

Meal Production Summary - 27/10/2025

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	151	7	0	158
Beef Chow Mein	74	3	0	77
Shepherd's Pie	101	0	0	101
Beef Burrito Bowl	142	6	0	148
Beef Meatballs	116	6	0	122
Lebanese Beef Stew	4	0	0	4
Mongolian Beef	197	6	0	203
Chicken with Vegetables	56	3	0	59
Chicken with Sweet Potato and Beans	81	0	0	81
Naked Chicken Parma	263	8	0	271
Chicken Pesto Pasta	218	5	0	223
Chicken and Broccoli Pasta	113	0	0	113
Butter Chicken	159	16	0	175
Thai Green Chicken Curry	140	3	0	143
Moroccan Chicken	59	0	0	59
Steak with Mushroom Sauce	218	14	0	232
Creamy Chicken & Mushroom Gnocchi	187	0	0	187
Roasted Lemon Chicken & Potatoes	97	2	0	99
Beef Lasagna	378	10	0	388
Bean Nachos with Rice	22	0	0	22
Lamb Souvlaki	167	0	0	167
Chicken Fajita Bowl	113	2	0	115
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	8	0	0	8
ON Amino Energy Can	0	4	0	4
Lunch & Dinner Weekdays Only - 10 Meals	0	1	0	1
TOTAL	3066	96	0	3162

Daily Production Report - 27/10/2025

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	336	6608	3
Oil	0.7	336	78	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	887	23506	2
Water	95	887	42132	
Salt	1	887	444	
Oil	1.5	887	665	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	59	10620	0
Oil	2	59	118	
Lemon Juice	6	59	354	
Moroccan Chicken Mix	4	59	236	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	214	34240	
Oil	4	214	856	
Roast Chicken Mix	4	214	856	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	232	21576	0
Oil	1.5	232	348.0	
Baking Soda	3	232	696	

Lamb Marinade

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	167	27054	0
Oil	2	167	334	
Salt	1.5	167	250.5	
Oregano	1.2	167	200.4	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	354	53100	0
Cooking Cream	20	354	7080	
Butter	7	354	2478	
Salt	1.5	354	531.0	
White Pepper	0.5	354	177.0	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	182	36400	0
Salt	1	182	182	
White Pepper	0.5	182	91.0	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	438	11889	7
Oil	1	438	63	
Spices Mix	2.5	438	156	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	99	10246	2
Oil	1	99	50	
Salt	1.2	99	59	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	143	8580	0
Salt	1	143	143	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	167	5010	0
Parsley	1.5	167	250.5	
Paprika	0.5	167	83.5	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	372	22320	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	77	0	1
Celery	0	77	0	
Carrot	0	77	0	
Cabbage	0	77	0	
Onion	0	77	0	
Oil	0	77	0	
Pepper	0	77	0	
Salt	0	77	0	
Soy Sauce	0	77	0	
Oyster Sauce	0	77	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	101	0	2
Oil	0	101	0	
Carrots	0	101	0	
Capsicum	0	101	0	
Onion	0	101	0	
Mushroom	0	101	0	
Peas	0	101	0	
Tomato Paste	0	101	0	
Beef Stock	0	101	0	
Salt	0	101	0	
Pepper	0	101	0	
Napoli Sauce	0	101	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	148	0	2
Onion	0	148	0	
Capsicum	0	148	0	
Vegetable Oil	0	148	0	
Taco Seasoning	0	148	0	
Salt	0	148	0	
Pepper	0	148	0	
Beef Stock	0	148	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	122	18300	
Onion	10	122	1220	
Parsley	3	122	366	
Salt	1.5	122	183.0	
Pepper	0.2	122	24.400000000000	0002

Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	4	388	1
Onion	30	4	120	
Carrot	30	4	120	
Potato	30	4	120	
Peas	30	4	120	
Oil	2	4	8	
Salt	2.5	4	10	
Pepper	0.5	4	2	
Tomato Paste	20	4	80	
Water	30	4	120	
Beef Stock	30	4	120	
Rice	130	4	520	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	203	20300	
Baking Soda	2.5	203	507.5	
Water	10	203	2030	
Soy Sauce	5	203	1015	
Cornflour	2.5	203	507.5	
Capsicum	37	203	7511	
Onion	37	203	7511	
Rice	130	203	26390	

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	223	28990	
Penne	59	223	13157	
Sundried Tomatoes	20	223	4460	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	175	8167	3
Peas	40	175	2333	
Rice	130	175	7583	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	59	10620	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	59	1180	
Zucchini	30	59	1770	
Red Capsicum	30	59	1770	
Garlic	2	59	118	
Oil	2	59	118	
Chickpeas	115	59	6785	
Mix Spices	1.7	59	100.3	
Chicken Stock	50	59	2950	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	388	58200	
Mozzerala Cheese	1750	388	291000	
Napoli Sauce	500	388	194000	
Bolognese	3200	388	1241600	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	81	5468	2
Beans	60	81	2430	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	271	40650	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	113	14690	
Penne	59	113	6667	
Broccoli	40	113	4520	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	143	20020	
Rice	130	143	18590	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	232	25520	

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	22	1760	1
Carrot	25	22	550	
Onion	20	22	440	
Taco Seasoning	1	22	22	
Salt	1.5	22	33	
Pepper	0.5	22	11	
Garlic	2.5	22	55	
Vegetable Oil	1.5	22	33	
Cumin	0.5	22	11	
Crushed Tomato	85	22	1870	
Water	41.7	22	917	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	167	11690	2
Potatoes	140	167	11690	

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	115	8625	2
Capsicum	52	115	2990	
Red Onion	52	115	2990	
Salsa	30	115	1725	
Rice	130	115	7475	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	187	4675	6
Chicken	80	187	2493	
Sauce	200	187	6233	
Spinach	25	187	779	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	143	1001
Coconut Cream	95	143	13585

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	167	3340
Garlic	1	167	167
Salt	0.2	167	33.4

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	203	14210
MEATBALLS	120	122	14640
LEMON	50	99	4950
MUSHROOM	100	232	23200
FAJITA SAUCE	33	115	3795
BURRITO SAUCE	43	148	6364

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	148	2122	3
Black Beans	50	148	2467	3
Corn	50	148	2467	3
Rice	130	148	6414	3

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	271	13550
Mozzarella Cheese	40	271	10840

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	223	4460

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	223	4773	5
Sauce	80	223	3568	5

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	143	5339	3
Sauce	90	143	4290	3

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	175	5382	4
Sauce	90	175	3938	4

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	187	4582	6
Chicken	80	187	2494	6
Sauce	200	187	6234	6
Spinach	25	187	780	6

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	113	3842	3
Sauce	100	113	3767	3

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	388
BEEF TOPSIDE (MONG)	20300
MINCE	18300
TOPSIDE STEAK	21576
LAMB SHOULDER	27054
MORROCAN CHICKEN	10620
ITALIAN CHICKEN	62883
NORMAL CHICKEN	109330
CHICKEN THIGH	34240

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	120
10MM DICED POTATO (LEBO)	120
10MM DICED ZUCCHINI	1770
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	1770
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	2960
5MM MONGOLIAN CAPSICUM	13491
5MM MONGOLIAN ONION	13491
5MM SLICED MUSHROOMS	0
BROCCOLI	8473
CRATED CARROTS	550
CRATED ZUCCHINI	0
LEMON POTATO	20492
ROASTED POTATO	83216
THAI POTATOS	8580
POTATO MASH	53100
SWEET POTATO MASH	36400
SPINACH	4674
RED ONION	5010
PARSLEY	250