

Meal Production Summary - 16/12/2025

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	208	8	0	216
Beef Chow Mein	118	1	0	119
Shepherd's Pie	124	0	0	124
Beef Burrito Bowl	157	7	0	164
Beef Meatballs	184	5	0	189
Lebanese Beef Stew	0	0	0	0
Mongolian Beef	268	6	0	274
Chicken with Vegetables	76	6	0	82
Chicken with Sweet Potato and Beans	148	0	0	148
Naked Chicken Parma	335	2	0	337
Chicken Pesto Pasta	183	4	0	187
Chicken and Broccoli Pasta	118	0	0	118
Butter Chicken	183	3	0	186
Thai Green Chicken Curry	125	6	0	131
Moroccan Chicken	90	0	0	90
Steak with Mushroom Sauce	232	4	0	236
Creamy Chicken & Mushroom Gnocchi	170	0	0	170
Roasted Lemon Chicken & Potatoes	144	4	0	148
Beef Lasagna	359	10	0	369
Bean Nachos with Rice	8	0	0	8
Lamb Souvlaki	246	5	0	251
Chicken Fajita Bowl	155	4	0	159
Steak On Its Own	0	0	0	0
Chicken On Its Own	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	12	0	0	12
Baked Family Lasagna	26	0	0	26
ON Amino Energy Can	0	2	0	2
TOTAL	3669	77	0	3746

Daily Production Report - 16/12/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	216	4608	3
Oil	0.7	216	50	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	305	5998	3
Oil	0.7	305	71	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	1041	9196	6
Water	95	1041	16482	
Salt	1	1041	174	
Oil	1.5	1041	260	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	90	16200	0
Oil	2	90	180	
Lemon Juice	6	90	540	
Moroccan Chicken Mix	4	90	360	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	307	49120	
Oil	4	307	1228	
Roast Chicken Mix	4	307	1228	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	236	21948	0
Oil	1.5	236	354.0	
Baking Soda	3	236	708	

Lamb Marinade

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	251	40662	0
Oil	2	251	502	
Salt	1.5	251	376.5	
Oregano	0.3	251	75.3	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	425	63750	0
Cooking Cream	20	425	8500	
Butter	7	425	2975	
Salt	1.5	425	637.5	
White Pepper	0.5	425	212.5	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	272	54400	0
Salt	1	272	272	
White Pepper	0.5	272	136.0	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	588	11172	10
Oil	1	588	59	
Spices Mix	2.5	588	147	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	148	10212	3
Oil	1	148	49	
Salt	1.2	148	59	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	131	7860	0
Salt	1	131	131	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	251	7530	0
Parsley	1.5	251	376.5	
Paprika	0.5	251	125.5	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	466	27960	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	216	0	3
Napoli Sauce	0	216	0	
Crushed Tomatoes	0	216	0	
Beef Stock	0	216	0	
Onion	0	216	0	
Zucchini	0	216	0	
Carrot	0	216	0	
Vegetable Oil	0	216	0	
Salt	0	216	0	
Pepper	0	216	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	119	0	2
Celery	0	119	0	
Carrot	0	119	0	
Cabbage	0	119	0	
Onion	0	119	0	
Oil	0	119	0	
Pepper	0	119	0	
Salt	0	119	0	
Soy Sauce	0	119	0	
Oyster Sauce	0	119	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	124	0	2
Oil	0	124	0	
Carrots	0	124	0	
Capsicum	0	124	0	
Onion	0	124	0	
Mushroom	0	124	0	
Peas	0	124	0	
Tomato Paste	0	124	0	
Beef Stock	0	124	0	
Salt	0	124	0	
Pepper	0	124	0	
Napoli Sauce	0	124	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	164	0	2
Onion	0	164	0	
Capsicum	0	164	0	
Vegetable Oil	0	164	0	
Taco Seasoning	0	164	0	
Salt	0	164	0	
Pepper	0	164	0	
Beef Stock	0	164	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	189	28350	
Onion	10	189	1890	
Parsley	3	189	567	
Salt	1.5	189	283.5	
Pepper	0.2	189	37.800000000000004	

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	274	27400	
Baking Soda	2.5	274	685.0	
Water	10	274	2740	
Soy Sauce	5	274	1370	
Cornflour	2.5	274	685.0	
Capsicum	37	274	10138	
Onion	37	274	10138	
Rice	130	274	35620	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	82	5535	2
Corn	50	82	2050	
Beans	60	82	2460	
Broccoli	67	82	2747	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	187	24310	
Penne	59	187	11033	
Sundried Tomatoes	20	187	3740	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	186	6510	4
Peas	40	186	1860	
Rice	130	186	6045	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	90	16200	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	90	1620	
Zucchini	27	90	2430	
Red Capsicum	27	90	2430	
Garlic	1.8	90	162.0	
Oil	1.8	90	162.0	
Chickpeas	103.5	90	9315.0	
Mix Spices	1.53	90	137.7	
Chicken Stock	45	90	4050	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	369	55350	
Mozzerala Cheese	1750	369	276750	
Napoli Sauce	500	369	184500	
Bolognese	3200	369	1180800	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	148	6660	3
Beans	60	148	2960	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	337	50550	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	118	15340	
Penne	59	118	6962	
Broccoli	40	118	4720	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	131	18890.199999999997	
Rice	130	131	17030	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	236	25960	

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	8	640	1
Carrot	25	8	200	
Onion	20	8	160	
Taco Seasoning	1	8	8	
Salt	1.5	8	12	
Pepper	0.5	8	4	
Garlic	2.5	8	20	
Vegetable Oil	1.5	8	12	
Cumin	0.5	8	4	
Crushed Tomato	85	8	680	
Water	41.7	8	334	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	251	11713	3
Potatoes	140	251	11713	

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	159	7950	3
Capsicum	52	159	2756	
Red Onion	52	159	2756	
Salsa	30	159	1590	
Rice	130	159	6890	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	170	5100	5
Chicken	80	170	2720	
Sauce	200	170	6800	
Spinach	25	170	850	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7.21	131	944.51
Coconut Cream	97.85	131	12818.349999999999

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	251	5020
Garlic	1	251	251
Salt	0.2	251	50.2

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	274	19180
MEATBALLS	120	189	22680
LEMON	50	148	7400
MUSHROOM	100	236	23600
FAJITA SAUCE	33	159	5247
BURRITO SAUCE	43	164	7052

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	164	2351	3
Black Beans	50	164	2734	3
Corn	50	164	2734	3
Rice	130	164	7107	3

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	337	16850
Mozzarella Cheese	40	337	13480

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	187	3740

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	187	5003	4
Sauce	80	187	3740	4

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	131	5038	3
Sauce	92.7	131	4048	3

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	186	5720	4
Sauce	90	186	4185	4

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	170	4998	5
Chicken	80	170	2720	5
Sauce	200	170	6800	5
Spinach	25	170	850	5

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	118	4012	3
Sauce	100	118	3934	3

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	27400
MINCE	28350
TOPSIDE STEAK	21948
LAMB SHOULDER	40662
MORROCAN CHICKEN	16200
ITALIAN CHICKEN	86751
NORMAL CHICKEN	102960
CHICKEN THIGH	49120

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	2430
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	2430
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	3670
5MM MONGOLIAN CAPSICUM	18406
5MM MONGOLIAN ONION	18406
5MM SLICED MUSHROOMS	0
BROCCOLI	10214
CRATED CARROTS	200
CRATED ZUCCHINI	0
LEMON POTATO	30636
ROASTED POTATO	111720
THAI POTATOS	7860
POTATO MASH	63750
SWEET POTATO MASH	54400
SPINACH	4248
RED ONION	7530
PARSLEY	376