

Meal Production Summary - 26/01/2026

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	131	9	0	140
Beef Chow Mein	76	3	0	79
Shepherd's Pie	73	0	0	73
Beef Burrito Bowl	77	6	0	83
Beef Meatballs	91	1	0	92
Lebanese Beef Stew	0	0	0	0
Mongolian Beef	113	4	0	117
Chicken with Vegetables	32	4	0	36
Chicken with Sweet Potato and Beans	64	0	0	64
Naked Chicken Parma	148	14	0	162
Chicken Pesto Pasta	104	3	0	107
Chicken and Broccoli Pasta	56	0	0	56
Butter Chicken	108	4	0	112
Thai Green Chicken Curry	91	4	0	95
Moroccan Chicken	45	0	0	45
Steak with Mushroom Sauce	129	7	0	136
Creamy Chicken & Mushroom Gnocchi	71	0	0	71
Roasted Lemon Chicken & Potatoes	63	8	0	71
Beef Lasagna	196	6	0	202
Bean Nachos with Rice	0	0	0	0
Lamb Souvlaki	83	6	0	89
Chicken Fajita Bowl	62	4	0	66
Steak On Its Own	0	0	0	0
Chicken On Its Own	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	0	0	0	0
Baked Family Lasagna	4	0	0	4
ON Amino Energy Can	0	2	0	2
TOTAL	1817	85	0	1902

Daily Production Report - 26/01/2026

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	140	4480	2
Oil	0.7	140	49	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	163	4808	2
Oil	0.7	163	57	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	552	7314	4
Water	95	552	13110	
Salt	1	552	138	
Oil	1.5	552	207	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	45	8100	0
Oil	2	45	90	
Lemon Juice	6	45	270	
Moroccan Chicken Mix	4	45	180	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	137	21920	
Oil	4	137	548	
Roast Chicken Mix	4	137	548	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	136	12648	0
Oil	1.5	136	204.0	
Baking Soda	3	136	408	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	89	14418	0
Oil	2	89	178	
Salt	1.5	89	133.5	
Oregano	0.3	89	26.7	
Baking Soda	5.27	89	469.03	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	228	34200	0
Cooking Cream	20	228	4560	
Butter	7	228	1596	
Salt	1.5	228	342.0	
White Pepper	0.5	228	114.0	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	137	27400	0
Salt	1	137	137	
White Pepper	0.5	137	68.5	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	251	11922	4
Oil	1.62	251	102	
Spices Mix	2.5	251	157	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	71	7348	2
Oil	2	71	71	
Salt	1.2	71	43	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	95	5700	0
Salt	1	95	95	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	89	2670	0
Parsley	1.5	89	133.5	
Paprika	0.5	89	44.5	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	236	14160	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	140	0	2
Napoli Sauce	0	140	0	
Crushed Tomatoes	0	140	0	
Beef Stock	0	140	0	
Onion	0	140	0	
Zucchini	0	140	0	
Carrot	0	140	0	
Vegetable Oil	0	140	0	
Salt	0	140	0	
Pepper	0	140	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	79	0	1
Celery	0	79	0	
Carrot	0	79	0	
Cabbage	0	79	0	
Onion	0	79	0	
Oil	0	79	0	
Pepper	0	79	0	
Salt	0	79	0	
Soy Sauce	0	79	0	
Oyster Sauce	0	79	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	73	0	1
Oil	0	73	0	
Carrots	0	73	0	
Capsicum	0	73	0	
Onion	0	73	0	
Mushroom	0	73	0	
Peas	0	73	0	
Tomato Paste	0	73	0	
Beef Stock	0	73	0	
Salt	0	73	0	
Pepper	0	73	0	
Napoli Sauce	0	73	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	83	0	1
Onion	0	83	0	
Capsicum	0	83	0	
Vegetable Oil	0	83	0	
Taco Seasoning	0	83	0	
Salt	0	83	0	
Pepper	0	83	0	
Beef Stock	0	83	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	92	13800	
Onion	10	92	920	
Parsley	3	92	276	
Salt	1.5	92	138.0	
Pepper	0.2	92	18.400000000000002	

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	117	11700	
Baking Soda	2.5	117	292.5	
Water	10	117	1170	
Soy Sauce	5	117	585	
Cornflour	2.5	117	292.5	
Capsicum	37	117	4329	
Onion	37	117	4329	
Rice	130	117	15210	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	36	4860	1
Corn	50	36	1800	
Beans	60	36	2160	
Broccoli	67	36	2412	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	107	13910	
Penne	59	107	6313	
Sundried Tomatoes	20	107	2140	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	112	7840	2
Peas	40	112	2240	
Rice	130	112	7280	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	45	8100	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	45	810	
Zucchini	27	45	1215	
Red Capsicum	27	45	1215	
Garlic	1.8	45	81.0	
Oil	1.8	45	81.0	
Chickpeas	103.5	45	4657.5	
Mix Spices	1.53	45	68.85	
Chicken Stock	45	45	2025	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	202	30300	
Mozzerala Cheese	1750	202	151500	
Napoli Sauce	500	202	101000	
Bolognese	3200	202	646400	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	64	4320	2
Beans	60	64	1920	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	162	24300	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	56	7280	
Penne	59	56	3304	
Broccoli	40	56	2240	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	95	13698.999999999998	
Rice	130	95	12350	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	136	14960	

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	89	12460	1
Potatoes	140	89	12460	

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	66	4950	2
Capsicum	52	66	1716	
Red Onion	52	66	1716	
Salsa	30	66	990	
Rice	130	66	4290	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	71	5325	2
Chicken	80	71	2840	
Sauce	200	71	7100	
Spinach	25	71	888	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7.21	95	684.95
Coconut Cream	97.85	95	9295.75

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	89	1780
Garlic	1	89	89
Salt	0.2	89	17.8

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	117	8190
MEATBALLS	120	92	11040
LEMON	50	71	3550
MUSHROOM	100	136	13600
FAJITA SAUCE	33	66	2178
BURRITO SAUCE	43	83	3569

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	83	1785	2
Black Beans	50	83	2075	2
Corn	50	83	2075	2
Rice	130	83	5395	2

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	162	8100
Mozzarella Cheese	40	162	6480

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	107	2140

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	107	3817	3
Sauce	80	107	2854	3

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	95	5480	2
Sauce	92.7	95	4404	2

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	112	4592	3
Sauce	90	112	3360	3

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	71	5219	2
Chicken	80	71	2840	2
Sauce	200	71	7100	2
Spinach	25	71	888	2

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	56	2856	2
Sauce	100	56	2800	2

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	11700
MINCE	13800
TOPSIDE STEAK	12648
LAMB SHOULDER	14418
MORROCAN CHICKEN	8100
ITALIAN CHICKEN	40086
NORMAL CHICKEN	57330
CHICKEN THIGH	21920

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	1215
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	1215
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	1730
5MM MONGOLIAN CAPSICUM	7761
5MM MONGOLIAN ONION	7761
5MM SLICED MUSHROOMS	0
BROCCOLI	4652
CRATED CARROTS	0
CRATED ZUCCHINI	0
LEMON POTATO	14696
ROASTED POTATO	47688
THAI POTATOS	5700
POTATO MASH	34200
SWEET POTATO MASH	27400
SPINACH	1774
RED ONION	2670
PARSLEY	134