

Meal Production Summary - 17/12/2025

| Meal | Clean Eats | Made Active | Already Made | Total |
|-------------------------------------|-------------|-------------|--------------|-------------|
| Spaghetti Bolognese | 141 | 16 | 0 | 157 |
| Beef Chow Mein | 83 | 12 | 0 | 95 |
| Shepherd's Pie | 108 | 0 | 0 | 108 |
| Beef Burrito Bowl | 136 | 10 | 0 | 146 |
| Beef Meatballs | 137 | 12 | 0 | 149 |
| Lebanese Beef Stew | 0 | 0 | 0 | 0 |
| Mongolian Beef | 161 | 13 | 0 | 174 |
| Chicken with Vegetables | 44 | 4 | 0 | 48 |
| Chicken with Sweet Potato and Beans | 88 | 0 | 0 | 88 |
| Naked Chicken Parma | 213 | 24 | 0 | 237 |
| Chicken Pesto Pasta | 168 | 10 | 0 | 178 |
| Chicken and Broccoli Pasta | 90 | 0 | 0 | 90 |
| Butter Chicken | 160 | 10 | 0 | 170 |
| Thai Green Chicken Curry | 122 | 12 | 0 | 134 |
| Moroccan Chicken | 79 | 0 | 0 | 79 |
| Steak with Mushroom Sauce | 143 | 13 | 0 | 156 |
| Creamy Chicken & Mushroom Gnocchi | 109 | 0 | 0 | 109 |
| Roasted Lemon Chicken & Potatoes | 96 | 4 | 0 | 100 |
| Beef Lasagna | 287 | 8 | 0 | 295 |
| Bean Nachos with Rice | 0 | 0 | 0 | 0 |
| Lamb Souvlaki | 146 | 10 | 0 | 156 |
| Chicken Fajita Bowl | 127 | 7 | 0 | 134 |
| Steak On Its Own | 0 | 2 | 0 | 2 |
| Chicken On Its Own | 0 | 0 | 0 | 0 |
| Family Mac and 3 Cheese Pasta Bake | 0 | 0 | 0 | 0 |
| Baked Family Lasagna | 6 | 0 | 0 | 6 |
| ON Amino Energy Can | 0 | 5 | 0 | 5 |
| TOTAL | 2644 | 172 | 0 | 2816 |

Daily Production Report - 17/12/2025

Spaghetti Order

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Spaghetti | 64 | 157 | 5024 | 2 |
| Oil | 0.7 | 157 | 55 | |

Penne Order

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Penne | 59 | 268 | 7906 | 2 |
| Oil | 0.7 | 268 | 94 | |

Rice Order

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Rice | 53 | 853 | 9042 | 5 |
| Water | 95 | 853 | 16207 | |
| Salt | 1 | 853 | 171 | |
| Oil | 1.5 | 853 | 256 | |

Moroccan Chicken

| Ingredient | Qty/Meal | Meals | Total | Batches |
|----------------------|----------|-------|-------|---------|
| Chicken | 180 | 79 | 14220 | 0 |
| Oil | 2 | 79 | 158 | |
| Lemon Juice | 6 | 79 | 474 | |
| Moroccan Chicken Mix | 4 | 79 | 316 | |

Chicken Thigh

| Ingredient | Qty/Meal | Meals | Total | Batches |
|-------------------|----------|-------|-------|---------|
| Chicken | 160 | 234 | 37440 | |
| Oil | 4 | 234 | 936 | |
| Roast Chicken Mix | 4 | 234 | 936 | |

Steak

| Ingredient | Qty/Meal | Meals | Total | Batches |
|-------------|----------|-------|-------|---------|
| Steak | 93 | 158 | 14694 | 0 |
| Oil | 1.5 | 158 | 237.0 | |
| Baking Soda | 3 | 158 | 474 | |

Lamb Marinate

| Ingredient | Qty/Meal | Meals | Total | Batches |
|---------------|----------|-------|-------|---------|
| Lamb Shoulder | 162 | 156 | 25272 | 0 |
| Oil | 2 | 156 | 312 | |
| Salt | 1.5 | 156 | 234.0 | |
| Oregano | 0.3 | 156 | 46.8 | |

Potato Mash

| Ingredient | Qty/Meal | Meals | Total | Batches |
|---------------|----------|-------|-------|---------|
| Potato | 150 | 305 | 45750 | 0 |
| Cooking Cream | 20 | 305 | 6100 | |
| Butter | 7 | 305 | 2135 | |
| Salt | 1.5 | 305 | 457.5 | |
| White Pepper | 0.5 | 305 | 152.5 | |

Sweet Potato Mash

| Ingredient | Qty/Meal | Meals | Total | Batches |
|--------------|----------|-------|-------|---------|
| Sweet Potato | 200 | 196 | 39200 | 0 |
| Salt | 1 | 196 | 196 | |
| White Pepper | 0.5 | 196 | 98.0 | |

Roasted Potatoes

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------------|----------|-------|-------|---------|
| Roasted Potatoes | 190 | 393 | 10667 | 7 |
| Oil | 1 | 393 | 56 | |
| Spices Mix | 2.5 | 393 | 140 | |

Roasted Lemon Potatoes

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Potatoes | 207 | 100 | 10350 | 2 |
| Oil | 1 | 100 | 50 | |
| Salt | 1.2 | 100 | 60 | |

Roasted Thai Potatoes

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Potato | 60 | 134 | 8040 | 0 |
| Salt | 1 | 134 | 134 | |

Lamb Onion Marinated

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Red Onion | 30 | 156 | 4680 | 0 |
| Parsley | 1.5 | 156 | 234.0 | |
| Paprika | 0.5 | 156 | 78.0 | |

Green Beans

| Ingredient | Qty/Meal | Meals | Total | Batches |
|-------------|----------|-------|-------|---------|
| Green Beans | 60 | 292 | 17520 | 0 |

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------------|----------|-------|-------------|-------|
| Beef Mince | 0 | 157 | 0 | 2 |
| Napoli Sauce | 0 | 157 | 0 | |
| Crushed Tomatoes | 0 | 157 | 0 | |
| Beef Stock | 0 | 157 | 0 | |
| Onion | 0 | 157 | 0 | |
| Zucchini | 0 | 157 | 0 | |
| Carrot | 0 | 157 | 0 | |
| Vegetable Oil | 0 | 157 | 0 | |
| Salt | 0 | 157 | 0 | |
| Pepper | 0 | 157 | 0 | |

Beef Chow Mein

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|--------------|----------|-------|-------------|-------|
| Beef Mince | 0 | 95 | 0 | 2 |
| Celery | 0 | 95 | 0 | |
| Carrot | 0 | 95 | 0 | |
| Cabbage | 0 | 95 | 0 | |
| Onion | 0 | 95 | 0 | |
| Oil | 0 | 95 | 0 | |
| Pepper | 0 | 95 | 0 | |
| Salt | 0 | 95 | 0 | |
| Soy Sauce | 0 | 95 | 0 | |
| Oyster Sauce | 0 | 95 | 0 | |

Shepherd's Pie

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|--------------|----------|-------|-------------|-------|
| Beef Mince | 0 | 108 | 0 | 2 |
| Oil | 0 | 108 | 0 | |
| Carrots | 0 | 108 | 0 | |
| Capsicum | 0 | 108 | 0 | |
| Onion | 0 | 108 | 0 | |
| Mushroom | 0 | 108 | 0 | |
| Peas | 0 | 108 | 0 | |
| Tomato Paste | 0 | 108 | 0 | |
| Beef Stock | 0 | 108 | 0 | |
| Salt | 0 | 108 | 0 | |
| Pepper | 0 | 108 | 0 | |
| Napoli Sauce | 0 | 108 | 0 | |

Beef Burrito Bowl

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|----------------|----------|-------|-------------|-------|
| Beef Mince | 0 | 146 | 0 | 2 |
| Onion | 0 | 146 | 0 | |
| Capsicum | 0 | 146 | 0 | |
| Vegetable Oil | 0 | 146 | 0 | |
| Taco Seasoning | 0 | 146 | 0 | |
| Salt | 0 | 146 | 0 | |
| Pepper | 0 | 146 | 0 | |
| Beef Stock | 0 | 146 | 0 | |

Beef Meatballs

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Mince | 150 | 149 | 22350 | |
| Onion | 10 | 149 | 1490 | |
| Parsley | 3 | 149 | 447 | |
| Salt | 1.5 | 149 | 223.5 | |
| Pepper | 0.2 | 149 | 29.8 | |

Mongolian Beef

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|-------------|----------|-------|-------------|-------|
| Chuck | 100 | 174 | 17400 | |
| Baking Soda | 2.5 | 174 | 435.0 | |
| Water | 10 | 174 | 1740 | |
| Soy Sauce | 5 | 174 | 870 | |
| Cornflour | 2.5 | 174 | 435.0 | |
| Capsicum | 37 | 174 | 6438 | |
| Onion | 37 | 174 | 6438 | |
| Rice | 130 | 174 | 22620 | |

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 | 48 | 6480 | 1 |
| Corn | 50 | 48 | 2400 | |
| Beans | 60 | 48 | 2880 | |
| Broccoli | 67 | 48 | 3216 | |

Chicken Pesto Pasta

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|-------------------|----------|-------|-------------|-------|
| Chicken | 130 | 178 | 23140 | |
| Penne | 59 | 178 | 10502 | |
| Sundried Tomatoes | 20 | 178 | 3560 | |

Butter Chicken

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken | 140 | 170 | 7933 | 3 |
| Peas | 40 | 170 | 2267 | |
| Rice | 130 | 170 | 7367 | |

Moroccan Chicken

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken | 180 | 79 | 14220 | |

Chickpea Recipe

| Ingredient | Qty/Meal | Meals | Total | |
|---------------|----------|-------|--------------------|--|
| Onion | 18 | 79 | 1422 | |
| Zucchini | 27 | 79 | 2133 | |
| Red Capsicum | 27 | 79 | 2133 | |
| Garlic | 1.8 | 79 | 142.20000000000002 | |
| Oil | 1.8 | 79 | 142.20000000000002 | |
| Chickpeas | 103.5 | 79 | 8176.5 | |
| Mix Spices | 1.53 | 79 | 120.87 | |
| Chicken Stock | 45 | 79 | 3555 | |

Beef Lasagna

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------------|----------|-------|-------------|-------|
| Lasange Sheets | 150 | 295 | 44250 | |
| Mozzerala Cheese | 1750 | 295 | 221250 | |
| Napoli Sauce | 500 | 295 | 147500 | |
| Bolognese | 3200 | 295 | 944000 | |

Chicken with Sweet Potato and Beans

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken | 135 | 88 | 5940 | 2 |
| Beans | 60 | 88 | 2640 | |

Naked Chicken Parma

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken | 150 | 237 | 35550 | |

Chicken and Broccoli Pasta

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken | 130 | 90 | 11700 | |
| Penne | 59 | 90 | 5310 | |
| Broccoli | 40 | 90 | 3600 | |

Thai Green Chicken Curry

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken | 144.2 | 134 | 19322.8 | |
| Rice | 130 | 134 | 17420 | |

Steak with Mushroom Sauce

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|---------------|----------|-------|-------------|-------|
| Topside Steak | 110 | 156 | 17160 | |

Steak On Its Own

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|---------------|----------|-------|-------------|-------|
| Topside Steak | 200 | 2 | 400 | 1 |

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 | 156 | 10920 | 2 |
| Potatoes | 140 | 156 | 10920 | |

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 | 134 | 6700 | 3 |
| Capsicum | 52 | 134 | 2323 | |
| Red Onion | 52 | 134 | 2323 | |
| Salsa | 30 | 134 | 1340 | |
| Rice | 130 | 134 | 5807 | |

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 | 7.21 | 134 | 966.14 |
| Coconut Cream | 97.85 | 134 | 13111.9 |

Lamb Sauce

| Ingredient | Meal Amount | Total Meals | Required Ingredient |
|--------------|-------------|-------------|---------------------|
| Greek Yogurt | 20 | 156 | 3120 |
| Garlic | 1 | 156 | 156 |
| Salt | 0.2 | 156 | 31.200000000000003 |

To Pack In Fridge

Sauces to Prepare

| Sauce | Qty | Amt | Total |
|---------------|-----|-----|-------|
| MONGOLIAN | 70 | 174 | 12180 |
| MEATBALLS | 120 | 149 | 17880 |
| LEMON | 50 | 100 | 5000 |
| MUSHROOM | 100 | 156 | 15600 |
| FAJITA SAUCE | 33 | 134 | 4422 |
| BURRITO SAUCE | 43 | 146 | 6278 |

Beef Burrito Mix

| Ingredient | Qty | Amt | Total | Batches |
|-------------|-----|-----|-------|---------|
| Salsa | 43 | 146 | 2093 | 3 |
| Black Beans | 50 | 146 | 2434 | 3 |
| Corn | 50 | 146 | 2434 | 3 |
| Rice | 130 | 146 | 6327 | 3 |

Parma Mix

| Ingredient | Qty | Amt | Total |
|-------------------|-----|-----|-------|
| Napoli Sauce | 50 | 237 | 11850 |
| Mozzarella Cheese | 40 | 237 | 9480 |

Chicken Pesto Sundried

| Ingredient | Qty | Meals | Total |
|------------------|-----|-------|-------|
| Sundried Tomatos | 20 | 178 | 3560 |

Chicken Mixing

Pesto

| Ingredient | Qty/Batch | Amount | Total | Batches |
|------------|-----------|--------|-------|---------|
| Chicken | 107 | 178 | 4762 | 4 |
| Sauce | 80 | 178 | 3560 | 4 |

Thai

| Ingredient | Qty/Batch | Amount | Total | Batches |
|------------|-----------|--------|-------|---------|
| Chicken | 115.36 | 134 | 5153 | 3 |
| Sauce | 92.7 | 134 | 4141 | 3 |

Butter Chicken

| Ingredient | Qty/Batch | Amount | Total | Batches |
|------------|-----------|--------|-------|---------|
| Chicken | 123 | 170 | 5228 | 4 |
| Sauce | 90 | 170 | 3825 | 4 |

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 | 90 | 4590 | 2 |
| Sauce | 100 | 90 | 4500 | 2 |

Meat Order and Veg Prep

Meat Order

| Meat Type | Amount (g) |
|---------------------|------------|
| CHUCK ROLL (LEBO) | 0 |
| BEEF TOPSIDE (MONG) | 17400 |
| MINCE | 22350 |
| TOPSIDE STEAK | 15094 |
| LAMB SHOULDER | 25272 |
| MORROCAN CHICKEN | 14220 |
| ITALIAN CHICKEN | 57069 |
| NORMAL CHICKEN | 88530 |
| CHICKEN THIGH | 37440 |

Veg Prep

| Veg Prep | Amount (g) |
|--------------------------|------------|
| 10MM DICED CARROT | 0 |
| 10MM DICED POTATO (LEBO) | 0 |
| 10MM DICED ZUCCHINI | 2133 |
| 5MM DICED CABBAGE | 0 |
| 5MM DICED CAPSICUM | 2133 |
| 5MM DICED CARROTS | 0 |
| 5MM DICED CELERY | 0 |
| 5MM DICED MUSHROOMS | 0 |
| 5MM DICED ONION | 2912 |
| 5MM MONGOLIAN CAPSICUM | 13404 |
| 5MM MONGOLIAN ONION | 13404 |
| 5MM SLICED MUSHROOMS | 0 |
| BROCCOLI | 6816 |
| CRATED CARROTS | 0 |
| CRATED ZUCCHINI | 0 |
| LEMON POTATO | 20700 |
| ROASTED POTATO | 74669 |
| THAI POTATOS | 8040 |
| POTATO MASH | 45750 |
| SWEET POTATO MASH | 39200 |
| SPINACH | 2724 |
| RED ONION | 4680 |
| PARSLEY | 234 |