

Meal Production Summary - 24/11/2025

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	336	9	0	345
Beef Chow Mein	140	14	0	154
Shepherd's Pie	102	0	0	102
Beef Burrito Bowl	212	10	0	222
Beef Meatballs	151	9	0	160
Lebanese Beef Stew	0	0	0	0
Mongolian Beef	293	8	0	301
Chicken with Vegetables	133	1	0	134
Chicken with Sweet Potato and Beans	152	0	0	152
Naked Chicken Parma	333	15	0	348
Chicken Pesto Pasta	291	19	0	310
Chicken and Broccoli Pasta	202	0	0	202
Butter Chicken	271	22	0	293
Thai Green Chicken Curry	246	8	0	254
Moroccan Chicken	108	0	0	108
Steak with Mushroom Sauce	263	3	0	266
Creamy Chicken & Mushroom Gnocchi	238	0	0	238
Roasted Lemon Chicken & Potatoes	157	13	0	170
Beef Lasagna	577	7	0	584
Bean Nachos with Rice	18	0	0	18
Lamb Souvlaki	215	4	0	219
Chicken Fajita Bowl	166	5	0	171
Steak On Its Own	0	0	0	0
Chicken On Its Own	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	4	0	0	4
Baked Family Lasagna	7	0	0	7
ON Amino Energy Can	0	9	0	9
TOTAL	4615	156	0	4771

Daily Production Report - 24/11/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	345	4416	5
Oil	0.7	345	48	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	512	7552	4
Oil	0.7	512	90	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	1413	24963	3
Water	95	1413	44745	
Salt	1	1413	471	
Oil	1.5	1413	706	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	108	19440	0
Oil	2	108	216	
Lemon Juice	6	108	648	
Moroccan Chicken Mix	4	108	432	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	341	54560	
Oil	4	341	1364	
Roast Chicken Mix	4	341	1364	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	266	24738	0
Oil	1.5	266	399.0	
Baking Soda	3	266	798	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	219	35478	0
Oil	2	219	438	
Salt	1.5	219	328.5	
Oregano	1.2	219	262.8	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	426	63900	0
Cooking Cream	20	426	8520	
Butter	7	426	2982	
Salt	1.5	426	639.0	
White Pepper	0.5	426	213.0	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	254	50800	0
Salt	1	254	254	
White Pepper	0.5	254	127.0	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	567	11970	9
Oil	1	567	63	
Spices Mix	2.5	567	158	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	170	11730	3
Oil	1	170	57	
Salt	1.2	170	68	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	254	15240	0
Salt	1	254	254	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	219	6570	0
Parsley	1.5	219	328.5	
Paprika	0.5	219	109.5	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	552	33120	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	345	0	4
Napoli Sauce	0	345	0	
Crushed Tomatoes	0	345	0	
Beef Stock	0	345	0	
Onion	0	345	0	
Zucchini	0	345	0	
Carrot	0	345	0	
Vegetable Oil	0	345	0	
Salt	0	345	0	
Pepper	0	345	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	154	0	2
Celery	0	154	0	
Carrot	0	154	0	
Cabbage	0	154	0	
Onion	0	154	0	
Oil	0	154	0	
Pepper	0	154	0	
Salt	0	154	0	
Soy Sauce	0	154	0	
Oyster Sauce	0	154	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	102	0	2
Oil	0	102	0	
Carrots	0	102	0	
Capsicum	0	102	0	
Onion	0	102	0	
Mushroom	0	102	0	
Peas	0	102	0	
Tomato Paste	0	102	0	
Beef Stock	0	102	0	
Salt	0	102	0	
Pepper	0	102	0	
Napoli Sauce	0	102	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	222	0	2
Onion	0	222	0	
Capsicum	0	222	0	
Vegetable Oil	0	222	0	
Taco Seasoning	0	222	0	
Salt	0	222	0	
Pepper	0	222	0	
Beef Stock	0	222	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	160	24000	
Onion	10	160	1600	
Parsley	3	160	480	
Salt	1.5	160	240.0	
Pepper	0.2	160	32.0	

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	301	30100	
Baking Soda	2.5	301	752.5	
Water	10	301	3010	
Soy Sauce	5	301	1505	
Cornflour	2.5	301	752.5	
Capsicum	37	301	11137	
Onion	37	301	11137	
Rice	130	301	39130	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	134	6030	3
Corn	50	134	2233	
Beans	60	134	2680	
Broccoli	67	134	2993	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	310	40300	
Penne	59	310	18290	
Sundried Tomatoes	20	310	6200	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	293	8204	5
Peas	40	293	2344	
Rice	130	293	7618	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	108	19440	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	108	1944	
Zucchini	27	108	2916	
Red Capsicum	27	108	2916	
Garlic	1.8	108	194.4	
Oil	1.8	108	194.4	
Chickpeas	103.5	108	11178.0	
Mix Spices	1.53	108	165.24	
Chicken Stock	45	108	4860	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	584	87600	
Mozzerala Cheese	1750	584	438000	
Napoli Sauce	500	584	292000	
Bolognese	3200	584	1868800	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	152	6840	3
Beans	60	152	3040	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	348	52200	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	202	26260	
Penne	59	202	11918	
Broccoli	40	202	8080	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	254	36626.799999999996	
Rice	130	254	33020	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	266	29260	

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	18	1440	1
Carrot	25	18	450	
Onion	20	18	360	
Taco Seasoning	1	18	18	
Salt	1.5	18	27	
Pepper	0.5	18	9	
Garlic	2.5	18	45	
Vegetable Oil	1.5	18	27	
Cumin	0.5	18	9	
Crushed Tomato	85	18	1530	
Water	41.7	18	751	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	219	10220	3
Potatoes	140	219	10220	

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	171	8550	3
Capsicum	52	171	2964	
Red Onion	52	171	2964	
Salsa	30	171	1710	
Rice	130	171	7410	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	238	5100	7
Chicken	80	238	2720	
Sauce	200	238	6800	
Spinach	25	238	850	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7.21	254	1831.34
Coconut Cream	97.85	254	24853.899999999998

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	219	4380
Garlic	1	219	219
Salt	0.2	219	43.800000000000004

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	301	21070
MEATBALLS	120	160	19200
LEMON	50	170	8500
MUSHROOM	100	266	26600
FAJITA SAUCE	33	171	5643
BURRITO SAUCE	43	222	9546

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	222	2387	4
Black Beans	50	222	2775	4
Corn	50	222	2775	4
Rice	130	222	7215	4

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	348	17400
Mozzarella Cheese	40	348	13920

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	310	6200

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	310	4739	7
Sauce	80	310	3543	7

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	254	4884	6
Sauce	92.7	254	3925	6

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	293	6007	6
Sauce	90	293	4395	6

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	238	4998	7
Chicken	80	238	2720	7
Sauce	200	238	6800	7
Spinach	25	238	850	7

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	202	4121	5
Sauce	100	202	4040	5

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	30100
MINCE	24000
TOPSIDE STEAK	24738
LAMB SHOULDER	35478
MORROCAN CHICKEN	19440
ITALIAN CHICKEN	97002
NORMAL CHICKEN	168610
CHICKEN THIGH	54560

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	2916
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	2916
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	3904
5MM MONGOLIAN CAPSICUM	20029
5MM MONGOLIAN ONION	20029
5MM SLICED MUSHROOMS	0
BROCCOLI	17056
CRATED CARROTS	450
CRATED ZUCCHINI	0
LEMON POTATO	35190
ROASTED POTATO	107730
THAI POTATOS	15240
POTATO MASH	63900
SWEET POTATO MASH	50800
SPINACH	5944
RED ONION	6570
PARSLEY	328