

Meal Production Summary - 20/01/2026

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	156	2	0	158
Beef Chow Mein	83	2	0	85
Shepherd's Pie	108	0	50	58
Beef Burrito Bowl	130	0	0	130
Beef Meatballs	155	0	0	155
Lebanese Beef Stew	0	0	0	0
Mongolian Beef	197	1	0	198
Chicken with Vegetables	75	3	0	78
Chicken with Sweet Potato and Beans	95	0	0	95
Naked Chicken Parma	220	3	15	208
Chicken Pesto Pasta	182	3	15	170
Chicken and Broccoli Pasta	101	0	0	101
Butter Chicken	161	0	0	161
Thai Green Chicken Curry	130	4	0	134
Moroccan Chicken	92	0	10	82
Steak with Mushroom Sauce	136	3	0	139
Creamy Chicken & Mushroom Gnocchi	112	0	0	112
Roasted Lemon Chicken & Potatoes	136	2	0	138
Beef Lasagna	284	3	0	287
Bean Nachos with Rice	0	0	0	0
Lamb Souvlaki	181	2	15	168
Chicken Fajita Bowl	124	0	0	124
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	21	0	0	21
ON Amino Energy Can	0	2	0	2
TOTAL	2881	30	105	2806

Daily Production Report - 20/01/2026

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	271	5330	3
Oil	0.7	271	63	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	832	8819	5
Water	95	832	15808	
Salt	1	832	166	
Oil	1.5	832	250	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	82	14760	0
Oil	2	82	164	
Lemon Juice	6	82	492	
Moroccan Chicken Mix	4	82	328	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	262	41920	
Oil	4	262	1048	
Roast Chicken Mix	4	262	1048	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	139	12927	0
Oil	1.5	139	208.5	
Baking Soda	3	139	417	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	168	27216	0
Oil	2	168	336	
Salt	1.5	168	252.0	
Oregano	0.3	168	50.4	
Baking Soda	5.27	168	885.36	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	294	44100	0
Cooking Cream	20	294	5880	
Butter	7	294	2058	
Salt	1.5	294	441.0	
White Pepper	0.5	294	147.0	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	153	30600	0
Salt	1	153	153	
White Pepper	0.5	153	76.5	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	376	11907	6
Oil	1.62	376	102	
Spices Mix	2.5	376	157	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	138	9522	3
Oil	2	138	92	
Salt	1.2	138	55	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	134	8040	0
Salt	1	134	134	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	168	5040	0
Parsley	1.5	168	252.0	
Paprika	0.5	168	84.0	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	312	18720	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	85	0	2
Celery	0	85	0	
Carrot	0	85	0	
Cabbage	0	85	0	
Onion	0	85	0	
Oil	0	85	0	
Pepper	0	85	0	
Salt	0	85	0	
Soy Sauce	0	85	0	
Oyster Sauce	0	85	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	58	0	1
Oil	0	58	0	
Carrots	0	58	0	
Capsicum	0	58	0	
Onion	0	58	0	
Mushroom	0	58	0	
Peas	0	58	0	
Tomato Paste	0	58	0	
Beef Stock	0	58	0	
Salt	0	58	0	
Pepper	0	58	0	
Napoli Sauce	0	58	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	130	0	1
Onion	0	130	0	
Capsicum	0	130	0	
Vegetable Oil	0	130	0	
Taco Seasoning	0	130	0	
Salt	0	130	0	
Pepper	0	130	0	
Beef Stock	0	130	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	155	23250	
Onion	10	155	1550	
Parsley	3	155	465	
Salt	1.5	155	232.5	
Pepper	0.2	155	31.0	

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	198	19800	
Baking Soda	2.5	198	495.0	
Water	10	198	1980	
Soy Sauce	5	198	990	
Cornflour	2.5	198	495.0	
Capsicum	37	198	7326	
Onion	37	198	7326	
Rice	130	198	25740	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	78	5265	2
Corn	50	78	1950	
Beans	60	78	2340	
Broccoli	67	78	2613	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	170	22100	
Penne	59	170	10030	
Sundried Tomatoes	20	170	3400	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	161	7513	3
Peas	40	161	2147	
Rice	130	161	6977	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	82	14760	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	82	1476	
Zucchini	27	82	2214	
Red Capsicum	27	82	2214	
Garlic	1.8	82	147.6	
Oil	1.8	82	147.6	
Chickpeas	103.5	82	8487.0	
Mix Spices	1.53	82	125.46000000000001	
Chicken Stock	45	82	3690	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	287	43050	
Mozzerala Cheese	1750	287	215250	
Napoli Sauce	500	287	143500	
Bolognese	3200	287	918400	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	95	6412	2
Beans	60	95	2850	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	208	31200	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	101	13130	
Penne	59	101	5959	
Broccoli	40	101	4040	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	134	19322.8	
Rice	130	134	17420	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	139	15290	

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	168	11760	2
Potatoes	140	168	11760	

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	124	6200	3
Capsicum	52	124	2149	
Red Onion	52	124	2149	
Salsa	30	124	1240	
Rice	130	124	5373	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	112	4200	4
Chicken	80	112	2240	
Sauce	200	112	5600	
Spinach	25	112	700	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7.21	134	966.14
Coconut Cream	97.85	134	13111.9

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	168	3360
Garlic	1	168	168
Salt	0.2	168	33.6

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	198	13860
MEATBALLS	120	155	18600
LEMON	50	138	6900
MUSHROOM	100	139	13900
FAJITA SAUCE	33	124	4092
BURRITO SAUCE	43	130	5590

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	130	1864	3
Black Beans	50	130	2167	3
Corn	50	130	2167	3
Rice	130	130	5634	3

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	208	10400
Mozzarella Cheese	40	208	8320

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	170	3400

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	170	4548	4
Sauce	80	170	3400	4

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	134	5153	3
Sauce	92.7	134	4141	3

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	161	4951	4
Sauce	90	161	3623	4

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	112	4116	4
Chicken	80	112	2240	4
Sauce	200	112	5600	4
Spinach	25	112	700	4

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	101	3434	3
Sauce	100	101	3367	3

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	19800
MINCE	23250
TOPSIDE STEAK	12927
LAMB SHOULDER	27216
MORROCAN CHICKEN	14760
ITALIAN CHICKEN	58293
NORMAL CHICKEN	88140
CHICKEN THIGH	41920

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	2214
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	2214
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	3026
5MM MONGOLIAN CAPSICUM	13773
5MM MONGOLIAN ONION	13773
5MM SLICED MUSHROOMS	0
BROCCOLI	9266
CRATED CARROTS	0
CRATED ZUCCHINI	0
LEMON POTATO	28566
ROASTED POTATO	71436
THAI POTATOS	8040
POTATO MASH	44100
SWEET POTATO MASH	30600
SPINACH	2800
RED ONION	5040
PARSLEY	252