

Meal Production Summary - 20/01/2026

| Meal | Clean Eats | Made Active | Already Made | Total |
|-------------------------------------|-------------|-------------|--------------|-------------|
| Spaghetti Bolognese | 156 | 2 | 0 | 158 |
| Beef Chow Mein | 83 | 2 | 0 | 85 |
| Shepherd's Pie | 108 | 0 | 50 | 58 |
| Beef Burrito Bowl | 130 | 0 | 0 | 130 |
| Beef Meatballs | 155 | 0 | 0 | 155 |
| Lebanese Beef Stew | 0 | 0 | 0 | 0 |
| Mongolian Beef | 197 | 1 | 0 | 198 |
| Chicken with Vegetables | 75 | 3 | 0 | 78 |
| Chicken with Sweet Potato and Beans | 95 | 0 | 0 | 95 |
| Naked Chicken Parma | 220 | 3 | 15 | 208 |
| Chicken Pesto Pasta | 182 | 3 | 15 | 170 |
| Chicken and Broccoli Pasta | 101 | 0 | 0 | 101 |
| Butter Chicken | 161 | 0 | 0 | 161 |
| Thai Green Chicken Curry | 130 | 4 | 0 | 134 |
| Moroccan Chicken | 92 | 0 | 10 | 82 |
| Steak with Mushroom Sauce | 136 | 3 | 0 | 139 |
| Creamy Chicken & Mushroom Gnocchi | 112 | 0 | 0 | 112 |
| Roasted Lemon Chicken & Potatoes | 136 | 2 | 0 | 138 |
| Beef Lasagna | 284 | 3 | 0 | 287 |
| Bean Nachos with Rice | 0 | 0 | 0 | 0 |
| Lamb Souvlaki | 181 | 2 | 15 | 168 |
| Chicken Fajita Bowl | 124 | 0 | 0 | 124 |
| Steak On Its Own | 0 | 0 | 0 | 0 |
| Chicken On Its Own | 0 | 0 | 0 | 0 |
| Family Mac and 3 Cheese Pasta Bake | 2 | 0 | 0 | 2 |
| Baked Family Lasagna | 21 | 0 | 0 | 21 |
| ON Amino Energy Can | 0 | 2 | 0 | 2 |
| TOTAL | 2881 | 30 | 105 | 2806 |

Daily Production Report - 20/01/2026

Spaghetti Order

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Spaghetti | 64 | 158 | 5056 | 2 |
| Oil | 0.7 | 158 | 55 | |

Penne Order

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Penne | 59 | 271 | 5330 | 3 |
| Oil | 0.7 | 271 | 63 | |

Rice Order

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Rice | 53 | 832 | 8819 | 5 |
| Water | 95 | 832 | 15808 | |
| Salt | 1 | 832 | 166 | |
| Oil | 1.5 | 832 | 250 | |

Moroccan Chicken

| Ingredient | Qty/Meal | Meals | Total | Batches |
|----------------------|----------|-------|-------|---------|
| Chicken | 180 | 82 | 14760 | 0 |
| Oil | 2 | 82 | 164 | |
| Lemon Juice | 6 | 82 | 492 | |
| Moroccan Chicken Mix | 4 | 82 | 328 | |

Chicken Thigh

| Ingredient | Qty/Meal | Meals | Total | Batches |
|-------------------|----------|-------|-------|---------|
| Chicken | 160 | 262 | 41920 | |
| Oil | 4 | 262 | 1048 | |
| Roast Chicken Mix | 4 | 262 | 1048 | |

Steak

| Ingredient | Qty/Meal | Meals | Total | Batches |
|-------------|----------|-------|-------|---------|
| Steak | 93 | 139 | 12927 | 0 |
| Oil | 1.5 | 139 | 208.5 | |
| Baking Soda | 3 | 139 | 417 | |

Lamb Marinate

| Ingredient | Qty/Meal | Meals | Total | Batches |
|---------------|----------|-------|--------|---------|
| Lamb Shoulder | 162 | 168 | 27216 | 0 |
| Oil | 2 | 168 | 336 | |
| Salt | 1.5 | 168 | 252.0 | |
| Oregano | 0.3 | 168 | 50.4 | |
| Baking Soda | 5.27 | 168 | 885.36 | |

Potato Mash

| Ingredient | Qty/Meal | Meals | Total | Batches |
|---------------|----------|-------|-------|---------|
| Potato | 150 | 294 | 44100 | 0 |
| Cooking Cream | 20 | 294 | 5880 | |
| Butter | 7 | 294 | 2058 | |
| Salt | 1.5 | 294 | 441.0 | |
| White Pepper | 0.5 | 294 | 147.0 | |

Sweet Potato Mash

| Ingredient | Qty/Meal | Meals | Total | Batches |
|--------------|----------|-------|-------|---------|
| Sweet Potato | 200 | 153 | 30600 | 0 |
| Salt | 1 | 153 | 153 | |
| White Pepper | 0.5 | 153 | 76.5 | |

Roasted Potatoes

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------------|----------|-------|-------|---------|
| Roasted Potatoes | 190 | 376 | 11907 | 6 |
| Oil | 1.62 | 376 | 102 | |
| Spices Mix | 2.5 | 376 | 157 | |

Roasted Lemon Potatoes

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Potatoes | 207 | 138 | 9522 | 3 |
| Oil | 2 | 138 | 92 | |
| Salt | 1.2 | 138 | 55 | |

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 | 168 | 5040 | 0 |
| Parsley | 1.5 | 168 | 252.0 | |
| Paprika | 0.5 | 168 | 84.0 | |

Green Beans

| Ingredient | Qty/Meal | Meals | Total | Batches |
|-------------|----------|-------|-------|---------|
| Green Beans | 60 | 312 | 18720 | 0 |

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------------|----------|-------|-------------|-------|
| Beef Mince | 0 | 158 | 0 | 2 |
| Napoli Sauce | 0 | 158 | 0 | |
| Crushed Tomatoes | 0 | 158 | 0 | |
| Beef Stock | 0 | 158 | 0 | |
| Onion | 0 | 158 | 0 | |
| Zucchini | 0 | 158 | 0 | |
| Carrot | 0 | 158 | 0 | |
| Vegetable Oil | 0 | 158 | 0 | |
| Salt | 0 | 158 | 0 | |
| Pepper | 0 | 158 | 0 | |

Beef Chow Mein

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|--------------|----------|-------|-------------|-------|
| Beef Mince | 0 | 85 | 0 | 2 |
| Celery | 0 | 85 | 0 | |
| Carrot | 0 | 85 | 0 | |
| Cabbage | 0 | 85 | 0 | |
| Onion | 0 | 85 | 0 | |
| Oil | 0 | 85 | 0 | |
| Pepper | 0 | 85 | 0 | |
| Salt | 0 | 85 | 0 | |
| Soy Sauce | 0 | 85 | 0 | |
| Oyster Sauce | 0 | 85 | 0 | |

Shepherd's Pie

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|--------------|----------|-------|-------------|-------|
| Beef Mince | 0 | 58 | 0 | 1 |
| Oil | 0 | 58 | 0 | |
| Carrots | 0 | 58 | 0 | |
| Capsicum | 0 | 58 | 0 | |
| Onion | 0 | 58 | 0 | |
| Mushroom | 0 | 58 | 0 | |
| Peas | 0 | 58 | 0 | |
| Tomato Paste | 0 | 58 | 0 | |
| Beef Stock | 0 | 58 | 0 | |
| Salt | 0 | 58 | 0 | |
| Pepper | 0 | 58 | 0 | |
| Napoli Sauce | 0 | 58 | 0 | |

Beef Burrito Bowl

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|----------------|----------|-------|-------------|-------|
| Beef Mince | 0 | 130 | 0 | 1 |
| Onion | 0 | 130 | 0 | |
| Capsicum | 0 | 130 | 0 | |
| Vegetable Oil | 0 | 130 | 0 | |
| Taco Seasoning | 0 | 130 | 0 | |
| Salt | 0 | 130 | 0 | |
| Pepper | 0 | 130 | 0 | |
| Beef Stock | 0 | 130 | 0 | |

Beef Meatballs

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Mince | 150 | 155 | 23250 | |
| Onion | 10 | 155 | 1550 | |
| Parsley | 3 | 155 | 465 | |
| Salt | 1.5 | 155 | 232.5 | |
| Pepper | 0.2 | 155 | 31.0 | |

Mongolian Beef

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|-------------|----------|-------|-------------|-------|
| Chuck | 100 | 198 | 19800 | |
| Baking Soda | 2.5 | 198 | 495.0 | |
| Water | 10 | 198 | 1980 | |
| Soy Sauce | 5 | 198 | 990 | |
| Cornflour | 2.5 | 198 | 495.0 | |
| Capsicum | 37 | 198 | 7326 | |
| Onion | 37 | 198 | 7326 | |
| Rice | 130 | 198 | 25740 | |

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 | 78 | 5265 | 2 |
| Corn | 50 | 78 | 1950 | |
| Beans | 60 | 78 | 2340 | |
| Broccoli | 67 | 78 | 2613 | |

Chicken Pesto Pasta

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|-------------------|----------|-------|-------------|-------|
| Chicken | 130 | 170 | 22100 | |
| Penne | 59 | 170 | 10030 | |
| Sundried Tomatoes | 20 | 170 | 3400 | |

Butter Chicken

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken | 140 | 161 | 7513 | 3 |
| Peas | 40 | 161 | 2147 | |
| Rice | 130 | 161 | 6977 | |

Moroccan Chicken

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken | 180 | 82 | 14760 | |

Chickpea Recipe

| Ingredient | Qty/Meal | Meals | Total | |
|---------------|----------|-------|--------------------|--|
| Onion | 18 | 82 | 1476 | |
| Zucchini | 27 | 82 | 2214 | |
| Red Capsicum | 27 | 82 | 2214 | |
| Garlic | 1.8 | 82 | 147.6 | |
| Oil | 1.8 | 82 | 147.6 | |
| Chickpeas | 103.5 | 82 | 8487.0 | |
| Mix Spices | 1.53 | 82 | 125.46000000000001 | |
| Chicken Stock | 45 | 82 | 3690 | |

Beef Lasagna

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------------|----------|-------|-------------|-------|
| Lasange Sheets | 150 | 287 | 43050 | |
| Mozzerala Cheese | 1750 | 287 | 215250 | |
| Napoli Sauce | 500 | 287 | 143500 | |
| Bolognese | 3200 | 287 | 918400 | |

Chicken with Sweet Potato and Beans

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken | 135 | 95 | 6412 | 2 |
| Beans | 60 | 95 | 2850 | |

Naked Chicken Parma

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken | 150 | 208 | 31200 | |

Chicken and Broccoli Pasta

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken | 130 | 101 | 13130 | |
| Penne | 59 | 101 | 5959 | |
| Broccoli | 40 | 101 | 4040 | |

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 | 139 | 15290 | |

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 | 168 | 11760 | 2 |
| Potatoes | 140 | 168 | 11760 | |

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 | 124 | 6200 | 3 |
| Capsicum | 52 | 124 | 2149 | |
| Red Onion | 52 | 124 | 2149 | |
| Salsa | 30 | 124 | 1240 | |
| Rice | 130 | 124 | 5373 | |

Creamy Chicken & Mushroom Gnocchi

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Gnocchi | 150 | 112 | 4200 | 4 |
| Chicken | 80 | 112 | 2240 | |
| Sauce | 200 | 112 | 5600 | |
| Spinach | 25 | 112 | 700 | |

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 | 168 | 3360 |
| Garlic | 1 | 168 | 168 |
| Salt | 0.2 | 168 | 33.6 |

To Pack In Fridge

Sauces to Prepare

| Sauce | Qty | Amt | Total |
|---------------|-----|-----|-------|
| MONGOLIAN | 70 | 198 | 13860 |
| MEATBALLS | 120 | 155 | 18600 |
| LEMON | 50 | 138 | 6900 |
| MUSHROOM | 100 | 139 | 13900 |
| FAJITA SAUCE | 33 | 124 | 4092 |
| BURRITO SAUCE | 43 | 130 | 5590 |

Beef Burrito Mix

| Ingredient | Qty | Amt | Total | Batches |
|-------------|-----|-----|-------|---------|
| Salsa | 43 | 130 | 1864 | 3 |
| Black Beans | 50 | 130 | 2167 | 3 |
| Corn | 50 | 130 | 2167 | 3 |
| Rice | 130 | 130 | 5634 | 3 |

Parma Mix

| Ingredient | Qty | Amt | Total |
|-------------------|-----|-----|-------|
| Napoli Sauce | 50 | 208 | 10400 |
| Mozzarella Cheese | 40 | 208 | 8320 |

Chicken Pesto Sundried

| Ingredient | Qty | Meals | Total |
|------------------|-----|-------|-------|
| Sundried Tomatos | 20 | 170 | 3400 |

Chicken Mixing

Pesto

| Ingredient | Qty/Batch | Amount | Total | Batches |
|------------|-----------|--------|-------|---------|
| Chicken | 107 | 170 | 4548 | 4 |
| Sauce | 80 | 170 | 3400 | 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 | 161 | 4951 | 4 |
| Sauce | 90 | 161 | 3623 | 4 |

Gnocchi

| Ingredient | Qty/Batch | Amount | Total | Batches |
|------------|-----------|--------|-------|---------|
| Gnocchi | 147 | 112 | 4116 | 4 |
| Chicken | 80 | 112 | 2240 | 4 |
| Sauce | 200 | 112 | 5600 | 4 |
| Spinach | 25 | 112 | 700 | 4 |

Broccoli Pasta

| Ingredient | Qty/Batch | Amount | Total | Batches |
|------------|-----------|--------|-------|---------|
| Chicken | 102 | 101 | 3434 | 3 |
| Sauce | 100 | 101 | 3367 | 3 |

Meat Order and Veg Prep

Meat Order

| Meat Type | Amount (g) |
|---------------------|------------|
| CHUCK ROLL (LEBO) | 0 |
| BEEF TOPSIDE (MONG) | 19800 |
| MINCE | 23250 |
| TOPSIDE STEAK | 12927 |
| LAMB SHOULDER | 27216 |
| MORROCAN CHICKEN | 14760 |
| ITALIAN CHICKEN | 58293 |
| NORMAL CHICKEN | 88140 |
| CHICKEN THIGH | 41920 |

Veg Prep

| Veg Prep | Amount (g) |
|--------------------------|------------|
| 10MM DICED CARROT | 0 |
| 10MM DICED POTATO (LEBO) | 0 |
| 10MM DICED ZUCCHINI | 2214 |
| 5MM DICED CABBAGE | 0 |
| 5MM DICED CAPSICUM | 2214 |
| 5MM DICED CARROTS | 0 |
| 5MM DICED CELERY | 0 |
| 5MM DICED MUSHROOMS | 0 |
| 5MM DICED ONION | 3026 |
| 5MM MONGOLIAN CAPSICUM | 13773 |
| 5MM MONGOLIAN ONION | 13773 |
| 5MM SLICED MUSHROOMS | 0 |
| BROCCOLI | 9266 |
| CRATED CARROTS | 0 |
| CRATED ZUCCHINI | 0 |
| LEMON POTATO | 28566 |
| ROASTED POTATO | 71436 |
| THAI POTATOS | 8040 |
| POTATO MASH | 44100 |
| SWEET POTATO MASH | 30600 |
| SPINACH | 2800 |
| RED ONION | 5040 |
| PARSLEY | 252 |