

Meal Production Summary - 09/10/2025

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	129	33	26	0	188
Beef Chow Mein	69	17	24	13	97
Shepherd's Pie	63	0	20	0	83
Beef Burrito Bowl	85	14	34	0	133
Beef Meatballs	88	11	15	0	114
Lebanese Beef Stew	73	0	0	0	73
Mongolian Beef	107	18	0	7	118
Chicken with Vegetables	32	6	4	0	42
Chicken with Sweet Potato and Beans	60	0	14	0	74
Naked Chicken Parma	133	27	24	0	184
Chicken Pesto Pasta	111	35	16	0	162
Chicken and Broccoli Pasta	67	0	14	0	81
Butter Chicken	83	27	26	0	136
Thai Green Chicken Curry	90	30	0	0	120
Moroccan Chicken	23	0	11	0	34
Steak with Mushroom Sauce	107	15	29	11	140
Creamy Chicken & Mushroom Gnocchi	114	0	14	0	128
Roasted Lemon Chicken & Potatoes	76	9	14	0	99
Beef Lasagna	188	44	51	0	283
Bean Nachos with Rice	7	0	0	0	7
Lamb Souvlaki	138	13	0	0	151
Chicken Fajita Bowl	82	14	0	0	96
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	3	0	0	0	3
Baked Family Lasagna	9	0	0	0	9
Lunch & Dinner Weekdays Only - 10 Meals	0	1	0	0	1
TOTAL	1937	314	336	31	2556

Daily Production Report - 09/10/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	188	4011	3
Oil	0.7	188	44	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	243	7168	2
Oil	0.7	243	85	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	780	20670	2
Water	95	780	37050	
Salt	1	780	390	
Oil	1.5	780	585	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	34	6120	0
Oil	2	34	68	
Lemon Juice	6	34	204	
Moroccan Chicken Mix	4	34	136	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	195	31200	
Oil	4	195	780	
Roast Chicken Mix	4	195	780	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	140	13020	0
Oil	1.5	140	210.0	
Baking Soda	3	140	420	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	151	24462	0
Oil	2	151	302	
Salt	1.5	151	226.5	
Oregano	1.2	151	181.2	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	254	38100	0
Cooking Cream	20	254	5080	
Butter	7	254	1778	
Salt	1.5	254	381.0	
White Pepper	0.5	254	127.0	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	157	31400	0
Salt	1	157	157	
White Pepper	0.5	157	78.5	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	335	10608	6
Oil	1	335	56	
Spices Mix	2.5	335	140	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	99	10246	2
Oil	1	99	50	
Salt	1.2	99	59	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	120	7200	0
Salt	1	120	120	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	151	4530	0
Parsley	1.5	151	226.5	
Paprika	0.5	151	75.5	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	256	15360	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	188	0	3
Napoli Sauce	0	188	0	
Crushed Tomatoes	0	188	0	
Beef Stock	0	188	0	
Onion	0	188	0	
Zucchini	0	188	0	
Carrot	0	188	0	
Vegetable Oil	0	188	0	
Salt	0	188	0	
Pepper	0	188	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	97	0	2
Celery	0	97	0	
Carrot	0	97	0	
Cabbage	0	97	0	
Onion	0	97	0	
Oil	0	97	0	
Pepper	0	97	0	
Salt	0	97	0	
Soy Sauce	0	97	0	
Oyster Sauce	0	97	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	83	0	2
Oil	0	83	0	
Carrots	0	83	0	
Capsicum	0	83	0	
Onion	0	83	0	
Mushroom	0	83	0	
Peas	0	83	0	
Tomato Paste	0	83	0	
Beef Stock	0	83	0	
Salt	0	83	0	
Pepper	0	83	0	
Napoli Sauce	0	83	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	133	0	2
Onion	0	133	0	
Capsicum	0	133	0	
Vegetable Oil	0	133	0	
Taco Seasoning	0	133	0	
Salt	0	133	0	
Pepper	0	133	0	
Beef Stock	0	133	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	114	17100	
Onion	10	114	1140	
Parsley	3	114	342	
Salt	1.5	114	171.0	
Pepper	0.2	114	22.8	

Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	73	7081	1
Onion	30	73	2190	
Carrot	30	73	2190	
Potato	30	73	2190	
Peas	30	73	2190	
Oil	2	73	146	
Salt	2.5	73	182	
Pepper	0.5	73	36	
Tomato Paste	20	73	1460	
Water	30	73	2190	
Beef Stock	30	73	2190	
Rice	130	73	9490	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	118	11800	
Baking Soda	2.5	118	295.0	
Water	10	118	1180	
Soy Sauce	5	118	590	
Cornflour	2.5	118	295.0	
Capsicum	37	118	4366	
Onion	37	118	4366	
Rice	130	118	15340	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	42	5670	1
Corn	50	42	2100	
Beans	60	42	2520	
Broccoli	67	42	2814	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	162	21060	
Penne	59	162	9558	
Sundried Tomatoes	20	162	3240	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	136	6347	3
Peas	40	136	1813	
Rice	130	136	5893	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	34	6120	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	34	680	
Zucchini	30	34	1020	
Red Capsicum	30	34	1020	
Garlic	2	34	68	
Oil	2	34	68	
Chickpeas	115	34	3910	
Mix Spices	1.7	34	57.8	
Chicken Stock	50	34	1700	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	283	42450	
Mozzerala Cheese	1750	283	212250	
Napoli Sauce	500	283	141500	
Bolognese	3200	283	905600	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	74	4995	2
Beans	60	74	2220	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	184	27600	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	81	10530	
Penne	59	81	4779	
Broccoli	40	81	3240	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	120	16800	
Rice	130	120	15600	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	140	15400	

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	7	560	1
Carrot	25	7	175	
Onion	20	7	140	
Taco Seasoning	1	7	7	
Salt	1.5	7	10	
Pepper	0.5	7	4	
Garlic	2.5	7	18	
Vegetable Oil	1.5	7	10	
Cumin	0.5	7	4	
Crushed Tomato	85	7	595	
Water	41.7	7	292	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	151	10570	2
Potatoes	140	151	10570	

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	96	7200	2
Capsicum	52	96	2496	
Red Onion	52	96	2496	
Salsa	30	96	1440	
Rice	130	96	6240	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	128	4800	4
Chicken	80	128	2560	
Sauce	200	128	6400	
Spinach	25	128	800	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	120	840
Coconut Cream	95	120	11400

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	151	3020
Garlic	1	151	151
Salt	0.2	151	30.200000000000003

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	118	8260
MEATBALLS	120	114	13680
LEMON	50	99	4950
MUSHROOM	100	140	14000
FAJITA SAUCE	33	96	3168
BURRITO SAUCE	43	133	5719

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	133	1907	3
Black Beans	50	133	2217	3
Corn	50	133	2217	3
Rice	130	133	5764	3

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	184	9200
Mozzarella Cheese	40	184	7360

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	162	3240

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	162	4334	4
Sauce	80	162	3240	4

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	120	4480	3
Sauce	90	120	3600	3

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	136	5576	3
Sauce	90	136	4080	3

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	128	4704	4
Chicken	80	128	2560	4
Sauce	200	128	6400	4
Spinach	25	128	800	4

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	81	4131	2
Sauce	100	81	4050	2

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	7081
BEEF TOPSIDE (MONG)	11800
MINCE	17100
TOPSIDE STEAK	13020
LAMB SHOULDER	24462
MORROCAN CHICKEN	6120
ITALIAN CHICKEN	45900
NORMAL CHICKEN	81510
CHICKEN THIGH	31200

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	2190
10MM DICED POTATO (LEBO)	2190
10MM DICED ZUCCHINI	1020
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	1020
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	4150
5MM MONGOLIAN CAPSICUM	9358
5MM MONGOLIAN ONION	9358
5MM SLICED MUSHROOMS	0
BROCCOLI	6054
CRATED CARROTS	175
CRATED ZUCCHINI	0
LEMON POTATO	20492
ROASTED POTATO	63648
THAI POTATOS	7200
POTATO MASH	38100
SWEET POTATO MASH	31400
SPINACH	3200
RED ONION	4530
PARSLEY	226