

Meal Production Summary - 22/07/2025

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	126	14	2	6	136
Beef Chow Mein	81	10	0	43	48
Shepherd's Pie	58	0	1	17	42
Beef Burrito Bowl	65	10	1	0	76
Beef Meatballs	110	10	0	0	120
Lebanese Beef Stew	63	0	0	9	54
Mongolian Beef	135	18	0	0	153
Chicken with Vegetables	32	10	0	0	42
Chicken with Sweet Potato and Beans	60	0	0	0	60
Naked Chicken Parma	139	20	2	11	150
Chicken Pesto Pasta	96	4	0	0	100
Chicken and Broccoli Pasta	62	0	0	0	62
Butter Chicken	90	10	0	0	100
Thai Green Chicken Curry	100	11	0	5	106
Moroccan Chicken	32	0	0	9	23
Steak with Mushroom Sauce	93	8	0	0	101
Creamy Chicken & Mushroom Gnocchi	82	0	0	0	82
Roasted Lemon Chicken & Potatoes	77	2	0	0	79
Beef Lasagna	222	7	2	0	231
Bean Nachos with Rice	18	0	0	2	16
Lamb Souvlaki	91	7	0	0	98
Chicken Fajita Bowl	59	13	0	0	72
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	6	0	0	0	6
Baked Family Lasagna	21	0	0	0	21
TOTAL	1918	154	8	102	1978

Daily Production Report - 22/07/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	136	4624	2
Oil	0.7	136	48	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	162	4779	2
Oil	0.7	162	57	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	625	33125	1
Water	95	625	59375	
Salt	1	625	625	
Oil	1.5	625	938	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	23	4140	0
Oil	2	23	46	
Lemon Juice	6	23	138	
Moroccan Chicken Mix	4	23	92	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	150	151	22650	
Oil	4	151	604	
Roast Chicken Mix	4	151	604	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	101	11110	0
Oil	1.5	101	151.5	
Baking Soda	3	101	303	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	98	15876	0
Oil	2	98	196	
Salt	1.5	98	147.0	
Oregano	1.2	98	117.6	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	221	33150	0
Cooking Cream	20	221	4420	
Butter	7	221	1547	
Salt	1.5	221	331.5	
White Pepper	0.5	221	110.5	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	185	102	18870	0
Salt	1	102	102	
White Pepper	0.5	102	51.0	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	248	11780	4
Oil	1	248	62	
Spices Mix	2.5	248	155	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	79	8176	2
Oil	1	79	40	
Salt	1.2	79	47	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	106	6360	0
Salt	1	106	106	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	98	2940	0
Parsley	1.5	98	147.0	
Paprika	0.5	98	49.0	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	203	12180	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	136	0	2
Napoli Sauce	0	136	0	
Crushed Tomatoes	0	136	0	
Beef Stock	0	136	0	
Onion	0	136	0	
Zucchini	0	136	0	
Carrot	0	136	0	
Vegetable Oil	0	136	0	
Salt	0	136	0	
Pepper	0	136	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	48	0	1
Celery	0	48	0	
Carrot	0	48	0	
Cabbage	0	48	0	
Onion	0	48	0	
Oil	0	48	0	
Pepper	0	48	0	
Salt	0	48	0	
Soy Sauce	0	48	0	
Oyster Sauce	0	48	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	42	0	1
Oil	0	42	0	
Carrots	0	42	0	
Capsicum	0	42	0	
Onion	0	42	0	
Mushroom	0	42	0	
Peas	0	42	0	
Tomato Paste	0	42	0	
Beef Stock	0	42	0	
Salt	0	42	0	
Pepper	0	42	0	
Napoli Sauce	0	42	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	76	0	1
Onion	0	76	0	
Capsicum	0	76	0	
Vegetable Oil	0	76	0	
Taco Seasoning	0	76	0	
Salt	0	76	0	
Pepper	0	76	0	
Beef Stock	0	76	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	120	18000	
Onion	10	120	1200	
Parsley	3	120	360	
Salt	1.5	120	180.0	
Pepper	0.2	120	24.0	

Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	54	5238	1
Onion	30	54	1620	
Carrot	30	54	1620	
Potato	30	54	1620	
Peas	30	54	1620	
Oil	2	54	108	
Salt	2.5	54	135	
Pepper	0.5	54	27	
Tomato Paste	20	54	1080	
Water	30	54	1620	
Beef Stock	30	54	1620	
Rice	130	54	7020	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	97	153	14841	
Baking Soda	2.5	153	382.5	
Water	10	153	1530	
Soy Sauce	5	153	765	
Cornflour	2.5	153	382.5	
Capsicum	37	153	5661	
Onion	37	153	5661	
Rice	130	153	19890	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	42	5670	1
Corn	52	42	2184	
Beans	60	42	2520	
Broccoli	67	42	2814	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	100	13000	
Penne	59	100	5900	
Sundried Tomatoes	24	100	2400	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	100	14000	
Peas	40	100	4000	
Rice	130	100	13000	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	23	4140	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	23	460	
Zucchini	30	23	690	
Red Capsicum	30	23	690	
Garlic	2	23	46	
Oil	2	23	46	
Chickpeas	115	23	2645	
Mix Spices	1.7	23	39.1	
Chicken Stock	50	23	1150	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	231	34650	
Mozzerala Cheese	1750	231	173250	
Napoli Sauce	500	231	115500	
Bolognese	3200	231	739200	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	60	8100	1
Beans	60	60	3600	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	150	22500	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	62	8060	
Penne	59	62	3658	
Broccoli	40	62	2480	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	106	14840	
Rice	130	106	13780	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	101	11110	

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	16	1280	1
Carrot	25	16	400	
Onion	20	16	320	
Taco Seasoning	1	16	16	
Salt	1.5	16	24	
Pepper	0.5	16	8	
Garlic	2.5	16	40	
Vegetable Oil	1.5	16	24	
Cumin	0.5	16	8	
Crushed Tomato	85	16	1360	
Water	41.7	16	667	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	98	6860	2
Potatoes	140	98	6860	

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	72	5400	2
Capsicum	52	72	1872	
Red Onion	52	72	1872	
Salsa	30	72	1080	
Rice	130	72	4680	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	82	4100	3
Chicken	80	82	2187	
Sauce	200	82	5467	
Spinach	25	82	683	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	106	742
Coconut Cream	90	106	9540

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	98	1960
Garlic	2	98	196
Salt	1	98	98

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	153	10710
MEATBALLS	120	120	14400
LEMON	50	79	3950
MUSHROOM	100	101	10100
FAJITA SAUCE	33	72	2376
BURRITO SAUCE	43	76	3268

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	76	1634	2
Black Beans	50	76	1900	2
Corn	50	76	1900	2
Rice	130	76	4940	2

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	150	7500
Mozzarella Cheese	40	150	6000

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	24	100	2400

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	110	100	3667	3
Sauce	80	100	2667	3

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	110	106	3887	3
Sauce	90	106	3180	3

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	120	100	4000	3
Sauce	90	100	3000	3

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	150	82	4100	3
Chicken	80	82	2187	3
Sauce	200	82	5467	3
Spinach	25	82	684	3

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	100	62	3100	2
Sauce	100	62	3100	2

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	5238
BEEF TOPSIDE (MONG)	14841
MINCE	18000
TOPSIDE STEAK	11110
LAMB SHOULDER	15876
MORROCAN CHICKEN	4140
ITALIAN CHICKEN	38556
NORMAL CHICKEN	58500
CHICKEN THIGH	22650

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	1620
10MM DICED POTATO (LEBO)	1620
10MM DICED ZUCCHINI	690
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	690
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	3600
5MM MONGOLIAN CAPSICUM	9405
5MM MONGOLIAN ONION	9405
5MM SLICED MUSHROOMS	0
BROCCOLI	5294
CRATED CARROTS	400
CRATED ZUCCHINI	0
LEMON POTATO	16352
ROASTED POTATO	47120
THAI POTATOS	6360
POTATO MASH	33150
SWEET POTATO MASH	18870
SPINACH	2048
RED ONION	2940
PARSLEY	147