

Meal Production Summary - 11/11/2025

| Meal | Clean Eats | Made Active | Already Made | Total |
|-------------------------------------|-------------|-------------|--------------|-------------|
| Spaghetti Bolognese | 222 | 10 | 0 | 232 |
| Beef Chow Mein | 167 | 2 | 5 | 164 |
| Shepherd's Pie | 155 | 0 | 0 | 155 |
| Beef Burrito Bowl | 189 | 5 | 0 | 194 |
| Beef Meatballs | 200 | 10 | 12 | 198 |
| Lebanese Beef Stew | 2 | 0 | 0 | 2 |
| Mongolian Beef | 298 | 18 | 0 | 316 |
| Chicken with Vegetables | 93 | 0 | 0 | 93 |
| Chicken with Sweet Potato and Beans | 133 | 0 | 0 | 133 |
| Naked Chicken Parma | 304 | 19 | 0 | 323 |
| Chicken Pesto Pasta | 279 | 6 | 0 | 285 |
| Chicken and Broccoli Pasta | 151 | 0 | 0 | 151 |
| Butter Chicken | 243 | 10 | 0 | 253 |
| Thai Green Chicken Curry | 183 | 11 | 0 | 194 |
| Moroccan Chicken | 116 | 0 | 9 | 107 |
| Steak with Mushroom Sauce | 292 | 1 | 0 | 293 |
| Creamy Chicken & Mushroom Gnocchi | 206 | 0 | 0 | 206 |
| Roasted Lemon Chicken & Potatoes | 193 | 8 | 0 | 201 |
| Beef Lasagna | 410 | 23 | 0 | 433 |
| Bean Nachos with Rice | 29 | 0 | 0 | 29 |
| Lamb Souvlaki | 270 | 7 | 0 | 277 |
| Chicken Fajita Bowl | 187 | 3 | 17 | 173 |
| Steak On Its Own | 0 | 0 | 0 | 0 |
| Chicken On Its Own | 0 | 0 | 0 | 0 |
| Family Mac and 3 Cheese Pasta Bake | 10 | 0 | 0 | 10 |
| Baked Family Lasagna | 23 | 0 | 0 | 23 |
| ON Amino Energy Can | 0 | 15 | 0 | 15 |
| TOTAL | 4355 | 148 | 43 | 4460 |

Daily Production Report - 11/11/2025

Spaghetti Order

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Spaghetti | 64 | 232 | 4949 | 3 |
| Oil | 0.7 | 232 | 54 | |

Penne Order

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Penne | 59 | 436 | 6431 | 4 |
| Oil | 0.7 | 436 | 76 | |

Rice Order

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Rice | 53 | 1325 | 23408 | 3 |
| Water | 95 | 1325 | 41958 | |
| Salt | 1 | 1325 | 442 | |
| Oil | 1.5 | 1325 | 662 | |

Moroccan Chicken

| Ingredient | Qty/Meal | Meals | Total | Batches |
|----------------------|----------|-------|-------|---------|
| Chicken | 180 | 107 | 19260 | 0 |
| Oil | 2 | 107 | 214 | |
| Lemon Juice | 6 | 107 | 642 | |
| Moroccan Chicken Mix | 4 | 107 | 428 | |

Chicken Thigh

| Ingredient | Qty/Meal | Meals | Total | Batches |
|-------------------|----------|-------|-------|---------|
| Chicken | 160 | 374 | 59840 | |
| Oil | 4 | 374 | 1496 | |
| Roast Chicken Mix | 4 | 374 | 1496 | |

Steak

| Ingredient | Qty/Meal | Meals | Total | Batches |
|-------------|----------|-------|-------|---------|
| Steak | 93 | 293 | 27249 | 0 |
| Oil | 1.5 | 293 | 439.5 | |
| Baking Soda | 3 | 293 | 879 | |

Lamb Marinate

| Ingredient | Qty/Meal | Meals | Total | Batches |
|---------------|----------|-------|-------|---------|
| Lamb Shoulder | 162 | 277 | 44874 | 0 |
| Oil | 2 | 277 | 554 | |
| Salt | 1.5 | 277 | 415.5 | |
| Oregano | 1.2 | 277 | 332.4 | |

Potato Mash

| Ingredient | Qty/Meal | Meals | Total | Batches |
|---------------|----------|-------|-------|---------|
| Potato | 150 | 491 | 73650 | 0 |
| Cooking Cream | 20 | 491 | 9820 | |
| Butter | 7 | 491 | 3437 | |
| Salt | 1.5 | 491 | 736.5 | |
| White Pepper | 0.5 | 491 | 245.5 | |

Sweet Potato Mash

| Ingredient | Qty/Meal | Meals | Total | Batches |
|--------------|----------|-------|-------|---------|
| Sweet Potato | 200 | 288 | 57600 | 0 |
| Salt | 1 | 288 | 288 | |
| White Pepper | 0.5 | 288 | 144.0 | |

Roasted Potatoes

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------------|----------|-------|-------|---------|
| Roasted Potatoes | 190 | 600 | 11400 | 10 |
| Oil | 1 | 600 | 60 | |
| Spices Mix | 2.5 | 600 | 150 | |

Roasted Lemon Potatoes

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Potatoes | 207 | 201 | 10402 | 4 |
| Oil | 1 | 201 | 50 | |
| Salt | 1.2 | 201 | 60 | |

Roasted Thai Potatoes

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Potato | 60 | 194 | 11640 | 0 |
| Salt | 1 | 194 | 194 | |

Lamb Onion Marinated

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Red Onion | 30 | 277 | 8310 | 0 |
| Parsley | 1.5 | 277 | 415.5 | |
| Paprika | 0.5 | 277 | 138.5 | |

Green Beans

| Ingredient | Qty/Meal | Meals | Total | Batches |
|-------------|----------|-------|-------|---------|
| Green Beans | 60 | 519 | 31140 | 0 |

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------------|----------|-------|-------------|-------|
| Beef Mince | 0 | 232 | 0 | 3 |
| Napoli Sauce | 0 | 232 | 0 | |
| Crushed Tomatoes | 0 | 232 | 0 | |
| Beef Stock | 0 | 232 | 0 | |
| Onion | 0 | 232 | 0 | |
| Zucchini | 0 | 232 | 0 | |
| Carrot | 0 | 232 | 0 | |
| Vegetable Oil | 0 | 232 | 0 | |
| Salt | 0 | 232 | 0 | |
| Pepper | 0 | 232 | 0 | |

Beef Chow Mein

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|--------------|----------|-------|-------------|-------|
| Beef Mince | 0 | 164 | 0 | 3 |
| Celery | 0 | 164 | 0 | |
| Carrot | 0 | 164 | 0 | |
| Cabbage | 0 | 164 | 0 | |
| Onion | 0 | 164 | 0 | |
| Oil | 0 | 164 | 0 | |
| Pepper | 0 | 164 | 0 | |
| Salt | 0 | 164 | 0 | |
| Soy Sauce | 0 | 164 | 0 | |
| Oyster Sauce | 0 | 164 | 0 | |

Shepherd's Pie

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|--------------|----------|-------|-------------|-------|
| Beef Mince | 0 | 155 | 0 | 2 |
| Oil | 0 | 155 | 0 | |
| Carrots | 0 | 155 | 0 | |
| Capsicum | 0 | 155 | 0 | |
| Onion | 0 | 155 | 0 | |
| Mushroom | 0 | 155 | 0 | |
| Peas | 0 | 155 | 0 | |
| Tomato Paste | 0 | 155 | 0 | |
| Beef Stock | 0 | 155 | 0 | |
| Salt | 0 | 155 | 0 | |
| Pepper | 0 | 155 | 0 | |
| Napoli Sauce | 0 | 155 | 0 | |

Beef Burrito Bowl

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|----------------|----------|-------|-------------|-------|
| Beef Mince | 0 | 194 | 0 | 2 |
| Onion | 0 | 194 | 0 | |
| Capsicum | 0 | 194 | 0 | |
| Vegetable Oil | 0 | 194 | 0 | |
| Taco Seasoning | 0 | 194 | 0 | |
| Salt | 0 | 194 | 0 | |
| Pepper | 0 | 194 | 0 | |
| Beef Stock | 0 | 194 | 0 | |

Beef Meatballs

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Mince | 150 | 198 | 29700 | |
| Onion | 10 | 198 | 1980 | |
| Parsley | 3 | 198 | 594 | |
| Salt | 1.5 | 198 | 297.0 | |
| Pepper | 0.2 | 198 | 39.6 | |

Mongolian Beef

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|-------------|----------|-------|-------------|-------|
| Chuck | 100 | 316 | 31600 | |
| Baking Soda | 2.5 | 316 | 790.0 | |
| Water | 10 | 316 | 3160 | |
| Soy Sauce | 5 | 316 | 1580 | |
| Cornflour | 2.5 | 316 | 790.0 | |
| Capsicum | 37 | 316 | 11692 | |
| Onion | 37 | 316 | 11692 | |
| Rice | 130 | 316 | 41080 | |

Lebanese Beef Stew

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|--------------|----------|-------|-------------|-------|
| Chuck Diced | 97 | 2 | 194 | 1 |
| Onion | 30 | 2 | 60 | |
| Carrot | 30 | 2 | 60 | |
| Potato | 30 | 2 | 60 | |
| Peas | 30 | 2 | 60 | |
| Oil | 2 | 2 | 4 | |
| Salt | 2.5 | 2 | 5 | |
| Pepper | 0.5 | 2 | 1 | |
| Tomato Paste | 20 | 2 | 40 | |
| Water | 30 | 2 | 60 | |
| Beef Stock | 30 | 2 | 60 | |
| Rice | 130 | 2 | 260 | |

Meal Recipes (cont'd)

Chicken With Vegetables

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken | 135 | 93 | 6278 | 2 |
| Corn | 50 | 93 | 2325 | |
| Beans | 60 | 93 | 2790 | |
| Broccoli | 67 | 93 | 3116 | |

Chicken Pesto Pasta

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|-------------------|----------|-------|-------------|-------|
| Chicken | 130 | 285 | 37050 | |
| Penne | 59 | 285 | 16815 | |
| Sundried Tomatoes | 20 | 285 | 5700 | |

Butter Chicken

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken | 140 | 253 | 7084 | 5 |
| Peas | 40 | 253 | 2024 | |
| Rice | 130 | 253 | 6578 | |

Moroccan Chicken

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken | 180 | 107 | 19260 | |

Chickpea Recipe

| Ingredient | Qty/Meal | Meals | Total | |
|---------------|----------|-------|---------|--|
| Onion | 18 | 107 | 1926 | |
| Zucchini | 27 | 107 | 2889 | |
| Red Capsicum | 27 | 107 | 2889 | |
| Garlic | 1.8 | 107 | 192.6 | |
| Oil | 1.8 | 107 | 192.6 | |
| Chickpeas | 103.5 | 107 | 11074.5 | |
| Mix Spices | 1.53 | 107 | 163.71 | |
| Chicken Stock | 45 | 107 | 4815 | |

Beef Lasagna

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|--------------------|----------|-------|-------------|-------|
| Lasange Sheets | 150 | 433 | 64950 | |
| Mozzerala Cheese A | 1750 | 433 | 324750 | |
| Napoli Sauce | 500 | 433 | 216500 | |
| Bolognese | 3200 | 433 | 1385600 | |

Chicken with Sweet Potato and Beans

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken | 135 | 133 | 5985 | 3 |
| Beans | 60 | 133 | 2660 | |

Naked Chicken Parma

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken | 150 | 323 | 48450 | |

Chicken and Broccoli Pasta

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken | 130 | 151 | 19630 | |
| Penne | 59 | 151 | 8909 | |
| Broccoli | 40 | 151 | 6040 | |

Thai Green Chicken Curry

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken | 144.2 | 194 | 27974.8 | |
| Rice | 130 | 194 | 25220 | |

Steak with Mushroom Sauce

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|---------------|----------|-------|-------------|-------|
| Topside Steak | 110 | 293 | 32230 | |

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 | 29 | 2320 | 1 |
| Carrot | 25 | 29 | 725 | |
| Onion | 20 | 29 | 580 | |
| Taco Seasoning | 1 | 29 | 29 | |
| Salt | 1.5 | 29 | 44 | |
| Pepper | 0.5 | 29 | 14 | |
| Garlic | 2.5 | 29 | 72 | |
| Vegetable Oil | 1.5 | 29 | 44 | |
| Cumin | 0.5 | 29 | 14 | |
| Crushed Tomato | 85 | 29 | 2465 | |
| Water | 41.7 | 29 | 1209 | |

Meal Recipes (cont'd)

Lamb Souvlaki

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|---------------|----------|-------|-------------|-------|
| Lamb Shoulder | 140 | 277 | 9695 | 4 |
| Potatoes | 140 | 277 | 9695 | |

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 | 173 | 8650 | 3 |
| Capsicum | 52 | 173 | 2999 | |
| Red Onion | 52 | 173 | 2999 | |
| Salsa | 30 | 173 | 1730 | |
| Rice | 130 | 173 | 7497 | |

Creamy Chicken & Mushroom Gnocchi

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Gnocchi | 150 | 206 | 5150 | 6 |
| Chicken | 80 | 206 | 2747 | |
| Sauce | 200 | 206 | 6867 | |
| Spinach | 25 | 206 | 858 | |

Sauces

Thai Sauce

| Ingredient | Meal Amount | Total Meals | Required Ingredient |
|-------------------|-------------|-------------|---------------------|
| Green Curry Paste | 7.21 | 194 | 1398.74 |
| Coconut Cream | 97.85 | 194 | 18982.899999999998 |

Lamb Sauce

| Ingredient | Meal Amount | Total Meals | Required Ingredient |
|--------------|-------------|-------------|---------------------|
| Greek Yogurt | 20 | 277 | 5540 |
| Garlic | 1 | 277 | 277 |
| Salt | 0.2 | 277 | 55.400000000000006 |

To Pack In Fridge

Sauces to Prepare

| Sauce | Qty | Amt | Total |
|---------------|-----|-----|-------|
| MONGOLIAN | 70 | 316 | 22120 |
| MEATBALLS | 120 | 198 | 23760 |
| LEMON | 50 | 201 | 10050 |
| MUSHROOM | 100 | 293 | 29300 |
| FAJITA SAUCE | 33 | 173 | 5709 |
| BURRITO SAUCE | 43 | 194 | 8342 |

Parma Mix

| Ingredient | Qty | Amt | Total |
|-------------------|-----|-----|-------|
| Napoli Sauce | 50 | 323 | 16150 |
| Mozzarella Cheese | 40 | 323 | 12920 |

Chicken Pesto Sundried

| Ingredient | Qty | Meals | Total |
|------------------|-----|-------|-------|
| Sundried Tomatos | 20 | 285 | 5700 |

Chicken Mixing

Pesto

| Ingredient | Qty/Batch | Amount | Total | Batches |
|------------|-----------|--------|-------|---------|
| Chicken | 107 | 285 | 5083 | 6 |
| Sauce | 80 | 285 | 3800 | 6 |

Butter Chicken

| Ingredient | Qty/Batch | Amount | Total | Batches |
|------------|-----------|--------|-------|---------|
| Chicken | 123 | 253 | 5187 | 6 |
| Sauce | 90 | 253 | 3795 | 6 |

Broccoli Pasta

| Ingredient | Qty/Batch | Amount | Total | Batches |
|------------|-----------|--------|-------|---------|
| Chicken | 102 | 151 | 3851 | 4 |
| Sauce | 100 | 151 | 3775 | 4 |

Thai

| Ingredient | Qty/Batch | Amount | Total | Batches |
|------------|-----------|--------|-------|---------|
| Chicken | 115.36 | 194 | 5595 | 4 |
| Sauce | 92.7 | 194 | 4496 | 4 |

Gnocchi

| Ingredient | Qty/Batch | Amount | Total | Batches |
|------------|-----------|--------|-------|---------|
| Gnocchi | 147 | 206 | 5047 | 6 |
| Chicken | 80 | 206 | 2747 | 6 |
| Sauce | 200 | 206 | 6867 | 6 |
| Spinach | 25 | 206 | 859 | 6 |

Meat Order and Veg Prep

Meat Order

| Meat Type | Amount (g) |
|---------------------|------------|
| CHUCK ROLL (LEBO) | 194 |
| BEEF TOPSIDE (MONG) | 31600 |
| MINCE | 29700 |
| TOPSIDE STEAK | 27249 |
| LAMB SHOULDER | 44874 |
| MORROCAN CHICKEN | 19260 |
| ITALIAN CHICKEN | 83997 |
| NORMAL CHICKEN | 141570 |
| CHICKEN THIGH | 59840 |

Veg Prep

| Veg Prep | Amount (g) |
|--------------------------|------------|
| 10MM DICED CARROT | 60 |
| 10MM DICED POTATO (LEBO) | 60 |
| 10MM DICED ZUCCHINI | 2889 |
| 5MM DICED CABBAGE | 0 |
| 5MM DICED CAPSICUM | 2889 |
| 5MM DICED CARROTS | 0 |
| 5MM DICED CELERY | 0 |
| 5MM DICED MUSHROOMS | 0 |
| 5MM DICED ONION | 4546 |
| 5MM MONGOLIAN CAPSICUM | 20686 |
| 5MM MONGOLIAN ONION | 20686 |
| 5MM SLICED MUSHROOMS | 0 |
| BROCCOLI | 12270 |
| CRATED CARROTS | 725 |
| CRATED ZUCCHINI | 0 |
| LEMON POTATO | 41604 |
| ROASTED POTATO | 114000 |
| THAI POTATOS | 11640 |
| POTATO MASH | 73650 |
| SWEET POTATO MASH | 57600 |
| SPINACH | 5148 |
| RED ONION | 8310 |
| PARSLEY | 416 |