

Meal Production Summary - 06/11/2025

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	119	26	24	7	162
Beef Chow Mein	80	11	17	0	108
Shepherd's Pie	69	0	13	11	71
Beef Burrito Bowl	102	25	30	0	157
Beef Meatballs	102	28	16	0	146
Lebanese Beef Stew	0	0	0	0	0
Mongolian Beef	162	18	0	0	180
Chicken with Vegetables	41	18	4	0	63
Chicken with Sweet Potato and Beans	72	0	12	0	84
Naked Chicken Parma	190	34	22	8	238
Chicken Pesto Pasta	136	24	16	0	176
Chicken and Broccoli Pasta	69	0	10	0	79
Butter Chicken	98	20	17	0	135
Thai Green Chicken Curry	98	15	0	0	113
Moroccan Chicken	67	0	9	5	71
Steak with Mushroom Sauce	144	7	12	0	163
Creamy Chicken & Mushroom Gnocchi	111	0	6	0	117
Roasted Lemon Chicken & Potatoes	106	10	13	9	120
Beef Lasagna	248	10	24	0	282
Bean Nachos with Rice	12	0	0	0	12
Lamb Souvlaki	168	14	0	0	182
Chicken Fajita Bowl	101	16	0	0	117
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	0	0	0	0	0
Baked Family Lasagna	11	0	0	0	11
ON Amino Energy Can	0	15	0	0	15
Meal Plan Subscription	0	1	0	0	1
TOTAL	2306	292	245	40	2803

Daily Production Report - 06/11/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	162	5184	2
Oil	0.7	162	57	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	255	7522	2
Oil	0.7	255	89	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	822	21783	2
Water	95	822	39045	
Salt	1	822	411	
Oil	1.5	822	616	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	71	12780	0
Oil	2	71	142	
Lemon Juice	6	71	426	
Moroccan Chicken Mix	4	71	284	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	237	37920	
Oil	4	237	948	
Roast Chicken Mix	4	237	948	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	163	15159	0
Oil	1.5	163	244.5	
Baking Soda	3	163	489	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	182	29484	0
Oil	2	182	364	
Salt	1.5	182	273.0	
Oregano	1.2	182	218.4	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	309	46350	0
Cooking Cream	20	309	6180	
Butter	7	309	2163	
Salt	1.5	309	463.5	
White Pepper	0.5	309	154.5	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	155	31000	0
Salt	1	155	155	
White Pepper	0.5	155	77.5	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	420	11400	7
Oil	1	420	60	
Spices Mix	2.5	420	150	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	120	12420	2
Oil	1	120	60	
Salt	1.2	120	72	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	113	6780	0
Salt	1	113	113	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	182	5460	0
Parsley	1.5	182	273.0	
Paprika	0.5	182	91.0	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	310	18600	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	162	0	2
Napoli Sauce	0	162	0	
Crushed Tomatoes	0	162	0	
Beef Stock	0	162	0	
Onion	0	162	0	
Zucchini	0	162	0	
Carrot	0	162	0	
Vegetable Oil	0	162	0	
Salt	0	162	0	
Pepper	0	162	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	108	0	2
Celery	0	108	0	
Carrot	0	108	0	
Cabbage	0	108	0	
Onion	0	108	0	
Oil	0	108	0	
Pepper	0	108	0	
Salt	0	108	0	
Soy Sauce	0	108	0	
Oyster Sauce	0	108	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	157	0	2
Onion	0	157	0	
Capsicum	0	157	0	
Vegetable Oil	0	157	0	
Taco Seasoning	0	157	0	
Salt	0	157	0	
Pepper	0	157	0	
Beef Stock	0	157	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	146	21900	
Onion	10	146	1460	
Parsley	3	146	438	
Salt	1.5	146	219.0	
Pepper	0.2	146	29.200000000000003	

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	180	18000	
Baking Soda	2.5	180	450.0	
Water	10	180	1800	
Soy Sauce	5	180	900	
Cornflour	2.5	180	450.0	
Capsicum	37	180	6660	
Onion	37	180	6660	
Rice	130	180	23400	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	63	4252	2
Corn	50	63	1575	
Beans	60	63	1890	
Broccoli	67	63	2110	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	176	22880	
Penne	59	176	10384	
Sundried Tomatoes	20	176	3520	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	135	6300	3
Peas	40	135	1800	
Rice	130	135	5850	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	71	12780	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	71	1278	
Zucchini	27	71	1917	
Red Capsicum	27	71	1917	
Garlic	1.8	71	127.8	
Oil	1.8	71	127.8	
Chickpeas	103.5	71	7348.5	
Mix Spices	1.53	71	108.63	
Chicken Stock	45	71	3195	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	282	42300	
Mozzerala Cheese	1750	282	211500	
Napoli Sauce	500	282	141000	
Bolognese	3200	282	902400	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	84	5670	2
Beans	60	84	2520	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	238	35700	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	79	10270	
Penne	59	79	4661	
Broccoli	40	79	3160	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	113	16294.599999999999	
Rice	130	113	14690	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	163	17930	

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	12	960	1
Carrot	25	12	300	
Onion	20	12	240	
Taco Seasoning	1	12	12	
Salt	1.5	12	18	
Pepper	0.5	12	6	
Garlic	2.5	12	30	
Vegetable Oil	1.5	12	18	
Cumin	0.5	12	6	
Crushed Tomato	85	12	1020	
Water	41.7	12	500	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	182	8493	3
Potatoes	140	182	8493	

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	117	8775	2
Capsicum	52	117	3042	
Red Onion	52	117	3042	
Salsa	30	117	1755	
Rice	130	117	7605	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	117	4388	4
Chicken	80	117	2340	
Sauce	200	117	5850	
Spinach	25	117	731	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7.21	113	814.73
Coconut Cream	97.85	113	11057.05

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	182	3640
Garlic	1	182	182
Salt	0.2	182	36.4

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	180	12600
MEATBALLS	120	146	17520
LEMON	50	120	6000
MUSHROOM	100	163	16300
FAJITA SAUCE	33	117	3861
BURRITO SAUCE	43	157	6751

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	157	2251	3
Black Beans	50	157	2617	3
Corn	50	157	2617	3
Rice	130	157	6804	3

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	238	11900
Mozzarella Cheese	40	238	9520

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	176	3520

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	176	4708	4
Sauce	80	176	3520	4

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	113	4346	3
Sauce	92.7	113	3492	3

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	135	5535	3
Sauce	90	135	4050	3

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	117	4300	4
Chicken	80	117	2340	4
Sauce	200	117	5850	4
Spinach	25	117	732	4

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	79	4029	2
Sauce	100	79	3950	2

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	18000
MINCE	21900
TOPSIDE STEAK	15159
LAMB SHOULDER	29484
MORROCAN CHICKEN	12780
ITALIAN CHICKEN	58905
NORMAL CHICKEN	80600
CHICKEN THIGH	37920

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	1917
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	1917
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	2978
5MM MONGOLIAN CAPSICUM	12744
5MM MONGOLIAN ONION	12744
5MM SLICED MUSHROOMS	0
BROCCOLI	7380
CRATED CARROTS	300
CRATED ZUCCHINI	0
LEMON POTATO	24840
ROASTED POTATO	79800
THAI POTATOS	6780
POTATO MASH	46350
SWEET POTATO MASH	31000
SPINACH	2924
RED ONION	5460
PARSLEY	273