

Meal Production Summary - 25/11/2025

| Meal | Clean Eats | Made Active | Already Made | Total |
|-------------------------------------|-------------|-------------|--------------|-------------|
| Spaghetti Bolognese | 178 | 9 | 0 | 187 |
| Beef Chow Mein | 132 | 2 | 0 | 134 |
| Shepherd's Pie | 111 | 0 | 0 | 111 |
| Beef Burrito Bowl | 199 | 6 | 0 | 205 |
| Beef Meatballs | 238 | 7 | 0 | 245 |
| Lebanese Beef Stew | 0 | 0 | 0 | 0 |
| Mongolian Beef | 280 | 5 | 0 | 285 |
| Chicken with Vegetables | 86 | 14 | 0 | 100 |
| Chicken with Sweet Potato and Beans | 139 | 0 | 0 | 139 |
| Naked Chicken Parma | 304 | 8 | 0 | 312 |
| Chicken Pesto Pasta | 246 | 7 | 0 | 253 |
| Chicken and Broccoli Pasta | 122 | 0 | 0 | 122 |
| Butter Chicken | 166 | 7 | 0 | 173 |
| Thai Green Chicken Curry | 151 | 6 | 0 | 157 |
| Moroccan Chicken | 91 | 0 | 0 | 91 |
| Steak with Mushroom Sauce | 234 | 3 | 0 | 237 |
| Creamy Chicken & Mushroom Gnocchi | 185 | 0 | 0 | 185 |
| Roasted Lemon Chicken & Potatoes | 139 | 1 | 0 | 140 |
| Beef Lasagna | 369 | 9 | 0 | 378 |
| Bean Nachos with Rice | 23 | 0 | 0 | 23 |
| Lamb Souvlaki | 263 | 6 | 0 | 269 |
| Chicken Fajita Bowl | 154 | 3 | 0 | 157 |
| Steak On Its Own | 0 | 3 | 0 | 3 |
| Chicken On Its Own | 0 | 2 | 0 | 2 |
| Family Mac and 3 Cheese Pasta Bake | 12 | 0 | 0 | 12 |
| Baked Family Lasagna | 28 | 0 | 0 | 28 |
| ON Amino Energy Can | 0 | 3 | 0 | 3 |
| TOTAL | 3850 | 101 | 0 | 3951 |

Daily Production Report - 25/11/2025

Spaghetti Order

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Spaghetti | 64 | 187 | 3989 | 3 |
| Oil | 0.7 | 187 | 44 | |

Penne Order

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Penne | 59 | 375 | 7375 | 3 |
| Oil | 0.7 | 375 | 88 | |

Rice Order

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Rice | 53 | 1134 | 20034 | 3 |
| Water | 95 | 1134 | 35910 | |
| Salt | 1 | 1134 | 378 | |
| Oil | 1.5 | 1134 | 567 | |

Moroccan Chicken

| Ingredient | Qty/Meal | Meals | Total | Batches |
|----------------------|----------|-------|-------|---------|
| Chicken | 180 | 91 | 16380 | 0 |
| Oil | 2 | 91 | 182 | |
| Lemon Juice | 6 | 91 | 546 | |
| Moroccan Chicken Mix | 4 | 91 | 364 | |

Chicken Thigh

| Ingredient | Qty/Meal | Meals | Total | Batches |
|-------------------|----------|-------|-------|---------|
| Chicken | 160 | 297 | 47520 | |
| Oil | 4 | 297 | 1188 | |
| Roast Chicken Mix | 4 | 297 | 1188 | |

Steak

| Ingredient | Qty/Meal | Meals | Total | Batches |
|-------------|----------|-------|-------|---------|
| Steak | 93 | 240 | 22320 | 0 |
| Oil | 1.5 | 240 | 360.0 | |
| Baking Soda | 3 | 240 | 720 | |

Lamb Marinade

| Ingredient | Qty/Meal | Meals | Total | Batches |
|---------------|----------|-------|-------|---------|
| Lamb Shoulder | 162 | 269 | 43578 | 0 |
| Oil | 2 | 269 | 538 | |
| Salt | 1.5 | 269 | 403.5 | |
| Oregano | 1.2 | 269 | 322.8 | |

Potato Mash

| Ingredient | Qty/Meal | Meals | Total | Batches |
|---------------|----------|-------|-------|---------|
| Potato | 150 | 482 | 72300 | 0 |
| Cooking Cream | 20 | 482 | 9640 | |
| Butter | 7 | 482 | 3374 | |
| Salt | 1.5 | 482 | 723.0 | |
| White Pepper | 0.5 | 482 | 241.0 | |

Sweet Potato Mash

| Ingredient | Qty/Meal | Meals | Total | Batches |
|--------------|----------|-------|-------|---------|
| Sweet Potato | 200 | 250 | 50000 | 0 |
| Salt | 1 | 250 | 250 | |
| White Pepper | 0.5 | 250 | 125.0 | |

Roasted Potatoes

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------------|----------|-------|-------|---------|
| Roasted Potatoes | 190 | 581 | 11039 | 10 |
| Oil | 1 | 581 | 58 | |
| Spices Mix | 2.5 | 581 | 145 | |

Roasted Lemon Potatoes

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Potatoes | 207 | 140 | 9660 | 3 |
| Oil | 1 | 140 | 47 | |
| Salt | 1.2 | 140 | 56 | |

Roasted Thai Potatoes

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Potato | 60 | 157 | 9420 | 0 |
| Salt | 1 | 157 | 157 | |

Lamb Onion Marinated

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Red Onion | 30 | 269 | 8070 | 0 |
| Parsley | 1.5 | 269 | 403.5 | |
| Paprika | 0.5 | 269 | 134.5 | |

Green Beans

| Ingredient | Qty/Meal | Meals | Total | Batches |
|-------------|----------|-------|-------|---------|
| Green Beans | 60 | 476 | 28560 | 0 |

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------------|----------|-------|-------------|-------|
| Beef Mince | 0 | 187 | 0 | 3 |
| Napoli Sauce | 0 | 187 | 0 | |
| Crushed Tomatoes | 0 | 187 | 0 | |
| Beef Stock | 0 | 187 | 0 | |
| Onion | 0 | 187 | 0 | |
| Zucchini | 0 | 187 | 0 | |
| Carrot | 0 | 187 | 0 | |
| Vegetable Oil | 0 | 187 | 0 | |
| Salt | 0 | 187 | 0 | |
| Pepper | 0 | 187 | 0 | |

Beef Chow Mein

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|--------------|----------|-------|-------------|-------|
| Beef Mince | 0 | 134 | 0 | 2 |
| Celery | 0 | 134 | 0 | |
| Carrot | 0 | 134 | 0 | |
| Cabbage | 0 | 134 | 0 | |
| Onion | 0 | 134 | 0 | |
| Oil | 0 | 134 | 0 | |
| Pepper | 0 | 134 | 0 | |
| Salt | 0 | 134 | 0 | |
| Soy Sauce | 0 | 134 | 0 | |
| Oyster Sauce | 0 | 134 | 0 | |

Shepherd's Pie

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|--------------|----------|-------|-------------|-------|
| Beef Mince | 0 | 111 | 0 | 2 |
| Oil | 0 | 111 | 0 | |
| Carrots | 0 | 111 | 0 | |
| Capsicum | 0 | 111 | 0 | |
| Onion | 0 | 111 | 0 | |
| Mushroom | 0 | 111 | 0 | |
| Peas | 0 | 111 | 0 | |
| Tomato Paste | 0 | 111 | 0 | |
| Beef Stock | 0 | 111 | 0 | |
| Salt | 0 | 111 | 0 | |
| Pepper | 0 | 111 | 0 | |
| Napoli Sauce | 0 | 111 | 0 | |

Beef Burrito Bowl

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|----------------|----------|-------|-------------|-------|
| Beef Mince | 0 | 205 | 0 | 2 |
| Onion | 0 | 205 | 0 | |
| Capsicum | 0 | 205 | 0 | |
| Vegetable Oil | 0 | 205 | 0 | |
| Taco Seasoning | 0 | 205 | 0 | |
| Salt | 0 | 205 | 0 | |
| Pepper | 0 | 205 | 0 | |
| Beef Stock | 0 | 205 | 0 | |

Beef Meatballs

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Mince | 150 | 245 | 36750 | |
| Onion | 10 | 245 | 2450 | |
| Parsley | 3 | 245 | 735 | |
| Salt | 1.5 | 245 | 367.5 | |
| Pepper | 0.2 | 245 | 49.0 | |

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 | 285 | 28500 | |
| Baking Soda | 2.5 | 285 | 712.5 | |
| Water | 10 | 285 | 2850 | |
| Soy Sauce | 5 | 285 | 1425 | |
| Cornflour | 2.5 | 285 | 712.5 | |
| Capsicum | 37 | 285 | 10545 | |
| Onion | 37 | 285 | 10545 | |
| Rice | 130 | 285 | 37050 | |

Meal Recipes (cont'd)

Chicken With Vegetables

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken | 135 | 100 | 6750 | 2 |
| Corn | 50 | 100 | 2500 | |
| Beans | 60 | 100 | 3000 | |
| Broccoli | 67 | 100 | 3350 | |

Chicken Pesto Pasta

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|-------------------|----------|-------|-------------|-------|
| Chicken | 130 | 253 | 32890 | |
| Penne | 59 | 253 | 14927 | |
| Sundried Tomatoes | 20 | 253 | 5060 | |

Butter Chicken

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken | 140 | 173 | 8073 | 3 |
| Peas | 40 | 173 | 2307 | |
| Rice | 130 | 173 | 7497 | |

Moroccan Chicken

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken | 180 | 91 | 16380 | |

Chickpea Recipe

| Ingredient | Qty/Meal | Meals | Total | |
|---------------|----------|-------|--------|--|
| Onion | 18 | 91 | 1638 | |
| Zucchini | 27 | 91 | 2457 | |
| Red Capsicum | 27 | 91 | 2457 | |
| Garlic | 1.8 | 91 | 163.8 | |
| Oil | 1.8 | 91 | 163.8 | |
| Chickpeas | 103.5 | 91 | 9418.5 | |
| Mix Spices | 1.53 | 91 | 139.23 | |
| Chicken Stock | 45 | 91 | 4095 | |

Beef Lasagna

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------------|----------|-------|-------------|-------|
| Lasange Sheets | 150 | 378 | 56700 | |
| Mozzerala Cheese | 1750 | 378 | 283500 | |
| Napoli Sauce | 500 | 378 | 189000 | |
| Bolognese | 3200 | 378 | 1209600 | |

Chicken with Sweet Potato and Beans

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken | 135 | 139 | 6255 | 3 |
| Beans | 60 | 139 | 2780 | |

Naked Chicken Parma

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken | 150 | 312 | 46800 | |

Chicken and Broccoli Pasta

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken | 130 | 122 | 15860 | |
| Penne | 59 | 122 | 7198 | |
| Broccoli | 40 | 122 | 4880 | |

Thai Green Chicken Curry

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|--------------------|-------|
| Chicken | 144.2 | 157 | 22639.399999999998 | |
| Rice | 130 | 157 | 20410 | |

Steak with Mushroom Sauce

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|---------------|----------|-------|-------------|-------|
| Topside Steak | 110 | 237 | 26070 | |

Steak On Its Own

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|---------------|----------|-------|-------------|-------|
| Topside Steak | 200 | 3 | 600 | 1 |

Bean Nachos with Rice

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|----------------|----------|-------|-------------|-------|
| Drained Beans | 80 | 23 | 1840 | 1 |
| Carrot | 25 | 23 | 575 | |
| Onion | 20 | 23 | 460 | |
| Taco Seasoning | 1 | 23 | 23 | |
| Salt | 1.5 | 23 | 34 | |
| Pepper | 0.5 | 23 | 12 | |
| Garlic | 2.5 | 23 | 58 | |
| Vegetable Oil | 1.5 | 23 | 34 | |
| Cumin | 0.5 | 23 | 12 | |
| Crushed Tomato | 85 | 23 | 1955 | |
| Water | 41.7 | 23 | 959 | |

Meal Recipes (cont'd)

Lamb Souvlaki

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|---------------|----------|-------|-------------|-------|
| Lamb Shoulder | 140 | 269 | 12553 | 3 |
| Potatoes | 140 | 269 | 12553 | |

Chicken On Its Own

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|----------------|----------|-------|-------------|-------|
| Chicken Breast | 200 | 2 | 400 | 1 |

Chicken Fajita Bowl

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|---------------|----------|-------|-------------|-------|
| Chicken Thigh | 150 | 157 | 7850 | 3 |
| Capsicum | 52 | 157 | 2721 | |
| Red Onion | 52 | 157 | 2721 | |
| Salsa | 30 | 157 | 1570 | |
| Rice | 130 | 157 | 6803 | |

Creamy Chicken & Mushroom Gnocchi

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Gnocchi | 150 | 185 | 4625 | 6 |
| Chicken | 80 | 185 | 2467 | |
| Sauce | 200 | 185 | 6167 | |
| Spinach | 25 | 185 | 771 | |

Sauces

Thai Sauce

| Ingredient | Meal Amount | Total Meals | Required Ingredient |
|-------------------|-------------|-------------|---------------------|
| Green Curry Paste | 7.21 | 157 | 1131.97 |
| Coconut Cream | 97.85 | 157 | 15362.449999999999 |

Lamb Sauce

| Ingredient | Meal Amount | Total Meals | Required Ingredient |
|--------------|-------------|-------------|---------------------|
| Greek Yogurt | 20 | 269 | 5380 |
| Garlic | 1 | 269 | 269 |
| Salt | 0.2 | 269 | 53.800000000000004 |

To Pack In Fridge

Sauces to Prepare

| Sauce | Qty | Amt | Total |
|---------------|-----|-----|-------|
| MONGOLIAN | 70 | 285 | 19950 |
| MEATBALLS | 120 | 245 | 29400 |
| LEMON | 50 | 140 | 7000 |
| MUSHROOM | 100 | 237 | 23700 |
| FAJITA SAUCE | 33 | 157 | 5181 |
| BURRITO SAUCE | 43 | 205 | 8815 |

Beef Burrito Mix

| Ingredient | Qty | Amt | Total | Batches |
|-------------|-----|-----|-------|---------|
| Salsa | 43 | 205 | 2204 | 4 |
| Black Beans | 50 | 205 | 2563 | 4 |
| Corn | 50 | 205 | 2563 | 4 |
| Rice | 130 | 205 | 6663 | 4 |

Parma Mix

| Ingredient | Qty | Amt | Total |
|-------------------|-----|-----|-------|
| Napoli Sauce | 50 | 312 | 15600 |
| Mozzarella Cheese | 40 | 312 | 12480 |

Chicken Pesto Sundried

| Ingredient | Qty | Meals | Total |
|------------------|-----|-------|-------|
| Sundried Tomatos | 20 | 253 | 5060 |

Chicken Mixing

Pesto

| Ingredient | Qty/Batch | Amount | Total | Batches |
|------------|-----------|--------|-------|---------|
| Chicken | 107 | 253 | 4512 | 6 |
| Sauce | 80 | 253 | 3374 | 6 |

Thai

| Ingredient | Qty/Batch | Amount | Total | Batches |
|------------|-----------|--------|-------|---------|
| Chicken | 115.36 | 157 | 4528 | 4 |
| Sauce | 92.7 | 157 | 3639 | 4 |

Butter Chicken

| Ingredient | Qty/Batch | Amount | Total | Batches |
|------------|-----------|--------|-------|---------|
| Chicken | 123 | 173 | 5320 | 4 |
| Sauce | 90 | 173 | 3893 | 4 |

Gnocchi

| Ingredient | Qty/Batch | Amount | Total | Batches |
|------------|-----------|--------|-------|---------|
| Gnocchi | 147 | 185 | 4533 | 6 |
| Chicken | 80 | 185 | 2467 | 6 |
| Sauce | 200 | 185 | 6167 | 6 |
| Spinach | 25 | 185 | 771 | 6 |

Broccoli Pasta

| Ingredient | Qty/Batch | Amount | Total | Batches |
|------------|-----------|--------|-------|---------|
| Chicken | 102 | 122 | 4148 | 3 |
| Sauce | 100 | 122 | 4067 | 3 |

Meat Order and Veg Prep

Meat Order

| Meat Type | Amount (g) |
|---------------------|------------|
| CHUCK ROLL (LEBO) | 0 |
| BEEF TOPSIDE (MONG) | 28500 |
| MINCE | 36750 |
| TOPSIDE STEAK | 22920 |
| LAMB SHOULDER | 43578 |
| MORROCAN CHICKEN | 16380 |
| ITALIAN CHICKEN | 84609 |
| NORMAL CHICKEN | 115700 |
| CHICKEN THIGH | 47520 |

Veg Prep

| Veg Prep | Amount (g) |
|--------------------------|------------|
| 10MM DICED CARROT | 0 |
| 10MM DICED POTATO (LEBO) | 0 |
| 10MM DICED ZUCCHINI | 2457 |
| 5MM DICED CABBAGE | 0 |
| 5MM DICED CAPSICUM | 2457 |
| 5MM DICED CARROTS | 0 |
| 5MM DICED CELERY | 0 |
| 5MM DICED MUSHROOMS | 0 |
| 5MM DICED ONION | 4548 |
| 5MM MONGOLIAN CAPSICUM | 18708 |
| 5MM MONGOLIAN ONION | 18708 |
| 5MM SLICED MUSHROOMS | 0 |
| BROCCOLI | 11580 |
| CRATED CARROTS | 575 |
| CRATED ZUCCHINI | 0 |
| LEMON POTATO | 28980 |
| ROASTED POTATO | 110390 |
| THAI POTATOS | 9420 |
| POTATO MASH | 72300 |
| SWEET POTATO MASH | 50000 |
| SPINACH | 4620 |
| RED ONION | 8070 |
| PARSLEY | 404 |