

Meal Production Summary - 17/12/2025

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	141	16	0	157
Beef Chow Mein	83	12	0	95
Shepherd's Pie	108	0	0	108
Beef Burrito Bowl	136	10	0	146
Beef Meatballs	137	12	0	149
Lebanese Beef Stew	0	0	0	0
Mongolian Beef	161	13	0	174
Chicken with Vegetables	44	4	0	48
Chicken with Sweet Potato and Beans	88	0	0	88
Naked Chicken Parma	213	24	0	237
Chicken Pesto Pasta	168	10	0	178
Chicken and Broccoli Pasta	90	0	0	90
Butter Chicken	160	10	0	170
Thai Green Chicken Curry	122	12	0	134
Moroccan Chicken	79	0	0	79
Steak with Mushroom Sauce	143	13	0	156
Creamy Chicken & Mushroom Gnocchi	109	0	0	109
Roasted Lemon Chicken & Potatoes	96	4	0	100
Beef Lasagna	287	8	0	295
Bean Nachos with Rice	0	0	0	0
Lamb Souvlaki	146	10	0	156
Chicken Fajita Bowl	127	7	0	134
Steak On Its Own	0	2	0	2
Chicken On Its Own	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	0	0	0	0
Baked Family Lasagna	6	0	0	6
ON Amino Energy Can	0	5	0	5
TOTAL	2644	172	0	2816

Daily Production Report - 17/12/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	157	5024	2
Oil	0.7	157	55	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	268	7906	2
Oil	0.7	268	94	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	853	9042	5
Water	95	853	16207	
Salt	1	853	171	
Oil	1.5	853	256	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	79	14220	0
Oil	2	79	158	
Lemon Juice	6	79	474	
Moroccan Chicken Mix	4	79	316	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	234	37440	
Oil	4	234	936	
Roast Chicken Mix	4	234	936	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	158	14694	0
Oil	1.5	158	237.0	
Baking Soda	3	158	474	

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	0.3	156	46.8	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	305	45750	0
Cooking Cream	20	305	6100	
Butter	7	305	2135	
Salt	1.5	305	457.5	
White Pepper	0.5	305	152.5	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	196	39200	0
Salt	1	196	196	
White Pepper	0.5	196	98.0	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	393	10667	7
Oil	1	393	56	
Spices Mix	2.5	393	140	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	100	10350	2
Oil	1	100	50	
Salt	1.2	100	60	

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	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	292	17520	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	157	0	2
Napoli Sauce	0	157	0	
Crushed Tomatoes	0	157	0	
Beef Stock	0	157	0	
Onion	0	157	0	
Zucchini	0	157	0	
Carrot	0	157	0	
Vegetable Oil	0	157	0	
Salt	0	157	0	
Pepper	0	157	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	95	0	2
Celery	0	95	0	
Carrot	0	95	0	
Cabbage	0	95	0	
Onion	0	95	0	
Oil	0	95	0	
Pepper	0	95	0	
Salt	0	95	0	
Soy Sauce	0	95	0	
Oyster Sauce	0	95	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	108	0	2
Oil	0	108	0	
Carrots	0	108	0	
Capsicum	0	108	0	
Onion	0	108	0	
Mushroom	0	108	0	
Peas	0	108	0	
Tomato Paste	0	108	0	
Beef Stock	0	108	0	
Salt	0	108	0	
Pepper	0	108	0	
Napoli Sauce	0	108	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	146	0	2
Onion	0	146	0	
Capsicum	0	146	0	
Vegetable Oil	0	146	0	
Taco Seasoning	0	146	0	
Salt	0	146	0	
Pepper	0	146	0	
Beef Stock	0	146	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	174	17400	
Baking Soda	2.5	174	435.0	
Water	10	174	1740	
Soy Sauce	5	174	870	
Cornflour	2.5	174	435.0	
Capsicum	37	174	6438	
Onion	37	174	6438	
Rice	130	174	22620	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	48	6480	1
Corn	50	48	2400	
Beans	60	48	2880	
Broccoli	67	48	3216	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	178	23140	
Penne	59	178	10502	
Sundried Tomatoes	20	178	3560	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	170	7933	3
Peas	40	170	2267	
Rice	130	170	7367	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	79	14220	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	79	1422	
Zucchini	27	79	2133	
Red Capsicum	27	79	2133	
Garlic	1.8	79	142.20000000000002	
Oil	1.8	79	142.20000000000002	
Chickpeas	103.5	79	8176.5	
Mix Spices	1.53	79	120.87	
Chicken Stock	45	79	3555	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	295	44250	
Mozzerala Cheese	1750	295	221250	
Napoli Sauce	500	295	147500	
Bolognese	3200	295	944000	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	88	5940	2
Beans	60	88	2640	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	237	35550	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	90	11700	
Penne	59	90	5310	
Broccoli	40	90	3600	

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	156	17160	

Steak On Its Own

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	200	2	400	1

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	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	134	6700	3
Capsicum	52	134	2323	
Red Onion	52	134	2323	
Salsa	30	134	1340	
Rice	130	134	5807	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	109	4088	4
Chicken	80	109	2180	
Sauce	200	109	5450	
Spinach	25	109	681	

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	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	174	12180
MEATBALLS	120	149	17880
LEMON	50	100	5000
MUSHROOM	100	156	15600
FAJITA SAUCE	33	134	4422
BURRITO SAUCE	43	146	6278

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	146	2093	3
Black Beans	50	146	2434	3
Corn	50	146	2434	3
Rice	130	146	6327	3

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	237	11850
Mozzarella Cheese	40	237	9480

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	178	3560

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	178	4762	4
Sauce	80	178	3560	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	170	5228	4
Sauce	90	170	3825	4

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	109	4006	4
Chicken	80	109	2180	4
Sauce	200	109	5450	4
Spinach	25	109	682	4

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	90	4590	2
Sauce	100	90	4500	2

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	17400
MINCE	22350
TOPSIDE STEAK	15094
LAMB SHOULDER	25272
MORROCAN CHICKEN	14220
ITALIAN CHICKEN	57069
NORMAL CHICKEN	88530
CHICKEN THIGH	37440

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	2133
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	2133
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	2912
5MM MONGOLIAN CAPSICUM	13404
5MM MONGOLIAN ONION	13404
5MM SLICED MUSHROOMS	0
BROCCOLI	6816
CRATED CARROTS	0
CRATED ZUCCHINI	0
LEMON POTATO	20700
ROASTED POTATO	74669
THAI POTATOS	8040
POTATO MASH	45750
SWEET POTATO MASH	39200
SPINACH	2724
RED ONION	4680
PARSLEY	234