

Meal Production Summary - 21/08/2025

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	84	41	11	11	125
Beef Chow Mein	52	5	18	0	75
Shepherd's Pie	63	0	12	0	75
Beef Burrito Bowl	75	22	29	0	126
Beef Meatballs	97	14	19	0	130
Lebanese Beef Stew	30	0	0	7	23
Mongolian Beef	108	41	0	0	149
Chicken with Vegetables	35	21	3	0	59
Chicken with Sweet Potato and Beans	91	0	11	0	102
Naked Chicken Parma	118	42	19	0	179
Chicken Pesto Pasta	85	18	15	0	118
Chicken and Broccoli Pasta	60	0	1	0	61
Butter Chicken	101	14	22	0	137
Thai Green Chicken Curry	88	16	0	0	104
Moroccan Chicken	41	0	10	0	51
Steak with Mushroom Sauce	127	17	17	0	161
Creamy Chicken & Mushroom Gnocchi	86	0	2	0	88
Roasted Lemon Chicken & Potatoes	60	14	18	0	92
Beef Lasagna	161	33	35	0	229
Bean Nachos with Rice	5	0	0	3	2
Lamb Souvlaki	116	22	0	0	138
Chicken Fajita Bowl	85	16	0	0	101
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	0	0	0	0	0
Baked Family Lasagna	0	0	0	0	0
TOTAL	1768	336	242	21	2325

Daily Production Report - 21/08/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	125	4250	2
Oil	0.7	125	44	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	179	5280	2
Oil	0.7	179	63	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	717	19000	2
Water	95	717	34058	
Salt	1	717	358	
Oil	1.5	717	538	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	51	9180	0
Oil	2	51	102	
Lemon Juice	6	51	306	
Moroccan Chicken Mix	4	51	204	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	155	193	29915	
Oil	4	193	772	
Roast Chicken Mix	4	193	772	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	161	17710	0
Oil	1.5	161	241.5	
Baking Soda	3	161	483	

Lamb Marinade

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	138	22356	0
Oil	2	138	276	
Salt	1.5	138	207.0	
Oregano	1.2	138	165.6	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	291	43650	0
Cooking Cream	20	291	5820	
Butter	7	291	2037	
Salt	1.5	291	436.5	
White Pepper	0.5	291	145.5	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	185	177	32745	0
Salt	1	177	177	
White Pepper	0.5	177	88.5	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	317	10038	6
Oil	1	317	53	
Spices Mix	2.5	317	132	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	92	9522	2
Oil	1	92	46	
Salt	1.2	92	55	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	104	6240	0
Salt	1	104	104	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	138	4140	0
Parsley	1.5	138	207.0	
Paprika	0.5	138	69.0	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	322	19320	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	125	0	2
Napoli Sauce	0	125	0	
Crushed Tomatoes	0	125	0	
Beef Stock	0	125	0	
Onion	0	125	0	
Zucchini	0	125	0	
Carrot	0	125	0	
Vegetable Oil	0	125	0	
Salt	0	125	0	
Pepper	0	125	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	75	0	1
Oil	0	75	0	
Carrots	0	75	0	
Capsicum	0	75	0	
Onion	0	75	0	
Mushroom	0	75	0	
Peas	0	75	0	
Tomato Paste	0	75	0	
Beef Stock	0	75	0	
Salt	0	75	0	
Pepper	0	75	0	
Napoli Sauce	0	75	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	126	0	1
Onion	0	126	0	
Capsicum	0	126	0	
Vegetable Oil	0	126	0	
Taco Seasoning	0	126	0	
Salt	0	126	0	
Pepper	0	126	0	
Beef Stock	0	126	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	130	19500	
Onion	10	130	1300	
Parsley	3	130	390	
Salt	1.5	130	195.0	
Pepper	0.2	130	26.0	

Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	23	2231	1
Onion	30	23	690	
Carrot	30	23	690	
Potato	30	23	690	
Peas	30	23	690	
Oil	2	23	46	
Salt	2.5	23	58	
Pepper	0.5	23	12	
Tomato Paste	20	23	460	
Water	30	23	690	
Beef Stock	30	23	690	
Rice	130	23	2990	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	97	149	14453	
Baking Soda	2.5	149	372.5	
Water	10	149	1490	
Soy Sauce	5	149	745	
Cornflour	2.5	149	372.5	
Capsicum	37	149	5513	
Onion	37	149	5513	
Rice	130	149	19370	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	59	7965	1
Corn	50	59	2950	
Beans	60	59	3540	
Broccoli	67	59	3953	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	118	15340	
Penne	59	118	6962	
Sundried Tomatoes	20	118	2360	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	137	6393	3
Peas	40	137	1827	
Rice	130	137	5937	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	51	9180	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	51	1020	
Zucchini	30	51	1530	
Red Capsicum	30	51	1530	
Garlic	2	51	102	
Oil	2	51	102	
Chickpeas	115	51	5865	
Mix Spices	1.7	51	86.7	
Chicken Stock	50	51	2550	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	229	34350	
Mozzerala Cheese	1750	229	171750	
Napoli Sauce	500	229	114500	
Bolognese	3200	229	732800	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	102	6885	2
Beans	60	102	3060	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	179	26850	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	61	7930	
Penne	59	61	3599	
Broccoli	40	61	2440	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	104	14560	
Rice	130	104	13520	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	161	17710	

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	2	160	1
Carrot	25	2	50	
Onion	20	2	40	
Taco Seasoning	1	2	2	
Salt	1.5	2	3	
Pepper	0.5	2	1	
Garlic	2.5	2	5	
Vegetable Oil	1.5	2	3	
Cumin	0.5	2	1	
Crushed Tomato	85	2	170	
Water	41.7	2	83	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	138	9660	2
Potatoes	140	138	9660	

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	101	7575	2
Capsicum	52	101	2626	
Red Onion	52	101	2626	
Salsa	30	101	1515	
Rice	130	101	6565	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	88	4400	3
Chicken	80	88	2347	
Sauce	200	88	5867	
Spinach	25	88	733	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	104	728
Coconut Cream	95	104	9880

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	138	2760
Garlic	1.5	138	207.0
Salt	0.5	138	69.0

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	149	10430
MEATBALLS	120	130	15600
LEMON	50	92	4600
MUSHROOM	100	161	16100
FAJITA SAUCE	33	101	3333
BURRITO SAUCE	43	126	5418

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	126	1806	3
Black Beans	50	126	2100	3
Corn	50	126	2100	3
Rice	130	126	5460	3

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	179	8950
Mozzarella Cheese	40	179	7160

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	118	2360

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	118	4209	3
Sauce	80	118	3147	3

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	104	3883	3
Sauce	90	104	3120	3

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	137	5617	3
Sauce	90	137	4110	3

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	88	4312	3
Chicken	80	88	2347	3
Sauce	200	88	5867	3
Spinach	25	88	734	3

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	61	3111	2
Sauce	100	61	3050	2

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	2231
BEEF TOPSIDE (MONG)	14453
MINCE	19500
TOPSIDE STEAK	17710
LAMB SHOULDER	22356
MORROCAN CHICKEN	9180
ITALIAN CHICKEN	52020
NORMAL CHICKEN	66040
CHICKEN THIGH	29915

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	690
10MM DICED POTATO (LEBO)	690
10MM DICED ZUCCHINI	1530
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	1530
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	3050
5MM MONGOLIAN CAPSICUM	10765
5MM MONGOLIAN ONION	10765
5MM SLICED MUSHROOMS	0
BROCCOLI	6393
CRATED CARROTS	50
CRATED ZUCCHINI	0
LEMON POTATO	19044
ROASTED POTATO	60228
THAI POTATOS	6240
POTATO MASH	43650
SWEET POTATO MASH	32745
SPINACH	2200
RED ONION	4140
PARSLEY	207