

## Meal Production Summary - 29/01/2026

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	135	22	10	0	167
Beef Chow Mein	68	9	7	0	84
Shepherd's Pie	72	0	11	0	83
Beef Burrito Bowl	279	31	18	0	328
Beef Meatballs	100	18	8	0	126
Lebanese Beef Stew	0	0	0	0	0
Mongolian Beef	115	54	0	0	169
Chicken with Vegetables	49	13	3	0	65
Chicken with Sweet Potato and Beans	78	0	8	0	86
Naked Chicken Parma	385	161	19	0	565
Chicken Pesto Pasta	140	40	14	0	194
Chicken and Broccoli Pasta	91	0	9	0	100
Butter Chicken	120	25	9	0	154
Thai Green Chicken Curry	99	27	0	0	126
Moroccan Chicken	69	0	11	0	80
Steak with Mushroom Sauce	100	22	8	0	130
Creamy Chicken & Mushroom Gnocchi	81	0	2	0	83
Roasted Lemon Chicken & Potatoes	108	14	15	0	137
Beef Lasagna	392	23	18	0	433
Bean Nachos with Rice	0	0	0	0	0
Lamb Souvlaki	130	17	0	0	147
Chicken Fajita Bowl	283	20	0	0	303
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	2	0	0	0	2
Baked Family Lasagna	14	0	0	0	14
20 Pack	0	1	0	0	1
ON Amino Energy Can	0	15	0	0	15
<b>TOTAL</b>	<b>2910</b>	<b>512</b>	<b>170</b>	<b>0</b>	<b>3592</b>

# Daily Production Report - 29/01/2026

## Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	167	5344	2
Oil	0.7	167	58	

## Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	294	5782	3
Oil	0.7	294	69	

## Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	1164	8813	7
Water	95	1164	15797	
Salt	1	1164	166	
Oil	1.5	1164	249	

## Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	80	14400	0
Oil	2	80	160	
Lemon Juice	6	80	480	
Moroccan Chicken Mix	4	80	320	

## Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	440	70400	
Oil	4	440	1760	
Roast Chicken Mix	4	440	1760	

## Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	130	12090	0
Oil	1.5	130	195.0	
Baking Soda	3	130	390	

## Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	147	23814	0
Oil	2	147	294	
Salt	1.5	147	220.5	
Oregano	0.3	147	44.1	
Baking Soda	5.27	147	774.69	

## Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	256	38400	0
Cooking Cream	20	256	5120	
Butter	7	256	1792	
Salt	1.5	256	384.0	
White Pepper	0.5	256	128.0	

## Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	169	33800	0
Salt	1	169	169	
White Pepper	0.5	169	84.5	

## Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	712	11273	12
Oil	1.62	712	96	
Spices Mix	2.5	712	148	

## Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	137	9453	3
Oil	2	137	91	
Salt	1.2	137	55	

## Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	126	7560	0
Salt	1	126	126	

## Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	147	4410	0
Parsley	1.5	147	220.5	
Paprika	0.5	147	73.5	

## Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	281	16860	0

## Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	167	0	2
Napoli Sauce	0	167	0	
Crushed Tomatoes	0	167	0	
Beef Stock	0	167	0	
Onion	0	167	0	
Zucchini	0	167	0	
Carrot	0	167	0	
Vegetable Oil	0	167	0	
Salt	0	167	0	
Pepper	0	167	0	

### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	84	0	2
Celery	0	84	0	
Carrot	0	84	0	
Cabbage	0	84	0	
Onion	0	84	0	
Oil	0	84	0	
Pepper	0	84	0	
Salt	0	84	0	
Soy Sauce	0	84	0	
Oyster Sauce	0	84	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	328	0	3
Onion	0	328	0	
Capsicum	0	328	0	
Vegetable Oil	0	328	0	
Taco Seasoning	0	328	0	
Salt	0	328	0	
Pepper	0	328	0	
Beef Stock	0	328	0	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	126	18900	
Onion	10	126	1260	
Parsley	3	126	378	
Salt	1.5	126	189.0	
Pepper	0.2	126	25.200000000000000003	

### Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	169	16900	
Baking Soda	2.5	169	422.5	
Water	10	169	1690	
Soy Sauce	5	169	845	
Cornflour	2.5	169	422.5	
Capsicum	37	169	6253	
Onion	37	169	6253	
Rice	130	169	21970	

### 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	

## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	65	4388	2
Corn	50	65	1625	
Beans	60	65	1950	
Broccoli	67	65	2178	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	194	25220	
Penne	59	194	11446	
Sundried Tomatoes	20	194	3880	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	154	7187	3
Peas	40	154	2053	
Rice	130	154	6673	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	80	14400	

### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	80	1440	
Zucchini	27	80	2160	
Red Capsicum	27	80	2160	
Garlic	1.8	80	144.0	
Oil	1.8	80	144.0	
Chickpeas	103.5	80	8280.0	
Mix Spices	1.53	80	122.4	
Chicken Stock	45	80	3600	

### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	433	64950	
Mozzerala Cheese A1750	433	324750		
Napoli Sauce	500	433	216500	
Bolognese	3200	433	1385600	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	86	5805	2
Beans	60	86	2580	

### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	565	84750	

### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	100	13000	
Penne	59	100	5900	
Broccoli	40	100	4000	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	126	18169.199999999999	
Rice	130	126	16380	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	130	14300	

### 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	0	0	
Carrot	25	0	0	
Onion	20	0	0	
Taco Seasoning	1	0	0	
Salt	1.5	0	0.0	
Pepper	0.5	0	0.0	
Garlic	2.5	0	0.0	
Vegetable Oil	1.5	0	0.0	
Cumin	0.5	0	0.0	
Crushed Tomato	85	0	0	
Water	41.7	0	0.0	

## Meal Recipes (cont'd)

### Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	147	10290	2
Potatoes	140	147	10290	

### 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	303	7575	6
Capsicum	52	303	2626	
Red Onion	52	303	2626	
Salsa	30	303	1515	
Rice	130	303	6565	

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	83	4150	3
Chicken	80	83	2213	
Sauce	200	83	5533	
Spinach	25	83	692	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7.21	126	908.46
Coconut Cream	97.85	126	12329.099999999999

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	147	2940
Garlic	1	147	147
Salt	0.2	147	29.400000000000002

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	169	11830
MEATBALLS	120	126	15120
LEMON	50	137	6850
MUSHROOM	100	130	13000
FAJITA SAUCE	33	303	9999
BURRITO SAUCE	43	328	14104

### Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	328	2351	6
Black Beans	50	328	2734	6
Corn	50	328	2734	6
Rice	130	328	7107	6

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	565	28250
Mozzarella Cheese	40	565	22600

### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	194	3880

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	194	5190	4
Sauce	80	194	3880	4

### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	126	4846	3
Sauce	92.7	126	3894	3

### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	154	4736	4
Sauce	90	154	3465	4

### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	83	4067	3
Chicken	80	83	2214	3
Sauce	200	83	5534	3
Spinach	25	83	692	3

### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	100	3400	3
Sauce	100	100	3334	3

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	16900
MINCE	18900
TOPSIDE STEAK	12090
LAMB SHOULDER	23814
MORROCAN CHICKEN	14400
ITALIAN CHICKEN	109548
NORMAL CHICKEN	85410
CHICKEN THIGH	70400

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	2160
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	2160
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	2700
5MM MONGOLIAN CAPSICUM	22009
5MM MONGOLIAN ONION	22009
5MM SLICED MUSHROOMS	0
BROCCOLI	8354
CRATED CARROTS	0
CRATED ZUCCHINI	0
LEMON POTATO	28359
ROASTED POTATO	135276
THAI POTATOS	7560
POTATO MASH	38400
SWEET POTATO MASH	33800
SPINACH	2072
RED ONION	4410
PARSLEY	220