

## Meal Production Summary - 08/01/2026

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	120	20	14	0	154
Beef Chow Mein	58	11	10	0	79
Shepherd's Pie	88	0	9	0	97
Beef Burrito Bowl	88	17	20	0	125
Beef Meatballs	104	12	9	0	125
Lebanese Beef Stew	0	0	0	0	0
Mongolian Beef	122	20	0	0	142
Chicken with Vegetables	30	14	0	0	44
Chicken with Sweet Potato and Beans	50	0	10	0	60
Naked Chicken Parma	150	13	17	0	180
Chicken Pesto Pasta	108	9	19	0	136
Chicken and Broccoli Pasta	64	0	14	0	78
Butter Chicken	104	10	11	0	125
Thai Green Chicken Curry	93	14	0	0	107
Moroccan Chicken	71	0	13	0	84
Steak with Mushroom Sauce	100	11	9	0	120
Creamy Chicken & Mushroom Gnocchi	76	0	4	0	80
Roasted Lemon Chicken & Potatoes	73	1	14	0	88
Beef Lasagna	163	19	16	0	198
Bean Nachos with Rice	0	0	0	0	0
Lamb Souvlaki	109	4	0	0	113
Chicken Fajita Bowl	73	11	0	0	84
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	2	0	0	0	2
Baked Family Lasagna	4	0	0	0	4
ON Amino Energy Can	0	9	0	0	9
<b>TOTAL</b>	<b>1850</b>	<b>195</b>	<b>189</b>	<b>0</b>	<b>2234</b>

## Daily Production Report - 08/01/2026

### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	154	4928	2
Oil	0.7	154	54	

### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	214	6313	2
Oil	0.7	214	75	

### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	662	8772	4
Water	95	662	15722	
Salt	1	662	166	
Oil	1.5	662	248	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	84	15120	0
Oil	2	84	168	
Lemon Juice	6	84	504	
Moroccan Chicken Mix	4	84	336	

### Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	172	27520	
Oil	4	172	688	
Roast Chicken Mix	4	172	688	

### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	120	11160	0
Oil	1.5	120	180.0	
Baking Soda	3	120	360	

### Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	113	18306	0
Oil	2	113	226	
Salt	1.5	113	169.5	
Oregano	0.3	113	33.9	

### Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	245	36750	0
Cooking Cream	20	245	4900	
Butter	7	245	1715	
Salt	1.5	245	367.5	
White Pepper	0.5	245	122.5	

### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	157	31400	0
Salt	1	157	157	
White Pepper	0.5	157	78.5	

### Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	293	11134	5
Oil	1	293	59	
Spices Mix	2.5	293	146	

### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	88	9108	2
Oil	1	88	44	
Salt	1.2	88	53	

### Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	107	6420	0
Salt	1	107	107	

### Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	113	3390	0
Parsley	1.5	113	169.5	
Paprika	0.5	113	56.5	

### Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	224	13440	0

## Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	154	0	2
Napoli Sauce	0	154	0	
Crushed Tomatoes	0	154	0	
Beef Stock	0	154	0	
Onion	0	154	0	
Zucchini	0	154	0	
Carrot	0	154	0	
Vegetable Oil	0	154	0	
Salt	0	154	0	
Pepper	0	154	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	97	0	2
Oil	0	97	0	
Carrots	0	97	0	
Capsicum	0	97	0	
Onion	0	97	0	
Mushroom	0	97	0	
Peas	0	97	0	
Tomato Paste	0	97	0	
Beef Stock	0	97	0	
Salt	0	97	0	
Pepper	0	97	0	
Napoli Sauce	0	97	0	

### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	125	0	1
Onion	0	125	0	
Capsicum	0	125	0	
Vegetable Oil	0	125	0	
Taco Seasoning	0	125	0	
Salt	0	125	0	
Pepper	0	125	0	
Beef Stock	0	125	0	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	125	18750	
Onion	10	125	1250	
Parsley	3	125	375	
Salt	1.5	125	187.5	
Pepper	0.2	125	25.0	

### 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	142	14200	
Baking Soda	2.5	142	355.0	
Water	10	142	1420	
Soy Sauce	5	142	710	
Cornflour	2.5	142	355.0	
Capsicum	37	142	5254	
Onion	37	142	5254	
Rice	130	142	18460	

## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	44	5940	1
Corn	50	44	2200	
Beans	60	44	2640	
Broccoli	67	44	2948	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	136	17680	
Penne	59	136	8024	
Sundried Tomatoes	20	136	2720	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	125	5833	3
Peas	40	125	1667	
Rice	130	125	5417	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	84	15120	

### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	84	1512	
Zucchini	27	84	2268	
Red Capsicum	27	84	2268	
Garlic	1.8	84	151.20000000000002	
Oil	1.8	84	151.20000000000002	
Chickpeas	103.5	84	8694.0	
Mix Spices	1.53	84	128.52	
Chicken Stock	45	84	3780	

### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	198	29700	
Mozzerala Cheese	1750	198	148500	
Napoli Sauce	500	198	99000	
Bolognese	3200	198	633600	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	60	8100	1
Beans	60	60	3600	

### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	180	27000	

### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	78	10140	
Penne	59	78	4602	
Broccoli	40	78	3120	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	107	15429.4	
Rice	130	107	13910	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	120	13200	

### 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	113	7910	2
Potatoes	140	113	7910	

### 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	84	6300	2
Capsicum	52	84	2184	
Red Onion	52	84	2184	
Salsa	30	84	1260	
Rice	130	84	5460	

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	80	4000	3
Chicken	80	80	2133	
Sauce	200	80	5333	
Spinach	25	80	667	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7.21	107	771.47
Coconut Cream	97.85	107	10469.949999999999

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	113	2260
Garlic	1	113	113
Salt	0.2	113	22.6

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	142	9940
MEATBALLS	120	125	15000
LEMON	50	88	4400
MUSHROOM	100	120	12000
FAJITA SAUCE	33	84	2772
BURRITO SAUCE	43	125	5375

### Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	125	1792	3
Black Beans	50	125	2084	3
Corn	50	125	2084	3
Rice	130	125	5417	3

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	180	9000
Mozzarella Cheese	40	180	7200

### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	136	2720

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	136	4851	3
Sauce	80	136	3627	3

### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	107	4115	3
Sauce	92.7	107	3307	3

### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	125	5125	3
Sauce	90	125	3750	3

### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	80	3920	3
Chicken	80	80	2134	3
Sauce	200	80	5334	3
Spinach	25	80	667	3

### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	78	3978	2
Sauce	100	78	3900	2

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	14200
MINCE	18750
TOPSIDE STEAK	11160
LAMB SHOULDER	18306
MORROCAN CHICKEN	15120
ITALIAN CHICKEN	43452
NORMAL CHICKEN	68380
CHICKEN THIGH	27520

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	2268
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	2268
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	2762
5MM MONGOLIAN CAPSICUM	9622
5MM MONGOLIAN ONION	9622
5MM SLICED MUSHROOMS	0
BROCCOLI	6068
CRATED CARROTS	0
CRATED ZUCCHINI	0
LEMON POTATO	18216
ROASTED POTATO	55670
THAI POTATOS	6420
POTATO MASH	36750
SWEET POTATO MASH	31400
SPINACH	2000
RED ONION	3390
PARSLEY	170