

Meal Production Summary - 03/02/2026

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	172	12	0	184
Beef Chow Mein	130	2	10	122
Shepherd's Pie	142	0	23	119
Beef Burrito Bowl	149	0	0	149
Beef Meatballs	174	5	15	164
Lebanese Beef Stew	0	0	0	0
Mongolian Beef	201	2	10	193
Chicken with Vegetables	72	3	0	75
Chicken with Sweet Potato and Beans	128	0	0	128
Naked Chicken Parma	301	7	0	308
Chicken Pesto Pasta	208	7	10	205
Chicken and Broccoli Pasta	136	0	0	136
Butter Chicken	203	4	0	207
Thai Green Chicken Curry	146	0	0	146
Moroccan Chicken	90	0	10	80
Steak with Mushroom Sauce	197	3	0	200
Creamy Chicken & Mushroom Gnocchi	140	0	10	130
Roasted Lemon Chicken & Potatoes	160	4	10	154
Beef Lasagna	279	15	0	294
Bean Nachos with Rice	0	0	0	0
Lamb Souvlaki	196	4	0	200
Chicken Fajita Bowl	139	0	0	139
Steak On Its Own	0	4	0	4
Chicken On Its Own	0	3	0	3
Family Mac and 3 Cheese Pasta Bake	7	0	0	7
Baked Family Lasagna	29	0	0	29
ON Amino Energy Can	0	2	0	2
TOTAL	3399	77	98	3378

Daily Production Report - 03/02/2026

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	184	3925	3
Oil	0.7	184	43	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	341	6706	3
Oil	0.7	341	80	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	956	8445	6
Water	95	956	15137	
Salt	1	956	159	
Oil	1.5	956	239	

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	293	46880	
Oil	4	293	1172	
Roast Chicken Mix	4	293	1172	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	204	18972	0
Oil	1.5	204	306.0	
Baking Soda	3	204	612	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	200	32400	0
Oil	2	200	400	
Salt	1.5	200	300.0	
Oregano	0.3	200	60.0	
Baking Soda	5.27	200	1054.0	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	364	54600	0
Cooking Cream	20	364	7280	
Butter	7	364	2548	
Salt	1.5	364	546.0	
White Pepper	0.5	364	182.0	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	247	49400	0
Salt	1	247	247	
White Pepper	0.5	247	123.5	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	508	10724	9
Oil	1.62	508	91	
Spices Mix	2.5	508	141	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	154	10626	3
Oil	2	154	103	
Salt	1.2	154	62	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	146	8760	0
Salt	1	146	146	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	200	6000	0
Parsley	1.5	200	300.0	
Paprika	0.5	200	100.0	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	403	24180	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	184	0	3
Napoli Sauce	0	184	0	
Crushed Tomatoes	0	184	0	
Beef Stock	0	184	0	
Onion	0	184	0	
Zucchini	0	184	0	
Carrot	0	184	0	
Vegetable Oil	0	184	0	
Salt	0	184	0	
Pepper	0	184	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	122	0	2
Celery	0	122	0	
Carrot	0	122	0	
Cabbage	0	122	0	
Onion	0	122	0	
Oil	0	122	0	
Pepper	0	122	0	
Salt	0	122	0	
Soy Sauce	0	122	0	
Oyster Sauce	0	122	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	119	0	2
Oil	0	119	0	
Carrots	0	119	0	
Capsicum	0	119	0	
Onion	0	119	0	
Mushroom	0	119	0	
Peas	0	119	0	
Tomato Paste	0	119	0	
Beef Stock	0	119	0	
Salt	0	119	0	
Pepper	0	119	0	
Napoli Sauce	0	119	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	149	0	2
Onion	0	149	0	
Capsicum	0	149	0	
Vegetable Oil	0	149	0	
Taco Seasoning	0	149	0	
Salt	0	149	0	
Pepper	0	149	0	
Beef Stock	0	149	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	164	24600	
Onion	10	164	1640	
Parsley	3	164	492	
Salt	1.5	164	246.0	
Pepper	0.2	164	32.800000000000000004	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	193	19300	
Baking Soda	2.5	193	482.5	
Water	10	193	1930	
Soy Sauce	5	193	965	
Cornflour	2.5	193	482.5	
Capsicum	37	193	7141	
Onion	37	193	7141	
Rice	130	193	25090	

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	75	5062	2
Corn	50	75	1875	
Beans	60	75	2250	
Broccoli	67	75	2512	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	205	26650	
Penne	59	205	12095	
Sundried Tomatoes	20	205	4100	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	207	7245	4
Peas	40	207	2070	
Rice	130	207	6728	

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	294	44100	
Mozzerala Cheese A1750	294	220500		
Napoli Sauce	500	294	147000	
Bolognese	3200	294	940800	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	128	5760	3
Beans	60	128	2560	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	308	46200	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	136	17680	
Penne	59	136	8024	
Broccoli	40	136	5440	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	146	21053.19999999999999	
Rice	130	146	18980	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	200	22000	

Steak On Its Own

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	200	4	800	1

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	200	9333	3
Potatoes	140	200	9333	

Chicken On Its Own

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken Breast	200	3	600	1

Chicken Fajita Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken Thigh	150	139	6950	3
Capsicum	52	139	2409	
Red Onion	52	139	2409	
Salsa	30	139	1390	
Rice	130	139	6023	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	130	4875	4
Chicken	80	130	2600	
Sauce	200	130	6500	
Spinach	25	130	812	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7.21	146	1052.66
Coconut Cream	97.85	146	14286.099999999999

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	200	4000
Garlic	1	200	200
Salt	0.2	200	40.0

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	193	13510
MEATBALLS	120	164	19680
LEMON	50	154	7700
MUSHROOM	100	200	20000
FAJITA SAUCE	33	139	4587
BURRITO SAUCE	43	149	6407

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	149	2136	3
Black Beans	50	149	2484	3
Corn	50	149	2484	3
Rice	130	149	6457	3

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	308	15400
Mozzarella Cheese	40	308	12320

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	205	4100

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	205	4387	5
Sauce	80	205	3280	5

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	146	5615	3
Sauce	92.7	146	4512	3

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	207	5093	5
Sauce	90	207	3726	5

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	130	4778	4
Chicken	80	130	2600	4
Sauce	200	130	6500	4
Spinach	25	130	813	4

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	136	4624	3
Sauce	100	136	4534	3

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	19300
MINCE	24600
TOPSIDE STEAK	19772
LAMB SHOULDER	32400
MORROCAN CHICKEN	14400
ITALIAN CHICKEN	78642
NORMAL CHICKEN	107120
CHICKEN THIGH	46880

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
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	3080
5MM MONGOLIAN CAPSICUM	14368
5MM MONGOLIAN ONION	14368
5MM SLICED MUSHROOMS	0
BROCCOLI	10464
CRATED CARROTS	0
CRATED ZUCCHINI	0
LEMON POTATO	31878
ROASTED POTATO	96516
THAI POTATOS	8760
POTATO MASH	54600
SWEET POTATO MASH	49400
SPINACH	3248
RED ONION	6000
PARSLEY	300