

## Meal Production Summary - 13/01/2026

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	284	8	0	292
Beef Chow Mein	161	4	0	165
Shepherd's Pie	165	0	0	165
Beef Burrito Bowl	221	2	0	223
Beef Meatballs	240	7	0	247
Lebanese Beef Stew	0	0	0	0
Mongolian Beef	299	7	0	306
Chicken with Vegetables	57	2	0	59
Chicken with Sweet Potato and Beans	159	0	0	159
Naked Chicken Parma	371	8	0	379
Chicken Pesto Pasta	278	2	0	280
Chicken and Broccoli Pasta	161	0	0	161
Butter Chicken	280	4	0	284
Thai Green Chicken Curry	219	5	0	224
Moroccan Chicken	85	0	0	85
Steak with Mushroom Sauce	227	4	0	231
Creamy Chicken & Mushroom Gnocchi	207	0	0	207
Roasted Lemon Chicken & Potatoes	172	3	0	175
Beef Lasagna	406	13	0	419
Bean Nachos with Rice	0	0	0	0
Lamb Souvlaki	272	2	0	274
Chicken Fajita Bowl	204	3	0	207
Steak On Its Own	0	0	0	0
Chicken On Its Own	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	12	0	0	12
Baked Family Lasagna	30	0	0	30
ON Amino Energy Can	0	3	0	3
<b>TOTAL</b>	<b>4510</b>	<b>77</b>	<b>0</b>	<b>4587</b>

## Daily Production Report - 13/01/2026

### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	292	4672	4
Oil	0.7	292	51	

### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	441	6505	4
Oil	0.7	441	77	

### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	1409	9335	8
Water	95	1409	16732	
Salt	1	1409	176	
Oil	1.5	1409	264	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	85	15300	0
Oil	2	85	170	
Lemon Juice	6	85	510	
Moroccan Chicken Mix	4	85	340	

### Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	382	61120	
Oil	4	382	1528	
Roast Chicken Mix	4	382	1528	

### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	231	21483	0
Oil	1.5	231	346.5	
Baking Soda	3	231	693	

### Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	274	44388	0
Oil	2	274	548	
Salt	1.5	274	411.0	
Oregano	0.3	274	82.2	

### Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	478	71700	0
Cooking Cream	20	478	9560	
Butter	7	478	3346	
Salt	1.5	478	717.0	
White Pepper	0.5	478	239.0	

### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	324	64800	0
Salt	1	324	324	
White Pepper	0.5	324	162.0	

### Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	653	11279	11
Oil	1	653	59	
Spices Mix	2.5	653	148	

### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	175	12075	3
Oil	1	175	58	
Salt	1.2	175	70	

### Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	224	13440	0
Salt	1	224	224	

### Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	274	8220	0
Parsley	1.5	274	411.0	
Paprika	0.5	274	137.0	

### Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	449	26940	0

## Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	292	0	4
Napoli Sauce	0	292	0	
Crushed Tomatoes	0	292	0	
Beef Stock	0	292	0	
Onion	0	292	0	
Zucchini	0	292	0	
Carrot	0	292	0	
Vegetable Oil	0	292	0	
Salt	0	292	0	
Pepper	0	292	0	

### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	165	0	3
Celery	0	165	0	
Carrot	0	165	0	
Cabbage	0	165	0	
Onion	0	165	0	
Oil	0	165	0	
Pepper	0	165	0	
Salt	0	165	0	
Soy Sauce	0	165	0	
Oyster Sauce	0	165	0	

### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	165	0	3
Oil	0	165	0	
Carrots	0	165	0	
Capsicum	0	165	0	
Onion	0	165	0	
Mushroom	0	165	0	
Peas	0	165	0	
Tomato Paste	0	165	0	
Beef Stock	0	165	0	
Salt	0	165	0	
Pepper	0	165	0	
Napoli Sauce	0	165	0	

### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	223	0	2
Onion	0	223	0	
Capsicum	0	223	0	
Vegetable Oil	0	223	0	
Taco Seasoning	0	223	0	
Salt	0	223	0	
Pepper	0	223	0	
Beef Stock	0	223	0	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	247	37050	
Onion	10	247	2470	
Parsley	3	247	741	
Salt	1.5	247	370.5	
Pepper	0.2	247	49.400000000000006	

### 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	306	30600	
Baking Soda	2.5	306	765.0	
Water	10	306	3060	
Soy Sauce	5	306	1530	
Cornflour	2.5	306	765.0	
Capsicum	37	306	11322	
Onion	37	306	11322	
Rice	130	306	39780	

## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	59	7965	1
Corn	50	59	2950	
Beans	60	59	3540	
Broccoli	67	59	3953	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	280	36400	
Penne	59	280	16520	
Sundried Tomatoes	20	280	5600	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	284	7952	5
Peas	40	284	2272	
Rice	130	284	7384	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	85	15300	

### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	85	1530	
Zucchini	27	85	2295	
Red Capsicum	27	85	2295	
Garlic	1.8	85	153.0	
Oil	1.8	85	153.0	
Chickpeas	103.5	85	8797.5	
Mix Spices	1.53	85	130.05	
Chicken Stock	45	85	3825	

### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	419	62850	
Mozzerala Cheese	1750	419	314250	
Napoli Sauce	500	419	209500	
Bolognese	3200	419	1340800	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	159	7155	3
Beans	60	159	3180	

### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	379	56850	

### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	161	20930	
Penne	59	161	9499	
Broccoli	40	161	6440	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	224	32300.799999999996	
Rice	130	224	29120	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	231	25410	

### 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	274	9590	4
Potatoes	140	274	9590	

### 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	207	7762	4
Capsicum	52	207	2691	
Red Onion	52	207	2691	
Salsa	30	207	1552	
Rice	130	207	6728	

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	207	5175	6
Chicken	80	207	2760	
Sauce	200	207	6900	
Spinach	25	207	862	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7.21	224	1615.04
Coconut Cream	97.85	224	21918.399999999998

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	274	5480
Garlic	1	274	274
Salt	0.2	274	54.800000000000004

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	306	21420
MEATBALLS	120	247	29640
LEMON	50	175	8750
MUSHROOM	100	231	23100
FAJITA SAUCE	33	207	6831
BURRITO SAUCE	43	223	9589

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	379	18950
Mozzarella Cheese	40	379	15160

### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	280	5600

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	280	4994	6
Sauce	80	280	3734	6

### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	284	5822	6
Sauce	90	284	4260	6

### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	161	4106	4
Sauce	100	161	4025	4

### Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	223	2398	4
Black Beans	50	223	2788	4
Corn	50	223	2788	4
Rice	130	223	7248	4

### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	224	5169	5
Sauce	92.7	224	4153	5

### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	207	5072	6
Chicken	80	207	2760	6
Sauce	200	207	6900	6
Spinach	25	207	863	6

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	30600
MINCE	37050
TOPSIDE STEAK	21483
LAMB SHOULDER	44388
MORROCAN CHICKEN	15300
ITALIAN CHICKEN	91341
NORMAL CHICKEN	150280
CHICKEN THIGH	61120

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	2295
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	2295
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	4000
5MM MONGOLIAN CAPSICUM	22086
5MM MONGOLIAN ONION	22086
5MM SLICED MUSHROOMS	0
BROCCOLI	10393
CRATED CARROTS	0
CRATED ZUCCHINI	0
LEMON POTATO	36225
ROASTED POTATO	124069
THAI POTATOS	13440
POTATO MASH	71700
SWEET POTATO MASH	64800
SPINACH	5172
RED ONION	8220
PARSLEY	411