

Meal Production Summary - 12/01/2026

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	120	13	0	133
Beef Chow Mein	67	8	0	75
Shepherd's Pie	54	0	0	54
Beef Burrito Bowl	80	6	0	86
Beef Meatballs	88	2	0	90
Lebanese Beef Stew	0	0	0	0
Mongolian Beef	118	4	0	122
Chicken with Vegetables	35	8	0	43
Chicken with Sweet Potato and Beans	76	0	0	76
Naked Chicken Parma	170	22	0	192
Chicken Pesto Pasta	157	11	0	168
Chicken and Broccoli Pasta	103	0	0	103
Butter Chicken	137	8	0	145
Thai Green Chicken Curry	103	9	0	112
Moroccan Chicken	62	0	0	62
Steak with Mushroom Sauce	89	8	0	97
Creamy Chicken & Mushroom Gnocchi	83	0	0	83
Roasted Lemon Chicken & Potatoes	59	5	0	64
Beef Lasagna	190	4	0	194
Bean Nachos with Rice	0	0	0	0
Lamb Souvlaki	102	9	0	111
Chicken Fajita Bowl	85	3	0	88
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	8	0	0	8
ON Amino Energy Can	0	5	0	5
TOTAL	1986	125	0	2111

Daily Production Report - 12/01/2026

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	133	4256	2
Oil	0.7	133	47	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	271	5330	3
Oil	0.7	271	63	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	628	8321	4
Water	95	628	14915	
Salt	1	628	157	
Oil	1.5	628	236	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	62	11160	0
Oil	2	62	124	
Lemon Juice	6	62	372	
Moroccan Chicken Mix	4	62	248	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	152	24320	
Oil	4	152	608	
Roast Chicken Mix	4	152	608	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	97	9021	0
Oil	1.5	97	145.5	
Baking Soda	3	97	291	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	111	17982	0
Oil	2	111	222	
Salt	1.5	111	166.5	
Oregano	0.3	111	33.3	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	187	28050	0
Cooking Cream	20	187	3740	
Butter	7	187	1309	
Salt	1.5	187	280.5	
White Pepper	0.5	187	93.5	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	130	26000	0
Salt	1	130	130	
White Pepper	0.5	130	65.0	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	303	11514	5
Oil	1	303	61	
Spices Mix	2.5	303	152	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	64	6624	2
Oil	1	64	32	
Salt	1.2	64	38	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	112	6720	0
Salt	1	112	112	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	111	3330	0
Parsley	1.5	111	166.5	
Paprika	0.5	111	55.5	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	216	12960	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	133	0	2
Napoli Sauce	0	133	0	
Crushed Tomatoes	0	133	0	
Beef Stock	0	133	0	
Onion	0	133	0	
Zucchini	0	133	0	
Carrot	0	133	0	
Vegetable Oil	0	133	0	
Salt	0	133	0	
Pepper	0	133	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	54	0	1
Oil	0	54	0	
Carrots	0	54	0	
Capsicum	0	54	0	
Onion	0	54	0	
Mushroom	0	54	0	
Peas	0	54	0	
Tomato Paste	0	54	0	
Beef Stock	0	54	0	
Salt	0	54	0	
Pepper	0	54	0	
Napoli Sauce	0	54	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	86	0	1
Onion	0	86	0	
Capsicum	0	86	0	
Vegetable Oil	0	86	0	
Taco Seasoning	0	86	0	
Salt	0	86	0	
Pepper	0	86	0	
Beef Stock	0	86	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	90	13500	
Onion	10	90	900	
Parsley	3	90	270	
Salt	1.5	90	135.0	
Pepper	0.2	90	18.0	

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	122	12200	
Baking Soda	2.5	122	305.0	
Water	10	122	1220	
Soy Sauce	5	122	610	
Cornflour	2.5	122	305.0	
Capsicum	37	122	4514	
Onion	37	122	4514	
Rice	130	122	15860	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	43	5805	1
Corn	50	43	2150	
Beans	60	43	2580	
Broccoli	67	43	2881	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	168	21840	
Penne	59	168	9912	
Sundried Tomatoes	20	168	3360	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	145	6767	3
Peas	40	145	1933	
Rice	130	145	6283	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	62	11160	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	62	1116	
Zucchini	27	62	1674	
Red Capsicum	27	62	1674	
Garlic	1.8	62	111.60000000000001	
Oil	1.8	62	111.60000000000001	
Chickpeas	103.5	62	6417.0	
Mix Spices	1.53	62	94.86	
Chicken Stock	45	62	2790	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	194	29100	
Mozzerala Cheese	1750	194	145500	
Napoli Sauce	500	194	97000	
Bolognese	3200	194	620800	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	76	5130	2
Beans	60	76	2280	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	192	28800	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	103	13390	
Penne	59	103	6077	
Broccoli	40	103	4120	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	112	16150.399999999998	
Rice	130	112	14560	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	97	10670	

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	111	7770	2
Potatoes	140	111	7770	

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	88	6600	2
Capsicum	52	88	2288	
Red Onion	52	88	2288	
Salsa	30	88	1320	
Rice	130	88	5720	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	83	4150	3
Chicken	80	83	2213	
Sauce	200	83	5533	
Spinach	25	83	692	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7.21	112	807.52
Coconut Cream	97.85	112	10959.199999999999

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	111	2220
Garlic	1	111	111
Salt	0.2	111	22.200000000000003

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	122	8540
MEATBALLS	120	90	10800
LEMON	50	64	3200
MUSHROOM	100	97	9700
FAJITA SAUCE	33	88	2904
BURRITO SAUCE	43	86	3698

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	86	1849	2
Black Beans	50	86	2150	2
Corn	50	86	2150	2
Rice	130	86	5590	2

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	192	9600
Mozzarella Cheese	40	192	7680

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	168	3360

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	168	4494	4
Sauce	80	168	3360	4

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	112	4307	3
Sauce	92.7	112	3461	3

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	145	5945	3
Sauce	90	145	4350	3

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	83	4067	3
Chicken	80	83	2214	3
Sauce	200	83	5534	3
Spinach	25	83	692	3

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	103	3502	3
Sauce	100	103	3434	3

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	12200
MINCE	13500
TOPSIDE STEAK	9021
LAMB SHOULDER	17982
MORROCAN CHICKEN	11160
ITALIAN CHICKEN	47583
NORMAL CHICKEN	79430
CHICKEN THIGH	24320

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	1674
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	1674
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	2016
5MM MONGOLIAN CAPSICUM	9090
5MM MONGOLIAN ONION	9090
5MM SLICED MUSHROOMS	0
BROCCOLI	7001
CRATED CARROTS	0
CRATED ZUCCHINI	0
LEMON POTATO	13248
ROASTED POTATO	57570
THAI POTATOS	6720
POTATO MASH	28050
SWEET POTATO MASH	26000
SPINACH	2072
RED ONION	3330
PARSLEY	166