

Meal Production Summary - 17/02/2026

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	233	6	0	239
Beef Chow Mein	158	3	0	161
Shepherd's Pie	133	0	0	133
Beef Burrito Bowl	134	3	0	137
Beef Meatballs	198	3	0	201
Lebanese Beef Stew	0	0	0	0
Mongolian Beef	213	6	0	219
Chicken with Vegetables	81	1	0	82
Chicken with Sweet Potato and Beans	127	0	0	127
Naked Chicken Parma	261	14	0	275
Chicken Pesto Pasta	208	10	0	218
Chicken and Broccoli Pasta	140	0	0	140
Butter Chicken	171	12	0	183
Thai Green Chicken Curry	147	9	0	156
Moroccan Chicken	71	0	0	71
Steak with Mushroom Sauce	203	5	0	208
Creamy Chicken & Mushroom Gnocchi	167	0	0	167
Roasted Lemon Chicken & Potatoes	148	6	0	154
Beef Lasagna	247	3	0	250
Bean Nachos with Rice	0	0	0	0
Lamb Souvlaki	190	7	0	197
Chicken Fajita Bowl	156	6	0	162
Steak On Its Own	0	0	0	0
Chicken On Its Own	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	7	0	0	7
Baked Family Lasagna	32	0	0	32
ON Amino Energy Can	0	1	0	1
TOTAL	3425	95	0	3520

Daily Production Report - 17/02/2026

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	239	5099	3
Oil	0.7	239	56	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	358	7041	3
Oil	0.7	358	84	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	1018	8992	6
Water	95	1018	16118	
Salt	1	1018	170	
Oil	1.5	1018	254	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	71	12780	0
Oil	2	71	142	
Lemon Juice	6	71	426	
Moroccan Chicken Mix	4	71	284	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	316	50560	
Oil	4	316	1264	
Roast Chicken Mix	4	316	1264	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	208	19344	0
Oil	1.5	208	312.0	
Baking Soda	3	208	624	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	197	31914	0
Oil	2	197	394	
Salt	1.5	197	295.5	
Oregano	0.3	197	59.1	
Baking Soda	5.27	197	1038.19	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	409	61350	0
Cooking Cream	20	409	8180	
Butter	7	409	2863	
Salt	1.5	409	613.5	
White Pepper	0.5	409	204.5	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	260	52000	0
Salt	1	260	260	
White Pepper	0.5	260	130.0	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	472	11210	8
Oil	1.62	472	96	
Spices Mix	2.5	472	148	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	154	10626	3
Oil	2	154	103	
Salt	1.2	154	62	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	156	9360	0
Salt	1	156	156	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	197	5910	0
Parsley	1.5	197	295.5	
Paprika	0.5	197	98.5	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	417	25020	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	239	0	3
Napoli Sauce	0	239	0	
Crushed Tomatoes	0	239	0	
Beef Stock	0	239	0	
Onion	0	239	0	
Zucchini	0	239	0	
Carrot	0	239	0	
Vegetable Oil	0	239	0	
Salt	0	239	0	
Pepper	0	239	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	161	0	3
Celery	0	161	0	
Carrot	0	161	0	
Cabbage	0	161	0	
Onion	0	161	0	
Oil	0	161	0	
Pepper	0	161	0	
Salt	0	161	0	
Soy Sauce	0	161	0	
Oyster Sauce	0	161	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	133	0	2
Oil	0	133	0	
Carrots	0	133	0	
Capsicum	0	133	0	
Onion	0	133	0	
Mushroom	0	133	0	
Peas	0	133	0	
Tomato Paste	0	133	0	
Beef Stock	0	133	0	
Salt	0	133	0	
Pepper	0	133	0	
Napoli Sauce	0	133	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	137	0	2
Onion	0	137	0	
Capsicum	0	137	0	
Vegetable Oil	0	137	0	
Taco Seasoning	0	137	0	
Salt	0	137	0	
Pepper	0	137	0	
Beef Stock	0	137	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	201	30150	
Onion	10	201	2010	
Parsley	3	201	603	
Salt	1.5	201	301.5	
Pepper	0.2	201	40.2	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	219	21900	
Baking Soda	2.5	219	547.5	
Water	10	219	2190	
Soy Sauce	5	219	1095	
Cornflour	2.5	219	547.5	
Capsicum	37	219	8103	
Onion	37	219	8103	
Rice	130	219	28470	

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	82	5535	2
Corn	50	82	2050	
Beans	60	82	2460	
Broccoli	67	82	2747	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	218	28340	
Penne	59	218	12862	
Sundried Tomatoes	20	218	4360	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	183	6405	4
Peas	40	183	1830	
Rice	130	183	5948	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	71	12780	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	71	1278	
Zucchini	27	71	1917	
Red Capsicum	27	71	1917	
Garlic	1.8	71	127.8	
Oil	1.8	71	127.8	
Chickpeas	103.5	71	7348.5	
Mix Spices	1.53	71	108.63	
Chicken Stock	45	71	3195	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	250	37500	
Mozzerala Cheese A	1750	250	187500	
Napoli Sauce	500	250	125000	
Bolognese	3200	250	800000	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	127	5715	3
Beans	60	127	2540	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	275	41250	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	140	18200	
Penne	59	140	8260	
Broccoli	40	140	5600	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	156	22495.199999999999	
Rice	130	156	20280	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	208	22880	

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	197	9193	3
Potatoes	140	197	9193	

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	162	8100	3
Capsicum	52	162	2808	
Red Onion	52	162	2808	
Salsa	30	162	1620	
Rice	130	162	7020	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	167	5010	5
Chicken	80	167	2672	
Sauce	200	167	6680	
Spinach	25	167	835	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7.21	156	1124.76
Coconut Cream	97.85	156	15264.599999999999

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	197	3940
Garlic	1	197	197
Salt	0.2	197	39.400000000000006

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	219	15330
MEATBALLS	120	201	24120
LEMON	50	154	7700
MUSHROOM	100	208	20800
FAJITA SAUCE	33	162	5346
BURRITO SAUCE	43	137	5891

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	275	13750
Mozzarella Cheese	40	275	11000

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	218	4360

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	218	4666	5
Sauce	80	218	3488	5

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	183	5628	4
Sauce	90	183	4118	4

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	140	4760	3
Sauce	100	140	4667	3

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	156	4500	4
Sauce	92.7	156	3616	4

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	167	4910	5
Chicken	80	167	2672	5
Sauce	200	167	6680	5
Spinach	25	167	835	5

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	21900
MINCE	30150
TOPSIDE STEAK	19344
LAMB SHOULDER	31914
MORROCAN CHICKEN	12780
ITALIAN CHICKEN	74052
NORMAL CHICKEN	112320
CHICKEN THIGH	50560

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	1917
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	1917
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	3288
5MM MONGOLIAN CAPSICUM	16527
5MM MONGOLIAN ONION	16527
5MM SLICED MUSHROOMS	0
BROCCOLI	11094
CRATED CARROTS	0
CRATED ZUCCHINI	0
LEMON POTATO	31878
ROASTED POTATO	89680
THAI POTATOS	9360
POTATO MASH	61350
SWEET POTATO MASH	52000
SPINACH	4170
RED ONION	5910
PARSLEY	296