MUSHROOMS	0
BROCCOLI	6749
CRATED CARROTS	0
CRATED ZUCCHINI	0
LEMON POTATO	18422
ROASTED POTATO	56430
THAI POTATOS	7440
POTATO MASH	34500
SWEET POTATO MASH	29000
SPINACH	2448
RED ONION	3750
PARSLEY	188