

## Meal Production Summary - 02/02/2026

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	309	7	0	316
Beef Chow Mein	95	2	0	97
Shepherd's Pie	99	0	0	99
Beef Burrito Bowl	227	4	0	231
Beef Meatballs	117	2	0	119
Lebanese Beef Stew	0	0	0	0
Mongolian Beef	247	20	0	267
Chicken with Vegetables	45	9	0	54
Chicken with Sweet Potato and Beans	153	0	0	153
Naked Chicken Parma	298	25	0	323
Chicken Pesto Pasta	256	6	0	262
Chicken and Broccoli Pasta	119	0	0	119
Butter Chicken	247	9	0	256
Thai Green Chicken Curry	220	14	0	234
Moroccan Chicken	91	0	0	91
Steak with Mushroom Sauce	227	3	0	230
Creamy Chicken & Mushroom Gnocchi	133	0	0	133
Roasted Lemon Chicken & Potatoes	101	6	0	107
Beef Lasagna	369	9	0	378
Bean Nachos with Rice	0	0	0	0
Lamb Souvlaki	131	2	0	133
Chicken Fajita Bowl	90	5	0	95
Steak On Its Own	0	0	0	0
Chicken On Its Own	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	3	0	0	3
Baked Family Lasagna	9	0	0	9
ON Amino Energy Can	0	6	0	6
<b>TOTAL</b>	<b>3586</b>	<b>129</b>	<b>0</b>	<b>3715</b>

## Daily Production Report - 02/02/2026

### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	316	5056	4
Oil	0.7	316	55	

### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	381	7493	3
Oil	0.7	381	89	

### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	1180	8934	7
Water	95	1180	16014	
Salt	1	1180	169	
Oil	1.5	1180	253	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	91	16380	0
Oil	2	91	182	
Lemon Juice	6	91	546	
Moroccan Chicken Mix	4	91	364	

### Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	202	32320	
Oil	4	202	808	
Roast Chicken Mix	4	202	808	

### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	230	21390	0
Oil	1.5	230	345.0	
Baking Soda	3	230	690	

### Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	133	21546	0
Oil	2	133	266	
Salt	1.5	133	199.5	
Oregano	0.3	133	39.9	
Baking Soda	5.27	133	700.91	

### Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	349	52350	0
Cooking Cream	20	349	6980	
Butter	7	349	2443	
Salt	1.5	349	523.5	
White Pepper	0.5	349	174.5	

### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	252	50400	0
Salt	1	252	252	
White Pepper	0.5	252	126.0	

### Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	456	10830	8
Oil	1.62	456	92	
Spices Mix	2.5	456	142	

### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	107	11074	2
Oil	2	107	107	
Salt	1.2	107	64	

### Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	234	14040	0
Salt	1	234	234	

### Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	133	3990	0
Parsley	1.5	133	199.5	
Paprika	0.5	133	66.5	

### Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	437	26220	0

## Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	316	0	4
Napoli Sauce	0	316	0	
Crushed Tomatoes	0	316	0	
Beef Stock	0	316	0	
Onion	0	316	0	
Zucchini	0	316	0	
Carrot	0	316	0	
Vegetable Oil	0	316	0	
Salt	0	316	0	
Pepper	0	316	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	99	0	2
Oil	0	99	0	
Carrots	0	99	0	
Capsicum	0	99	0	
Onion	0	99	0	
Mushroom	0	99	0	
Peas	0	99	0	
Tomato Paste	0	99	0	
Beef Stock	0	99	0	
Salt	0	99	0	
Pepper	0	99	0	
Napoli Sauce	0	99	0	

### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	231	0	2
Onion	0	231	0	
Capsicum	0	231	0	
Vegetable Oil	0	231	0	
Taco Seasoning	0	231	0	
Salt	0	231	0	
Pepper	0	231	0	
Beef Stock	0	231	0	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	119	17850	
Onion	10	119	1190	
Parsley	3	119	357	
Salt	1.5	119	178.5	
Pepper	0.2	119	23.8	

### 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	

### Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	267	26700	
Baking Soda	2.5	267	667.5	
Water	10	267	2670	
Soy Sauce	5	267	1335	
Cornflour	2.5	267	667.5	
Capsicum	37	267	9879	
Onion	37	267	9879	
Rice	130	267	34710	

## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	54	7290	1
Corn	50	54	2700	
Beans	60	54	3240	
Broccoli	67	54	3618	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	262	34060	
Penne	59	262	15458	
Sundried Tomatoes	20	262	5240	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	256	7168	5
Peas	40	256	2048	
Rice	130	256	6656	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	91	16380	

### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	91	1638	
Zucchini	27	91	2457	
Red Capsicum	27	91	2457	
Garlic	1.8	91	163.8	
Oil	1.8	91	163.8	
Chickpeas	103.5	91	9418.5	
Mix Spices	1.53	91	139.23	
Chicken Stock	45	91	4095	

### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	378	56700	
Mozzerala Cheese	1750	378	283500	
Napoli Sauce	500	378	189000	
Bolognese	3200	378	1209600	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	153	6885	3
Beans	60	153	3060	

### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	323	48450	

### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	119	15470	
Penne	59	119	7021	
Broccoli	40	119	4760	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	234	33742.799999999996	
Rice	130	234	30420	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	230	25300	

### 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	133	9310	2
Potatoes	140	133	9310	

### 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	95	7125	2
Capsicum	52	95	2470	
Red Onion	52	95	2470	
Salsa	30	95	1425	
Rice	130	95	6175	

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	133	4988	4
Chicken	80	133	2660	
Sauce	200	133	6650	
Spinach	25	133	831	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7.21	234	1687.14
Coconut Cream	97.85	234	22896.899999999998

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	133	2660
Garlic	1	133	133
Salt	0.2	133	26.6

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	267	18690
MEATBALLS	120	119	14280
LEMON	50	107	5350
MUSHROOM	100	230	23000
FAJITA SAUCE	33	95	3135
BURRITO SAUCE	43	231	9933

### Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	231	2484	4
Black Beans	50	231	2888	4
Corn	50	231	2888	4
Rice	130	231	7508	4

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	323	16150
Mozzarella Cheese	40	323	12920

### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	262	5240

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	262	4673	6
Sauce	80	262	3494	6

### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	234	5399	5
Sauce	92.7	234	4339	5

### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	256	5248	6
Sauce	90	256	3840	6

### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	133	4888	4
Chicken	80	133	2660	4
Sauce	200	133	6650	4
Spinach	25	133	832	4

### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	119	4046	3
Sauce	100	119	3967	3

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	26700
MINCE	17850
TOPSIDE STEAK	21390
LAMB SHOULDER	21546
MORROCAN CHICKEN	16380
ITALIAN CHICKEN	81090
NORMAL CHICKEN	130520
CHICKEN THIGH	32320

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	2457
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	2457
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	2828
5MM MONGOLIAN CAPSICUM	14819
5MM MONGOLIAN ONION	14819
5MM SLICED MUSHROOMS	0
BROCCOLI	8378
CRATED CARROTS	0
CRATED ZUCCHINI	0
LEMON POTATO	22148
ROASTED POTATO	86640
THAI POTATOS	14040
POTATO MASH	52350
SWEET POTATO MASH	50400
SPINACH	3324
RED ONION	3990
PARSLEY	200