

Meal Production Summary - 12/08/2025

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	147	6	2	10	145
Beef Chow Mein	82	1	0	34	49
Shepherd's Pie	70	0	1	0	71
Beef Burrito Bowl	102	14	0	0	116
Beef Meatballs	107	3	0	5	105
Lebanese Beef Stew	45	0	0	13	32
Mongolian Beef	144	12	0	4	152
Chicken with Vegetables	42	4	0	0	46
Chicken with Sweet Potato and Beans	71	0	1	0	72
Naked Chicken Parma	145	11	0	0	156
Chicken Pesto Pasta	123	5	0	0	128
Chicken and Broccoli Pasta	63	0	0	0	63
Butter Chicken	131	10	0	0	141
Thai Green Chicken Curry	91	7	0	0	98
Moroccan Chicken	36	0	0	7	29
Steak with Mushroom Sauce	135	3	0	10	128
Creamy Chicken & Mushroom Gnocchi	109	0	0	0	109
Roasted Lemon Chicken & Potatoes	57	6	2	0	65
Beef Lasagna	192	4	2	0	198
Bean Nachos with Rice	2	0	0	0	2
Lamb Souvlaki	109	5	0	0	114
Chicken Fajita Bowl	42	9	0	0	51
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	10	0	0	0	10
TOTAL	2060	100	8	83	2085

Daily Production Report - 12/08/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	145	4930	2
Oil	0.7	145	51	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	191	5634	2
Oil	0.7	191	67	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	641	16986	2
Water	95	641	30448	
Salt	1	641	320	
Oil	1.5	641	481	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	29	5220	0
Oil	2	29	58	
Lemon Juice	6	29	174	
Moroccan Chicken Mix	4	29	116	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	155	116	17980	
Oil	4	116	464	
Roast Chicken Mix	4	116	464	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	128	14080	0
Oil	1.5	128	192.0	
Baking Soda	3	128	384	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	114	18468	0
Oil	2	114	228	
Salt	1.5	114	171.0	
Oregano	1.2	114	136.8	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	233	34950	0
Cooking Cream	20	233	4660	
Butter	7	233	1631	
Salt	1.5	233	349.5	
White Pepper	0.5	233	116.5	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	185	143	26455	0
Salt	1	143	143	
White Pepper	0.5	143	71.5	

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	65	6728	2
Oil	1	65	32	
Salt	1.2	65	39	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	98	5880	0
Salt	1	98	98	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	114	3420	0
Parsley	1.5	114	171.0	
Paprika	0.5	114	57.0	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	246	14760	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	145	7250	2
Napoli Sauce	65	145	4712	
Crushed Tomatoes	45	145	3262	
Beef Stock	30	145	2175	
Onion	15	145	1088	
Zucchini	15	145	1088	
Carrot	15	145	1088	
Vegetable Oil	1	145	72	
Salt	3	145	218	
Pepper	1	145	72	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	71	7100	1
Oil	2	71	142	
Carrots	15	71	1065	
Capsicum	15	71	1065	
Onion	15	71	1065	
Mushroom	15	71	1065	
Peas	15	71	1065	
Tomato Paste	6	71	426	
Beef Stock	20	71	1420	
Salt	2	71	142	
Pepper	0.5	71	36	
Napoli Sauce	70	71	4970	

Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	32	3104	1
Onion	30	32	960	
Carrot	30	32	960	
Potato	30	32	960	
Peas	30	32	960	
Oil	2	32	64	
Salt	2.5	32	80	
Pepper	0.5	32	16	
Tomato Paste	20	32	640	
Water	30	32	960	
Beef Stock	30	32	960	
Rice	130	32	4160	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	120	49	5880	1
Celery	42	49	2058	
Carrot	42	49	2058	
Cabbage	42	49	2058	
Onion	42	49	2058	
Oil	2	49	98	
Pepper	1	49	49	
Salt	0.5	49	24	
Soy Sauce	13	49	637	
Oyster Sauce	13	49	637	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	95	116	11020	1
Onion	12	116	1392	
Capsicum	12	116	1392	
Vegetable Oil	2	116	232	
Taco Seasoning	7	116	812	
Salt	1.5	116	174	
Pepper	0.5	116	58	
Beef Stock	40	116	4640	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	105	15750	
Onion	10	105	1050	
Parsley	3	105	315	
Salt	1.5	105	157.5	
Pepper	0.2	105	21.0	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	97	152	14744	
Baking Soda	2.5	152	380.0	
Water	10	152	1520	
Soy Sauce	5	152	760	
Cornflour	2.5	152	380.0	
Capsicum	37	152	5624	
Onion	37	152	5624	
Rice	130	152	19760	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	46	6210	1
Corn	50	46	2300	
Beans	60	46	2760	
Broccoli	67	46	3082	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	128	16640	
Penne	59	128	7552	
Sundried Tomatoes	20	128	2560	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	141	6580	3
Peas	40	141	1880	
Rice	130	141	6110	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	29	5220	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	29	580	
Zucchini	30	29	870	
Red Capsicum	30	29	870	
Garlic	2	29	58	
Oil	2	29	58	
Chickpeas	115	29	3335	
Mix Spices	1.7	29	49.3	
Chicken Stock	50	29	1450	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	198	29700	
Mozzerala Cheese	1750	198	148500	
Napoli Sauce	500	198	99000	
Bolognese	3200	198	633600	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	72	4860	2
Beans	60	72	2160	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	156	23400	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	63	8190	
Penne	59	63	3717	
Broccoli	40	63	2520	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	98	13720	
Rice	130	98	12740	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	128	14080	

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	2	160	1
Carrot	25	2	50	
Onion	20	2	40	
Taco Seasoning	1	2	2	
Salt	1.5	2	3	
Pepper	0.5	2	1	
Garlic	2.5	2	5	
Vegetable Oil	1.5	2	3	
Cumin	0.5	2	1	
Crushed Tomato	85	2	170	
Water	41.7	2	83	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	114	7980	2
Potatoes	140	114	7980	

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	51	7650	1
Capsicum	52	51	2652	
Red Onion	52	51	2652	
Salsa	30	51	1530	
Rice	130	51	6630	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	109	4088	4
Chicken	80	109	2180	
Sauce	200	109	5450	
Spinach	25	109	681	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	98	686
Coconut Cream	95	98	9310

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	114	2280
Garlic	1.5	114	171.0
Salt	0.5	114	57.0

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	152	10640
MEATBALLS	120	105	12600
LEMON	50	65	3250
MUSHROOM	100	128	12800
FAJITA SAUCE	33	51	1683
BURRITO SAUCE	43	116	4988

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	116	2494	2
Black Beans	50	116	2900	2
Corn	50	116	2900	2
Rice	130	116	7540	2

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	156	7800
Mozzarella Cheese	40	156	6240

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	128	2560

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	128	4566	3
Sauce	80	128	3414	3

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	98	5488	2
Sauce	90	98	4410	2

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	141	5781	3
Sauce	90	141	4230	3

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	109	4006	4
Chicken	80	109	2180	4
Sauce	200	109	5450	4
Spinach	25	109	682	4

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	63	3213	2
Sauce	100	63	3150	2

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	3104
BEEF TOPSIDE (MONG)	14744
MINCE	54250
TOPSIDE STEAK	14080
LAMB SHOULDER	18468
MORROCAN CHICKEN	5220
ITALIAN CHICKEN	41922
NORMAL CHICKEN	70070
CHICKEN THIGH	17980

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	960
10MM DICED POTATO (LEBO)	960
10MM DICED ZUCCHINI	870
5MM DICED CABBAGE	2058
5MM DICED CAPSICUM	3327
5MM DICED CARROTS	3123
5MM DICED CELERY	2058
5MM DICED MUSHROOMS	1065
5MM DICED ONION	9319
5MM MONGOLIAN CAPSICUM	8276
5MM MONGOLIAN ONION	8276
5MM SLICED MUSHROOMS	0
BROCCOLI	5602
CRATED CARROTS	2224
CRATED ZUCCHINI	2174
LEMON POTATO	13454
ROASTED POTATO	51300
THAI POTATOS	5880
POTATO MASH	34950
SWEET POTATO MASH	26455
SPINACH	2724
RED ONION	3420
PARSLEY	171