

Meal Production Summary - 18/08/2025

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	156	3	2	14	147
Beef Chow Mein	69	6	0	31	44
Shepherd's Pie	71	0	0	0	71
Beef Burrito Bowl	49	4	1	0	54
Beef Meatballs	105	6	0	0	111
Lebanese Beef Stew	34	0	0	8	26
Mongolian Beef	169	7	0	0	176
Chicken with Vegetables	30	7	0	0	37
Chicken with Sweet Potato and Beans	78	0	0	0	78
Naked Chicken Parma	155	9	0	0	164
Chicken Pesto Pasta	123	7	0	0	130
Chicken and Broccoli Pasta	83	0	1	0	84
Butter Chicken	117	3	0	0	120
Thai Green Chicken Curry	81	4	0	0	85
Moroccan Chicken	33	0	0	9	24
Steak with Mushroom Sauce	92	9	0	0	101
Creamy Chicken & Mushroom Gnocchi	115	0	0	0	115
Roasted Lemon Chicken & Potatoes	63	9	2	7	67
Beef Lasagna	226	1	2	0	229
Bean Nachos with Rice	9	0	0	0	9
Lamb Souvlaki	102	4	0	0	106
Chicken Fajita Bowl	63	8	0	0	71
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	5	0	0	0	5
Baked Family Lasagna	12	0	0	0	12
TOTAL	2040	87	8	69	2066

Daily Production Report - 18/08/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	147	4998	2
Oil	0.7	147	51	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	214	6313	2
Oil	0.7	214	75	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	585	15502	2
Water	95	585	27788	
Salt	1	585	292	
Oil	1.5	585	439	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	24	4320	0
Oil	2	24	48	
Lemon Juice	6	24	144	
Moroccan Chicken Mix	4	24	96	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	155	138	21390	
Oil	4	138	552	
Roast Chicken Mix	4	138	552	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	101	11110	0
Oil	1.5	101	151.5	
Baking Soda	3	101	303	

Lamb Marinade

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	106	17172	0
Oil	2	106	212	
Salt	1.5	106	159.0	
Oregano	1.2	106	127.2	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	212	31800	0
Cooking Cream	20	212	4240	
Butter	7	212	1484	
Salt	1.5	212	318.0	
White Pepper	0.5	212	106.0	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	185	149	27565	0
Salt	1	149	149	
White Pepper	0.5	149	74.5	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	270	10260	5
Oil	1	270	54	
Spices Mix	2.5	270	135	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	67	6934	2
Oil	1	67	34	
Salt	1.2	67	40	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	85	5100	0
Salt	1	85	85	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	106	3180	0
Parsley	1.5	106	159.0	
Paprika	0.5	106	53.0	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	216	12960	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	147	0	2
Napoli Sauce	0	147	0	
Crushed Tomatoes	0	147	0	
Beef Stock	0	147	0	
Onion	0	147	0	
Zucchini	0	147	0	
Carrot	0	147	0	
Vegetable Oil	0	147	0	
Salt	0	147	0	
Pepper	0	147	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	44	0	1
Celery	0	44	0	
Carrot	0	44	0	
Cabbage	0	44	0	
Onion	0	44	0	
Oil	0	44	0	
Pepper	0	44	0	
Salt	0	44	0	
Soy Sauce	0	44	0	
Oyster Sauce	0	44	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	71	0	1
Oil	0	71	0	
Carrots	0	71	0	
Capsicum	0	71	0	
Onion	0	71	0	
Mushroom	0	71	0	
Peas	0	71	0	
Tomato Paste	0	71	0	
Beef Stock	0	71	0	
Salt	0	71	0	
Pepper	0	71	0	
Napoli Sauce	0	71	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	54	0	1
Onion	0	54	0	
Capsicum	0	54	0	
Vegetable Oil	0	54	0	
Taco Seasoning	0	54	0	
Salt	0	54	0	
Pepper	0	54	0	
Beef Stock	0	54	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	111	16650	
Onion	10	111	1110	
Parsley	3	111	333	
Salt	1.5	111	166.5	
Pepper	0.2	111	22.200000000000	0003

Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	26	2522	1
Onion	30	26	780	
Carrot	30	26	780	
Potato	30	26	780	
Peas	30	26	780	
Oil	2	26	52	
Salt	2.5	26	65	
Pepper	0.5	26	13	
Tomato Paste	20	26	520	
Water	30	26	780	
Beef Stock	30	26	780	
Rice	130	26	3380	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	97	176	17072	
Baking Soda	2.5	176	440.0	
Water	10	176	1760	
Soy Sauce	5	176	880	
Cornflour	2.5	176	440.0	
Capsicum	37	176	6512	
Onion	37	176	6512	
Rice	130	176	22880	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	37	4995	1
Corn	50	37	1850	
Beans	60	37	2220	
Broccoli	67	37	2479	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	130	16900	
Penne	59	130	7670	
Sundried Tomatoes	20	130	2600	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	120	8400	2
Peas	40	120	2400	
Rice	130	120	7800	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	24	4320	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	24	480	
Zucchini	30	24	720	
Red Capsicum	30	24	720	
Garlic	2	24	48	
Oil	2	24	48	
Chickpeas	115	24	2760	
Mix Spices	1.7	24	40.8	
Chicken Stock	50	24	1200	

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	78	5265	2
Beans	60	78	2340	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	164	24600	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	84	10920	
Penne	59	84	4956	
Broccoli	40	84	3360	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	85	11900	
Rice	130	85	11050	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	101	11110	

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	9	720	1
Carrot	25	9	225	
Onion	20	9	180	
Taco Seasoning	1	9	9	
Salt	1.5	9	14	
Pepper	0.5	9	4	
Garlic	2.5	9	22	
Vegetable Oil	1.5	9	14	
Cumin	0.5	9	4	
Crushed Tomato	85	9	765	
Water	41.7	9	375	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	106	7420	2
Potatoes	140	106	7420	

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	71	5325	2
Capsicum	52	71	1846	
Red Onion	52	71	1846	
Salsa	30	71	1065	
Rice	130	71	4615	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	115	4312	4
Chicken	80	115	2300	
Sauce	200	115	5750	
Spinach	25	115	719	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	85	595
Coconut Cream	95	85	8075

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	106	2120
Garlic	1.5	106	159.0
Salt	0.5	106	53.0

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	176	12320
MEATBALLS	120	111	13320
LEMON	50	67	3350
MUSHROOM	100	101	10100
FAJITA SAUCE	33	71	2343
BURRITO SAUCE	43	54	2322

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	54	2322	1
Black Beans	50	54	2700	1
Corn	50	54	2700	1
Rice	130	54	7020	1

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	164	8200
Mozzarella Cheese	40	164	6560

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	130	2600

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	130	4637	3
Sauce	80	130	3467	3

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	85	4760	2
Sauce	90	85	3825	2

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	120	4920	3
Sauce	90	120	3600	3

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	115	4227	4
Chicken	80	115	2300	4
Sauce	200	115	5750	4
Spinach	25	115	719	4

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	84	4284	2
Sauce	100	84	4200	2

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	2522
BEEF TOPSIDE (MONG)	17072
MINCE	16650
TOPSIDE STEAK	11110
LAMB SHOULDER	17172
MORROCAN CHICKEN	4320
ITALIAN CHICKEN	42687
NORMAL CHICKEN	69420
CHICKEN THIGH	21390

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	780
10MM DICED POTATO (LEBO)	780
10MM DICED ZUCCHINI	720
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	720
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	2550
5MM MONGOLIAN CAPSICUM	10204
5MM MONGOLIAN ONION	10204
5MM SLICED MUSHROOMS	0
BROCCOLI	5839
CRATED CARROTS	225
CRATED ZUCCHINI	0
LEMON POTATO	13868
ROASTED POTATO	51300
THAI POTATOS	5100
POTATO MASH	31800
SWEET POTATO MASH	27565
SPINACH	2872
RED ONION	3180
PARSLEY	159