

Meal Production Summary - 07/08/2025

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	73	39	11	0	123
Beef Chow Mein	56	36	14	0	106
Shepherd's Pie	58	0	25	0	83
Beef Burrito Bowl	53	41	25	0	119
Beef Meatballs	96	24	19	0	139
Lebanese Beef Stew	45	0	0	0	45
Mongolian Beef	102	34	0	0	136
Chicken with Vegetables	31	13	9	0	53
Chicken with Sweet Potato and Beans	63	0	14	0	77
Naked Chicken Parma	123	26	17	0	166
Chicken Pesto Pasta	85	34	14	0	133
Chicken and Broccoli Pasta	54	0	12	0	66
Butter Chicken	88	35	19	0	142
Thai Green Chicken Curry	86	15	0	0	101
Moroccan Chicken	33	0	11	0	44
Steak with Mushroom Sauce	73	9	17	0	99
Creamy Chicken & Mushroom Gnocchi	80	0	0	0	80
Roasted Lemon Chicken & Potatoes	72	13	12	0	97
Beef Lasagna	156	41	31	0	228
Bean Nachos with Rice	4	0	0	0	4
Lamb Souvlaki	86	7	0	0	93
Chicken Fajita Bowl	64	15	0	0	79
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	1	0	0	0	1
Baked Family Lasagna	1	0	0	0	1
TOTAL	1583	382	250	0	2215

Daily Production Report - 07/08/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	123	4182	2
Oil	0.7	123	43	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	199	5870	2
Oil	0.7	199	70	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	732	19398	2
Water	95	732	34770	
Salt	1	732	366	
Oil	1.5	732	549	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	44	7920	0
Oil	2	44	88	
Lemon Juice	6	44	264	
Moroccan Chicken Mix	4	44	176	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	150	176	26400	
Oil	4	176	704	
Roast Chicken Mix	4	176	704	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	99	10890	0
Oil	1.5	99	148.5	
Baking Soda	3	99	297	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	93	15066	0
Oil	2	93	186	
Salt	1.5	93	139.5	
Oregano	1.2	93	111.6	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	238	35700	0
Cooking Cream	20	238	4760	
Butter	7	238	1666	
Salt	1.5	238	357.0	
White Pepper	0.5	238	119.0	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	185	160	29600	0
Salt	1	160	160	
White Pepper	0.5	160	80.0	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	259	9842	5
Oil	1	259	52	
Spices Mix	2.5	259	130	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	97	10040	2
Oil	1	97	48	
Salt	1.2	97	58	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	101	6060	0
Salt	1	101	101	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	93	2790	0
Parsley	1.5	93	139.5	
Paprika	0.5	93	46.5	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	229	13740	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	123	0	2
Napoli Sauce	0	123	0	
Crushed Tomatoes	0	123	0	
Beef Stock	0	123	0	
Onion	0	123	0	
Zucchini	0	123	0	
Carrot	0	123	0	
Vegetable Oil	0	123	0	
Salt	0	123	0	
Pepper	0	123	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	106	0	2
Celery	0	106	0	
Carrot	0	106	0	
Cabbage	0	106	0	
Onion	0	106	0	
Oil	0	106	0	
Pepper	0	106	0	
Salt	0	106	0	
Soy Sauce	0	106	0	
Oyster Sauce	0	106	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	83	0	2
Oil	0	83	0	
Carrots	0	83	0	
Capsicum	0	83	0	
Onion	0	83	0	
Mushroom	0	83	0	
Peas	0	83	0	
Tomato Paste	0	83	0	
Beef Stock	0	83	0	
Salt	0	83	0	
Pepper	0	83	0	
Napoli Sauce	0	83	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	119	0	1
Onion	0	119	0	
Capsicum	0	119	0	
Vegetable Oil	0	119	0	
Taco Seasoning	0	119	0	
Salt	0	119	0	
Pepper	0	119	0	
Beef Stock	0	119	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	139	20850	
Onion	10	139	1390	
Parsley	3	139	417	
Salt	1.5	139	208.5	
Pepper	0.2	139	27.8	

Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	45	4365	1
Onion	30	45	1350	
Carrot	30	45	1350	
Potato	30	45	1350	
Peas	30	45	1350	
Oil	2	45	90	
Salt	2.5	45	112	
Pepper	0.5	45	22	
Tomato Paste	20	45	900	
Water	30	45	1350	
Beef Stock	30	45	1350	
Rice	130	45	5850	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	97	136	13192	
Baking Soda	2.5	136	340.0	
Water	10	136	1360	
Soy Sauce	5	136	680	
Cornflour	2.5	136	340.0	
Capsicum	37	136	5032	
Onion	37	136	5032	
Rice	130	136	17680	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	53	7155	1
Corn	52	53	2756	
Beans	60	53	3180	
Broccoli	67	53	3551	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	133	17290	
Penne	59	133	7847	
Sundried Tomatoes	24	133	3192	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	142	19880	
Peas	40	142	5680	
Rice	130	142	18460	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	44	7920	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	44	880	
Zucchini	30	44	1320	
Red Capsicum	30	44	1320	
Garlic	2	44	88	
Oil	2	44	88	
Chickpeas	115	44	5060	
Mix Spices	1.7	44	74.8	
Chicken Stock	50	44	2200	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	228	34200	
Mozzerala Cheese	1750	228	171000	
Napoli Sauce	500	228	114000	
Bolognese	3200	228	729600	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	77	5198	2
Beans	60	77	2310	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	166	24900	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	66	8580	
Penne	59	66	3894	
Broccoli	40	66	2640	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	101	14140	
Rice	130	101	13130	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	99	10890	

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	4	320	1
Carrot	25	4	100	
Onion	20	4	80	
Taco Seasoning	1	4	4	
Salt	1.5	4	6	
Pepper	0.5	4	2	
Garlic	2.5	4	10	
Vegetable Oil	1.5	4	6	
Cumin	0.5	4	2	
Crushed Tomato	85	4	340	
Water	41.7	4	167	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	93	6510	2
Potatoes	140	93	6510	

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	79	5925	2
Capsicum	52	79	2054	
Red Onion	52	79	2054	
Salsa	30	79	1185	
Rice	130	79	5135	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	80	4000	3
Chicken	80	80	2133	
Sauce	200	80	5333	
Spinach	25	80	667	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	101	707
Coconut Cream	95	101	9595

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	93	1860
Garlic	1.5	93	139.5
Salt	0.5	93	46.5

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	136	9520
MEATBALLS	120	139	16680
LEMON	50	97	4850
MUSHROOM	100	99	9900
FAJITA SAUCE	33	79	2607
BURRITO SAUCE	43	119	5117

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	119	2559	2
Black Beans	50	119	2975	2
Corn	50	119	2975	2
Rice	130	119	7735	2

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	166	8300
Mozzarella Cheese	40	166	6640

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	133	2660

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	133	4744	3
Sauce	80	133	3547	3

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	101	3771	3
Sauce	90	101	3030	3

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	142	5822	3
Sauce	90	142	4260	3

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	80	3920	3
Chicken	80	80	2134	3
Sauce	200	80	5334	3
Spinach	25	80	667	3

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	66	3366	2
Sauce	100	66	3300	2

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	4365
BEEF TOPSIDE (MONG)	13192
MINCE	20850
TOPSIDE STEAK	10890
LAMB SHOULDER	15066
MORROCAN CHICKEN	7920
ITALIAN CHICKEN	45288
NORMAL CHICKEN	67860
CHICKEN THIGH	26400

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	1350
10MM DICED POTATO (LEBO)	1350
10MM DICED ZUCCHINI	1320
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	1320
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	3700
5MM MONGOLIAN CAPSICUM	9140
5MM MONGOLIAN ONION	9140
5MM SLICED MUSHROOMS	0
BROCCOLI	6191
CRATED CARROTS	100
CRATED ZUCCHINI	0
LEMON POTATO	20078
ROASTED POTATO	49210
THAI POTATOS	6060
POTATO MASH	35700
SWEET POTATO MASH	29600
SPINACH	2000
RED ONION	2790
PARSLEY	140