

Meal Production Summary - 11/12/2025

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	111	6	14	0	131
Beef Chow Mein	46	9	12	0	67
Shepherd's Pie	58	0	10	0	68
Beef Burrito Bowl	100	10	22	0	132
Beef Meatballs	118	17	14	0	149
Lebanese Beef Stew	0	0	0	0	0
Mongolian Beef	152	12	0	0	164
Chicken with Vegetables	42	5	6	0	53
Chicken with Sweet Potato and Beans	68	0	18	0	86
Naked Chicken Parma	184	12	18	0	214
Chicken Pesto Pasta	127	14	19	0	160
Chicken and Broccoli Pasta	73	0	18	0	91
Butter Chicken	109	11	15	0	135
Thai Green Chicken Curry	82	12	0	0	94
Moroccan Chicken	52	0	15	0	67
Steak with Mushroom Sauce	117	22	13	0	152
Creamy Chicken & Mushroom Gnocchi	82	0	5	0	87
Roasted Lemon Chicken & Potatoes	81	10	16	0	107
Beef Lasagna	221	18	27	0	266
Bean Nachos with Rice	2	0	0	0	2
Lamb Souvlaki	150	6	0	0	156
Chicken Fajita Bowl	53	8	0	0	61
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	1	0	0	0	1
Baked Family Lasagna	6	0	0	0	6
ON Amino Energy Can	0	3	0	0	3
TOTAL	2035	175	242	0	2452

Daily Production Report - 11/12/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	131	4192	2
Oil	0.7	131	46	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	251	7404	2
Oil	0.7	251	88	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	655	8679	4
Water	95	655	15556	
Salt	1	655	164	
Oil	1.5	655	246	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	67	12060	0
Oil	2	67	134	
Lemon Juice	6	67	402	
Moroccan Chicken Mix	4	67	268	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	168	26880	
Oil	4	168	672	
Roast Chicken Mix	4	168	672	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	152	14136	0
Oil	1.5	152	228.0	
Baking Soda	3	152	456	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	156	25272	0
Oil	2	156	312	
Salt	1.5	156	234.0	
Oregano	1.2	156	187.2	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	301	45150	0
Cooking Cream	20	301	6020	
Butter	7	301	2107	
Salt	1.5	301	451.5	
White Pepper	0.5	301	150.5	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	154	30800	0
Salt	1	154	154	
White Pepper	0.5	154	77.0	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	370	11717	6
Oil	1	370	62	
Spices Mix	2.5	370	154	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	107	11074	2
Oil	1	107	54	
Salt	1.2	107	64	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	94	5640	0
Salt	1	94	94	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	156	4680	0
Parsley	1.5	156	234.0	
Paprika	0.5	156	78.0	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	291	17460	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	131	0	2
Napoli Sauce	0	131	0	
Crushed Tomatoes	0	131	0	
Beef Stock	0	131	0	
Onion	0	131	0	
Zucchini	0	131	0	
Carrot	0	131	0	
Vegetable Oil	0	131	0	
Salt	0	131	0	
Pepper	0	131	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	67	0	1
Celery	0	67	0	
Carrot	0	67	0	
Cabbage	0	67	0	
Onion	0	67	0	
Oil	0	67	0	
Pepper	0	67	0	
Salt	0	67	0	
Soy Sauce	0	67	0	
Oyster Sauce	0	67	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	132	0	2
Onion	0	132	0	
Capsicum	0	132	0	
Vegetable Oil	0	132	0	
Taco Seasoning	0	132	0	
Salt	0	132	0	
Pepper	0	132	0	
Beef Stock	0	132	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	149	22350	
Onion	10	149	1490	
Parsley	3	149	447	
Salt	1.5	149	223.5	
Pepper	0.2	149	29.8	

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	164	16400	
Baking Soda	2.5	164	410.0	
Water	10	164	1640	
Soy Sauce	5	164	820	
Cornflour	2.5	164	410.0	
Capsicum	37	164	6068	
Onion	37	164	6068	
Rice	130	164	21320	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	53	7155	1
Corn	50	53	2650	
Beans	60	53	3180	
Broccoli	67	53	3551	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	160	20800	
Penne	59	160	9440	
Sundried Tomatoes	20	160	3200	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	135	6300	3
Peas	40	135	1800	
Rice	130	135	5850	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	67	12060	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	67	1206	
Zucchini	27	67	1809	
Red Capsicum	27	67	1809	
Garlic	1.8	67	120.60000000000001	
Oil	1.8	67	120.60000000000001	
Chickpeas	103.5	67	6934.5	
Mix Spices	1.53	67	102.51	
Chicken Stock	45	67	3015	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	266	39900	
Mozzerala Cheese	1750	266	199500	
Napoli Sauce	500	266	133000	
Bolognese	3200	266	851200	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	86	5805	2
Beans	60	86	2580	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	214	32100	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	91	11830	
Penne	59	91	5369	
Broccoli	40	91	3640	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	94	13554.8	
Rice	130	94	12220	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	152	16720	

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	2	160	1
Carrot	25	2	50	
Onion	20	2	40	
Taco Seasoning	1	2	2	
Salt	1.5	2	3	
Pepper	0.5	2	1	
Garlic	2.5	2	5	
Vegetable Oil	1.5	2	3	
Cumin	0.5	2	1	
Crushed Tomato	85	2	170	
Water	41.7	2	83	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	156	10920	2
Potatoes	140	156	10920	

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	61	4575	2
Capsicum	52	61	1586	
Red Onion	52	61	1586	
Salsa	30	61	915	
Rice	130	61	3965	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	87	4350	3
Chicken	80	87	2320	
Sauce	200	87	5800	
Spinach	25	87	725	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7.21	94	677.74
Coconut Cream	97.85	94	9197.9

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	156	3120
Garlic	1	156	156
Salt	0.2	156	31.200000000000003

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	164	11480
MEATBALLS	120	149	17880
LEMON	50	107	5350
MUSHROOM	100	152	15200
FAJITA SAUCE	33	61	2013
BURRITO SAUCE	43	132	5676

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	132	1892	3
Black Beans	50	132	2200	3
Corn	50	132	2200	3
Rice	130	132	5720	3

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	214	10700
Mozzarella Cheese	40	214	8560

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	160	3200

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	160	4280	4
Sauce	80	160	3200	4

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	94	5422	2
Sauce	92.7	94	4357	2

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	135	5535	3
Sauce	90	135	4050	3

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	87	4263	3
Chicken	80	87	2320	3
Sauce	200	87	5800	3
Spinach	25	87	725	3

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	91	4641	2
Sauce	100	91	4550	2

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	16400
MINCE	22350
TOPSIDE STEAK	14136
LAMB SHOULDER	25272
MORROCAN CHICKEN	12060
ITALIAN CHICKEN	54009
NORMAL CHICKEN	73710
CHICKEN THIGH	26880

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	1809
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	1809
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	2736
5MM MONGOLIAN CAPSICUM	9240
5MM MONGOLIAN ONION	9240
5MM SLICED MUSHROOMS	0
BROCCOLI	7191
CRATED CARROTS	50
CRATED ZUCCHINI	0
LEMON POTATO	22148
ROASTED POTATO	70296
THAI POTATOS	5640
POTATO MASH	45150
SWEET POTATO MASH	30800
SPINACH	2172
RED ONION	4680
PARSLEY	234