

Meal Production Summary - 28/08/2025

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	110	28	24	0	162
Beef Chow Mein	71	15	11	0	97
Shepherd's Pie	55	0	13	0	68
Beef Burrito Bowl	76	16	39	0	131
Beef Meatballs	106	14	16	0	136
Lebanese Beef Stew	45	0	0	0	45
Mongolian Beef	101	37	0	0	138
Chicken with Vegetables	57	14	4	0	75
Chicken with Sweet Potato and Beans	57	0	12	0	69
Naked Chicken Parma	148	40	19	0	207
Chicken Pesto Pasta	106	24	23	0	153
Chicken and Broccoli Pasta	43	0	3	0	46
Butter Chicken	84	18	20	0	122
Thai Green Chicken Curry	70	14	0	0	84
Moroccan Chicken	23	0	14	0	37
Steak with Mushroom Sauce	125	13	15	0	153
Creamy Chicken & Mushroom Gnocchi	84	0	0	0	84
Roasted Lemon Chicken & Potatoes	80	0	11	0	91
Beef Lasagna	173	26	36	0	235
Bean Nachos with Rice	9	0	0	0	9
Lamb Souvlaki	113	10	0	0	123
Chicken Fajita Bowl	59	14	0	0	73
Steak On Its Own	0	4	0	0	4
Chicken On Its Own	0	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	0	0	0	0	0
Baked Family Lasagna	0	0	0	0	0
Lunch or Dinner Only - 7 Meals	0	1	0	0	1
TOTAL	1795	288	260	0	2343

Daily Production Report - 28/08/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	162	5508	2
Oil	0.7	162	57	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	199	5870	2
Oil	0.7	199	70	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	699	18524	2
Water	95	699	33202	
Salt	1	699	350	
Oil	1.5	699	524	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	37	6660	0
Oil	2	37	74	
Lemon Juice	6	37	222	
Moroccan Chicken Mix	4	37	148	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	155	164	25420	
Oil	4	164	656	
Roast Chicken Mix	4	164	656	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	157	17270	0
Oil	1.5	157	235.5	
Baking Soda	3	157	471	

Lamb Marinade

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	123	19926	0
Oil	2	123	246	
Salt	1.5	123	184.5	
Oregano	1.2	123	147.6	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	289	43350	0
Cooking Cream	20	289	5780	
Butter	7	289	2023	
Salt	1.5	289	433.5	
White Pepper	0.5	289	144.5	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	185	137	25345	0
Salt	1	137	137	
White Pepper	0.5	137	68.5	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	330	10450	6
Oil	1	330	55	
Spices Mix	2.5	330	138	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	91	9418	2
Oil	1	91	46	
Salt	1.2	91	55	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	84	5040	0
Salt	1	84	84	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	123	3690	0
Parsley	1.5	123	184.5	
Paprika	0.5	123	61.5	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	297	17820	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	162	0	2
Napoli Sauce	0	162	0	
Crushed Tomatoes	0	162	0	
Beef Stock	0	162	0	
Onion	0	162	0	
Zucchini	0	162	0	
Carrot	0	162	0	
Vegetable Oil	0	162	0	
Salt	0	162	0	
Pepper	0	162	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	97	0	2
Celery	0	97	0	
Carrot	0	97	0	
Cabbage	0	97	0	
Onion	0	97	0	
Oil	0	97	0	
Pepper	0	97	0	
Salt	0	97	0	
Soy Sauce	0	97	0	
Oyster Sauce	0	97	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	68	0	1
Oil	0	68	0	
Carrots	0	68	0	
Capsicum	0	68	0	
Onion	0	68	0	
Mushroom	0	68	0	
Peas	0	68	0	
Tomato Paste	0	68	0	
Beef Stock	0	68	0	
Salt	0	68	0	
Pepper	0	68	0	
Napoli Sauce	0	68	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	131	0	2
Onion	0	131	0	
Capsicum	0	131	0	
Vegetable Oil	0	131	0	
Taco Seasoning	0	131	0	
Salt	0	131	0	
Pepper	0	131	0	
Beef Stock	0	131	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	136	20400	
Onion	10	136	1360	
Parsley	3	136	408	
Salt	1.5	136	204.0	
Pepper	0.2	136	27.200000000000	0003

Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	45	4365	1
Onion	30	45	1350	
Carrot	30	45	1350	
Potato	30	45	1350	
Peas	30	45	1350	
Oil	2	45	90	
Salt	2.5	45	112	
Pepper	0.5	45	22	
Tomato Paste	20	45	900	
Water	30	45	1350	
Beef Stock	30	45	1350	
Rice	130	45	5850	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	97	138	13386	
Baking Soda	2.5	138	345.0	
Water	10	138	1380	
Soy Sauce	5	138	690	
Cornflour	2.5	138	345.0	
Capsicum	37	138	5106	
Onion	37	138	5106	
Rice	130	138	17940	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	75	5062	2
Corn	50	75	1875	
Beans	60	75	2250	
Broccoli	67	75	2512	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	153	19890	
Penne	59	153	9027	
Sundried Tomatoes	20	153	3060	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	122	5693	3
Peas	40	122	1627	
Rice	130	122	5287	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	37	6660	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	37	740	
Zucchini	30	37	1110	
Red Capsicum	30	37	1110	
Garlic	2	37	74	
Oil	2	37	74	
Chickpeas	115	37	4255	
Mix Spices	1.7	37	62.9	
Chicken Stock	50	37	1850	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	235	35250	
Mozzerala Cheese	1750	235	176250	
Napoli Sauce	500	235	117500	
Bolognese	3200	235	752000	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	69	4658	2
Beans	60	69	2070	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	207	31050	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	46	5980	
Penne	59	46	2714	
Broccoli	40	46	1840	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	84	11760	
Rice	130	84	10920	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	153	16830	

Steak On Its Own

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	200	4	800	1

Bean Nachos with Rice

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Drained Beans	80	9	720	1
Carrot	25	9	225	
Onion	20	9	180	
Taco Seasoning	1	9	9	
Salt	1.5	9	14	
Pepper	0.5	9	4	
Garlic	2.5	9	22	
Vegetable Oil	1.5	9	14	
Cumin	0.5	9	4	
Crushed Tomato	85	9	765	
Water	41.7	9	375	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	123	8610	2
Potatoes	140	123	8610	

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	73	5475	2
Capsicum	52	73	1898	
Red Onion	52	73	1898	
Salsa	30	73	1095	
Rice	130	73	4745	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	84	4200	3
Chicken	80	84	2240	
Sauce	200	84	5600	
Spinach	25	84	700	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	84	588
Coconut Cream	95	84	7980

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	123	2460
Garlic	1.5	123	184.5
Salt	0.5	123	61.5

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	138	9660
MEATBALLS	120	136	16320
LEMON	50	91	4550
MUSHROOM	100	153	15300
FAJITA SAUCE	33	73	2409
BURRITO SAUCE	43	131	5633

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	131	1878	3
Black Beans	50	131	2184	3
Corn	50	131	2184	3
Rice	130	131	5677	3

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	207	10350
Mozzarella Cheese	40	207	8280

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	153	3060

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	153	4093	4
Sauce	80	153	3060	4

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	84	4704	2
Sauce	90	84	3780	2

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	122	5002	3
Sauce	90	122	3660	3

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	84	4116	3
Chicken	80	84	2240	3
Sauce	200	84	5600	3
Spinach	25	84	700	3

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	46	4692	1
Sauce	100	46	4600	1

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	4365
BEEF TOPSIDE (MONG)	13386
MINCE	20400
TOPSIDE STEAK	17270
LAMB SHOULDER	19926
MORROCAN CHICKEN	6660
ITALIAN CHICKEN	53703
NORMAL CHICKEN	63570
CHICKEN THIGH	25420

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	1350
10MM DICED POTATO (LEBO)	1350
10MM DICED ZUCCHINI	1110
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	1110
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	3630
5MM MONGOLIAN CAPSICUM	8902
5MM MONGOLIAN ONION	8902
5MM SLICED MUSHROOMS	0
BROCCOLI	6864
CRATED CARROTS	225
CRATED ZUCCHINI	0
LEMON POTATO	18836
ROASTED POTATO	62700
THAI POTATOS	5040
POTATO MASH	43350
SWEET POTATO MASH	25345
SPINACH	2100
RED ONION	3690
PARSLEY	184