

Meal Production Summary - 15/01/2026

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	163	19	15	0	197
Beef Chow Mein	86	6	9	0	101
Shepherd's Pie	93	0	11	20	84
Beef Burrito Bowl	82	17	27	0	126
Beef Meatballs	99	17	16	0	132
Lebanese Beef Stew	0	0	0	0	0
Mongolian Beef	160	13	0	0	173
Chicken with Vegetables	45	12	1	0	58
Chicken with Sweet Potato and Beans	89	0	9	0	98
Naked Chicken Parma	177	36	25	20	218
Chicken Pesto Pasta	127	22	18	0	167
Chicken and Broccoli Pasta	83	0	11	0	94
Butter Chicken	154	14	13	0	181
Thai Green Chicken Curry	110	15	0	0	125
Moroccan Chicken	83	0	12	0	95
Steak with Mushroom Sauce	119	6	9	0	134
Creamy Chicken & Mushroom Gnocchi	87	0	4	0	91
Roasted Lemon Chicken & Potatoes	112	9	20	0	141
Beef Lasagna	211	20	22	0	253
Bean Nachos with Rice	0	0	0	0	0
Lamb Souvlaki	118	6	0	0	124
Chicken Fajita Bowl	88	16	0	0	104
Steak On Its Own	0	0	0	0	0
Chicken On Its Own	0	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	0	0	0	0	0
Baked Family Lasagna	6	0	0	0	6
ON Amino Energy Can	0	14	0	0	14
TOTAL	2292	242	222	40	2716

Daily Production Report - 15/01/2026

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	197	4203	3
Oil	0.7	197	46	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	261	7700	2
Oil	0.7	261	91	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	810	8586	5
Water	95	810	15390	
Salt	1	810	162	
Oil	1.5	810	243	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	95	17100	0
Oil	2	95	190	
Lemon Juice	6	95	570	
Moroccan Chicken Mix	4	95	380	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	245	39200	
Oil	4	245	980	
Roast Chicken Mix	4	245	980	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	134	12462	0
Oil	1.5	134	201.0	
Baking Soda	3	134	402	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	124	20088	0
Oil	2	124	248	
Salt	1.5	124	186.0	
Oregano	0.3	124	37.2	
Baking Soda	5.27	124	653.48	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	266	39900	0
Cooking Cream	20	266	5320	
Butter	7	266	1862	
Salt	1.5	266	399.0	
White Pepper	0.5	266	133.0	

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	342	10830	6
Oil	1	342	57	
Spices Mix	2.5	342	142	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	141	9729	3
Oil	1	141	47	
Salt	1.2	141	56	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	125	7500	0
Salt	1	125	125	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	124	3720	0
Parsley	1.5	124	186.0	
Paprika	0.5	124	62.0	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	290	17400	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	197	0	3
Napoli Sauce	0	197	0	
Crushed Tomatoes	0	197	0	
Beef Stock	0	197	0	
Onion	0	197	0	
Zucchini	0	197	0	
Carrot	0	197	0	
Vegetable Oil	0	197	0	
Salt	0	197	0	
Pepper	0	197	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	101	0	2
Celery	0	101	0	
Carrot	0	101	0	
Cabbage	0	101	0	
Onion	0	101	0	
Oil	0	101	0	
Pepper	0	101	0	
Salt	0	101	0	
Soy Sauce	0	101	0	
Oyster Sauce	0	101	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	84	0	2
Oil	0	84	0	
Carrots	0	84	0	
Capsicum	0	84	0	
Onion	0	84	0	
Mushroom	0	84	0	
Peas	0	84	0	
Tomato Paste	0	84	0	
Beef Stock	0	84	0	
Salt	0	84	0	
Pepper	0	84	0	
Napoli Sauce	0	84	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	126	0	1
Onion	0	126	0	
Capsicum	0	126	0	
Vegetable Oil	0	126	0	
Taco Seasoning	0	126	0	
Salt	0	126	0	
Pepper	0	126	0	
Beef Stock	0	126	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	132	19800	
Onion	10	132	1320	
Parsley	3	132	396	
Salt	1.5	132	198.0	
Pepper	0.2	132	26.400000000000002	

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	173	17300	
Baking Soda	2.5	173	432.5	
Water	10	173	1730	
Soy Sauce	5	173	865	
Cornflour	2.5	173	432.5	
Capsicum	37	173	6401	
Onion	37	173	6401	
Rice	130	173	22490	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	58	7830	1
Corn	50	58	2900	
Beans	60	58	3480	
Broccoli	67	58	3886	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	167	21710	
Penne	59	167	9853	
Sundried Tomatoes	20	167	3340	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	181	6335	4
Peas	40	181	1810	
Rice	130	181	5882	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	95	17100	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	95	1710	
Zucchini	27	95	2565	
Red Capsicum	27	95	2565	
Garlic	1.8	95	171.0	
Oil	1.8	95	171.0	
Chickpeas	103.5	95	9832.5	
Mix Spices	1.53	95	145.35	
Chicken Stock	45	95	4275	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	253	37950	
Mozzerala Cheese	1750	253	189750	
Napoli Sauce	500	253	126500	
Bolognese	3200	253	809600	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	98	6615	2
Beans	60	98	2940	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	218	32700	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	94	12220	
Penne	59	94	5546	
Broccoli	40	94	3760	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	125	18025.0	
Rice	130	125	16250	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	134	14740	

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	124	8680	2
Potatoes	140	124	8680	

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	104	7800	2
Capsicum	52	104	2704	
Red Onion	52	104	2704	
Salsa	30	104	1560	
Rice	130	104	6760	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	91	4550	3
Chicken	80	91	2427	
Sauce	200	91	6067	
Spinach	25	91	758	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7.21	125	901.25
Coconut Cream	97.85	125	12231.25

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	124	2480
Garlic	1	124	124
Salt	0.2	124	24.8

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	173	12110
MEATBALLS	120	132	15840
LEMON	50	141	7050
MUSHROOM	100	134	13400
FAJITA SAUCE	33	104	3432
BURRITO SAUCE	43	126	5418

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	126	1806	3
Black Beans	50	126	2100	3
Corn	50	126	2100	3
Rice	130	126	5460	3

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	218	10900
Mozzarella Cheese	40	218	8720

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	167	3340

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	167	4468	4
Sauce	80	167	3340	4

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	125	4807	3
Sauce	92.7	125	3863	3

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	181	5566	4
Sauce	90	181	4073	4

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	91	4459	3
Chicken	80	91	2427	3
Sauce	200	91	6067	3
Spinach	25	91	759	3

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	94	4794	2
Sauce	100	94	4700	2

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	17300
MINCE	19800
TOPSIDE STEAK	12462
LAMB SHOULDER	20088
MORROCAN CHICKEN	17100
ITALIAN CHICKEN	57222
NORMAL CHICKEN	85540
CHICKEN THIGH	39200

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	2565
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	2565
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	3030
5MM MONGOLIAN CAPSICUM	11809
5MM MONGOLIAN ONION	11809
5MM SLICED MUSHROOMS	0
BROCCOLI	7646
CRATED CARROTS	0
CRATED ZUCCHINI	0
LEMON POTATO	29187
ROASTED POTATO	64980
THAI POTATOS	7500
POTATO MASH	39900
SWEET POTATO MASH	36400
SPINACH	2272
RED ONION	3720
PARSLEY	186