

Meal Production Summary - 24/07/2025

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	65	39	27	3	128
Beef Chow Mein	46	12	11	5	64
Shepherd's Pie	38	0	13	1	50
Beef Burrito Bowl	37	29	26	2	90
Beef Meatballs	44	31	13	9	79
Lebanese Beef Stew	19	0	0	7	12
Mongolian Beef	64	36	0	3	97
Chicken with Vegetables	18	22	6	0	46
Chicken with Sweet Potato and Beans	37	0	14	0	51
Naked Chicken Parma	68	22	19	0	109
Chicken Pesto Pasta	54	29	25	0	108
Chicken and Broccoli Pasta	53	0	19	0	72
Butter Chicken	53	29	16	0	98
Thai Green Chicken Curry	47	17	0	0	64
Moroccan Chicken	22	0	9	2	29
Steak with Mushroom Sauce	64	20	19	10	93
Creamy Chicken & Mushroom Gnocchi	59	0	2	0	61
Roasted Lemon Chicken & Potatoes	41	10	16	0	67
Beef Lasagna	111	55	28	0	194
Bean Nachos with Rice	4	0	0	0	4
Lamb Souvlaki	58	6	0	3	61
Chicken Fajita Bowl	43	53	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	1	0	0	0	1
Baked Family Lasagna	2	0	0	0	2
Lunch & Dinner Weekdays Only - 10 Meals	0	1	0	0	1
TOTAL	1048	411	263	45	1677

Daily Production Report - 24/07/2025

Spaghetti Order

Ingredient	Qty/M meal	Meals	Total	Batches
Spaghetti	68	128	4352	2
Oil	0.7	128	45	

Penne Order

Ingredient	Qty/M meal	Meals	Total	Batches
Penne	59	180	5310	2
Oil	0.7	180	63	

Rice Order

Ingredient	Qty/M meal	Meals	Total	Batches
Rice	53	525	27825	1
Water	95	525	49875	
Salt	1	525	525	
Oil	1.5	525	788	

Moroccan Chicken

Ingredient	Qty/M 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/M meal	Meals	Total	Batches
Chicken	150	163	24450	
Oil	4	163	652	
Roast Chicken Mix	4	163	652	

Steak

Ingredient	Qty/M meal	Meals	Total	Batches
Steak	110	93	10230	0
Oil	1.5	93	139.5	
Baking Soda	3	93	279	

Lamb Marinade

Ingredient	Qty/M meal	Meals	Total	Batches
Lamb Shoulder	162	61	9882	0
Oil	2	61	122	
Salt	1.5	61	91.5	
Oregano	1.2	61	73.2	

Potato Mash

Ingredient	Qty/M meal	Meals	Total	Batches
Potato	150	172	25800	0
Cooking Cream	20	172	3440	
Butter	7	172	1204	
Salt	1.5	172	258.0	
White Pepper	0.5	172	86.0	

Sweet Potato Mash

Ingredient	Qty/M meal	Meals	Total	Batches
Sweet Potato	185	101	18685	0
Salt	1	101	101	
White Pepper	0.5	101	50.5	

Roasted Potatoes

Ingredient	Qty/M meal	Meals	Total	Batches
Roasted Potatoes	190	170	10767	3
Oil	1	170	57	
Spices Mix	2.5	170	142	

Roasted Lemon Potatoes

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

Roasted Thai Potatoes

Ingredient	Qty/M meal	Meals	Total	Batches
Potato	60	64	3840	0
Salt	1	64	64	

Lamb Onion Marinated

Ingredient	Qty/M meal	Meals	Total	Batches
Red Onion	30	61	1830	0
Parsley	1.5	61	91.5	
Paprika	0.5	61	30.5	

Green Beans

Ingredient	Qty/M meal	Meals	Total	Batches
Green Beans	60	190	11400	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	128	0	2
Napoli Sauce	0	128	0	
Crushed Tomatoes	0	128	0	
Beef Stock	0	128	0	
Onion	0	128	0	
Zucchini	0	128	0	
Carrot	0	128	0	
Vegetable Oil	0	128	0	
Salt	0	128	0	
Pepper	0	128	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	64	0	1
Celery	0	64	0	
Carrot	0	64	0	
Cabbage	0	64	0	
Onion	0	64	0	
Oil	0	64	0	
Pepper	0	64	0	
Salt	0	64	0	
Soy Sauce	0	64	0	
Oyster Sauce	0	64	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	50	0	1
Oil	0	50	0	
Carrots	0	50	0	
Capsicum	0	50	0	
Onion	0	50	0	
Mushroom	0	50	0	
Peas	0	50	0	
Tomato Paste	0	50	0	
Beef Stock	0	50	0	
Salt	0	50	0	
Pepper	0	50	0	
Napoli Sauce	0	50	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	90	0	1
Onion	0	90	0	
Capsicum	0	90	0	
Vegetable Oil	0	90	0	
Taco Seasoning	0	90	0	
Salt	0	90	0	
Pepper	0	90	0	
Beef Stock	0	90	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	79	11850	
Onion	10	79	790	
Parsley	3	79	237	
Salt	1.5	79	118.5	
Pepper	0.2	79	15.8	

Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	12	1164	1
Onion	30	12	360	
Carrot	30	12	360	
Potato	30	12	360	
Peas	30	12	360	
Oil	2	12	24	
Salt	2.5	12	30	
Pepper	0.5	12	6	
Tomato Paste	20	12	240	
Water	30	12	360	
Beef Stock	30	12	360	
Rice	130	12	1560	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	97	97	9409	
Baking Soda	2.5	97	242.5	
Water	10	97	970	
Soy Sauce	5	97	485	
Cornflour	2.5	97	242.5	
Capsicum	37	97	3589	
Onion	37	97	3589	
Rice	130	97	12610	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	46	6210	1
Corn	52	46	2392	
Beans	60	46	2760	
Broccoli	67	46	3082	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	108	14040	
Penne	59	108	6372	
Sundried Tomatoes	24	108	2592	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	98	13720	
Peas	40	98	3920	
Rice	130	98	12740	

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	194	29100	
Mozzerala Cheese	1750	194	145500	
Napoli Sauce	500	194	97000	
Bolognese	3200	194	620800	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	51	6885	1
Beans	60	51	3060	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	109	16350	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	72	9360	
Penne	59	72	4248	
Broccoli	40	72	2880	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	64	8960	
Rice	130	64	8320	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	93	10230	

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	4	320	1
Carrot	25	4	100	
Onion	20	4	80	
Taco Seasoning	1	4	4	
Salt	1.5	4	6	
Pepper	0.5	4	2	
Garlic	2.5	4	10	
Vegetable Oil	1.5	4	6	
Cumin	0.5	4	2	
Crushed Tomato	85	4	340	
Water	41.7	4	167	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	61	8540	1
Potatoes	140	61	8540	

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	61	4575	2
Chicken	80	61	2440	
Sauce	200	61	6100	
Spinach	25	61	762	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	64	448
Coconut Cream	90	64	5760

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	61	1220
Garlic	2	61	122
Salt	1	61	61

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	97	6790
MEATBALLS	120	79	9480
LEMON	50	67	3350
MUSHROOM	100	93	9300
FAJITA SAUCE	33	96	3168
BURRITO SAUCE	43	90	3870

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	90	1935	2
Black Beans	50	90	2250	2
Corn	50	90	2250	2
Rice	130	90	5850	2

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	109	5450
Mozzarella Cheese	40	109	4360

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	24	108	2592

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	110	108	3960	3
Sauce	80	108	2880	3

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	110	64	3520	2
Sauce	90	64	2880	2

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	120	98	5880	2
Sauce	90	98	4410	2

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	150	61	4575	2
Chicken	80	61	2440	2
Sauce	200	61	6100	2
Spinach	25	61	763	2

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	100	72	3600	2
Sauce	100	72	3600	2

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	1164
BEEF TOPSIDE (MONG)	9409
MINCE	11850
TOPSIDE STEAK	10230
LAMB SHOULDER	9882
MORROCAN CHICKEN	5220
ITALIAN CHICKEN	31518
NORMAL CHICKEN	52390
CHICKEN THIGH	24450

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	360
10MM DICED POTATO (LEBO)	360
10MM DICED ZUCCHINI	870
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	870
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	1810
5MM MONGOLIAN CAPSICUM	8581
5MM MONGOLIAN ONION	8581
5MM SLICED MUSHROOMS	0
BROCCOLI	5962
CRATED CARROTS	100
CRATED ZUCCHINI	0
LEMON POTATO	13868
ROASTED POTATO	32298
THAI POTATOS	3840
POTATO MASH	25800
SWEET POTATO MASH	18685
SPINACH	1524
RED ONION	1830
PARSLEY	92