

## Meal Production Summary - 12/02/2026

| Meal                                | Clean Eats  | Made Active | Elite Meals | Already Made | Total       |
|-------------------------------------|-------------|-------------|-------------|--------------|-------------|
| Spaghetti Bolognese                 | 113         | 16          | 16          | 0            | 145         |
| Beef Chow Mein                      | 64          | 10          | 10          | 11           | 73          |
| Shepherd's Pie                      | 78          | 0           | 10          | 52           | 36          |
| Beef Burrito Bowl                   | 85          | 16          | 21          | 0            | 122         |
| Beef Meatballs                      | 108         | 13          | 7           | 0            | 128         |
| Lebanese Beef Stew                  | 0           | 0           | 0           | 0            | 0           |
| Mongolian Beef                      | 89          | 12          | 0           | 0            | 101         |
| Chicken with Vegetables             | 47          | 17          | 1           | 0            | 65          |
| Chicken with Sweet Potato and Beans | 86          | 0           | 13          | 0            | 99          |
| Naked Chicken Parma                 | 133         | 22          | 16          | 0            | 171         |
| Chicken Pesto Pasta                 | 117         | 20          | 12          | 30           | 119         |
| Chicken and Broccoli Pasta          | 102         | 0           | 8           | 0            | 110         |
| Butter Chicken                      | 110         | 11          | 10          | 0            | 131         |
| Thai Green Chicken Curry            | 87          | 37          | 0           | 0            | 124         |
| Moroccan Chicken                    | 55          | 0           | 9           | 0            | 64          |
| Steak with Mushroom Sauce           | 134         | 116         | 10          | 0            | 260         |
| Creamy Chicken & Mushroom Gnocchi   | 77          | 0           | 2           | 0            | 79          |
| Roasted Lemon Chicken & Potatoes    | 67          | 9           | 14          | 0            | 90          |
| Beef Lasagna                        | 164         | 20          | 24          | 0            | 208         |
| Bean Nachos with Rice               | 0           | 0           | 0           | 0            | 0           |
| Lamb Souvlaki                       | 90          | 12          | 0           | 0            | 102         |
| Chicken Fajita Bowl                 | 73          | 15          | 0           | 0            | 88          |
| 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  | 0           | 0           | 0           | 0            | 0           |
| Baked Family Lasagna                | 4           | 0           | 0           | 0            | 4           |
| ON Amino Energy Can                 | 0           | 4           | 0           | 0            | 4           |
| <b>TOTAL</b>                        | <b>1883</b> | <b>350</b>  | <b>183</b>  | <b>93</b>    | <b>2323</b> |

## Daily Production Report - 12/02/2026

### Spaghetti Order

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Spaghetti  | 64       | 145   | 4640  | 2       |
| Oil        | 0.7      | 145   | 51    |         |

### Penne Order

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Penne      | 59       | 229   | 6756  | 2       |
| Oil        | 0.7      | 229   | 80    |         |

### Rice Order

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Rice       | 53       | 639   | 8467  | 4       |
| Water      | 95       | 639   | 15176 |         |
| Salt       | 1        | 639   | 160   |         |
| Oil        | 1.5      | 639   | 240   |         |

### Moroccan Chicken

| Ingredient           | Qty/Meal | Meals | Total | Batches |
|----------------------|----------|-------|-------|---------|
| Chicken              | 180      | 64    | 11520 | 0       |
| Oil                  | 2        | 64    | 128   |         |
| Lemon Juice          | 6        | 64    | 384   |         |
| Moroccan Chicken Mix | 4        | 64    | 256   |         |

### Chicken Thigh

| Ingredient        | Qty/Meal | Meals | Total | Batches |
|-------------------|----------|-------|-------|---------|
| Chicken           | 160      | 178   | 28480 |         |
| Oil               | 4        | 178   | 712   |         |
| Roast Chicken Mix | 4        | 178   | 712   |         |

### Steak

| Ingredient  | Qty/Meal | Meals | Total | Batches |
|-------------|----------|-------|-------|---------|
| Steak       | 93       | 260   | 24180 | 0       |
| Oil         | 1.5      | 260   | 390.0 |         |
| Baking Soda | 3        | 260   | 780   |         |

### Lamb Marinate

| Ingredient    | Qty/Meal | Meals | Total  | Batches |
|---------------|----------|-------|--------|---------|
| Lamb Shoulder | 162      | 102   | 16524  | 0       |
| Oil           | 2        | 102   | 204    |         |
| Salt          | 1.5      | 102   | 153.0  |         |
| Oregano       | 0.3      | 102   | 30.6   |         |
| Baking Soda   | 5.27     | 102   | 537.54 |         |

### Potato Mash

| Ingredient    | Qty/Meal | Meals | Total | Batches |
|---------------|----------|-------|-------|---------|
| Potato        | 150      | 388   | 58200 | 0       |
| Cooking Cream | 20       | 388   | 7760  |         |
| Butter        | 7        | 388   | 2716  |         |
| Salt          | 1.5      | 388   | 582.0 |         |
| White Pepper  | 0.5      | 388   | 194.0 |         |

### Sweet Potato Mash

| Ingredient   | Qty/Meal | Meals | Total | Batches |
|--------------|----------|-------|-------|---------|
| Sweet Potato | 200      | 135   | 27000 | 0       |
| Salt         | 1        | 135   | 135   |         |
| White Pepper | 0.5      | 135   | 67.5  |         |

### Roasted Potatoes

| Ingredient       | Qty/Meal | Meals | Total | Batches |
|------------------|----------|-------|-------|---------|
| Roasted Potatoes | 190      | 273   | 10374 | 5       |
| Oil              | 1.62     | 273   | 88    |         |
| Spices Mix       | 2.5      | 273   | 136   |         |

### Roasted Lemon Potatoes

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Potatoes   | 207      | 90    | 9315  | 2       |
| Oil        | 2        | 90    | 90    |         |
| Salt       | 1.2      | 90    | 54    |         |

### Roasted Thai Potatoes

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Potato     | 60       | 124   | 7440  | 0       |
| Salt       | 1        | 124   | 124   |         |

### Lamb Onion Marinated

| Ingredient | Qty/Meal | Meals | Total | Batches |
|------------|----------|-------|-------|---------|
| Red Onion  | 30       | 102   | 3060  | 0       |
| Parsley    | 1.5      | 102   | 153.0 |         |
| Paprika    | 0.5      | 102   | 51.0  |         |

### Green Beans

| Ingredient  | Qty/Meal | Meals | Total | Batches |
|-------------|----------|-------|-------|---------|
| Green Beans | 60       | 424   | 25440 | 0       |

## Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

| Ingredient       | Qty/Meal | Meals | Batch Total | Batch |
|------------------|----------|-------|-------------|-------|
| Beef Mince       | 0        | 145   | 0           | 2     |
| Napoli Sauce     | 0        | 145   | 0           |       |
| Crushed Tomatoes | 0        | 145   | 0           |       |
| Beef Stock       | 0        | 145   | 0           |       |
| Onion            | 0        | 145   | 0           |       |
| Zucchini         | 0        | 145   | 0           |       |
| Carrot           | 0        | 145   | 0           |       |
| Vegetable Oil    | 0        | 145   | 0           |       |
| Salt             | 0        | 145   | 0           |       |
| Pepper           | 0        | 145   | 0           |       |

### Beef Chow Mein

| Ingredient   | Qty/Meal | Meals | Batch Total | Batch |
|--------------|----------|-------|-------------|-------|
| Beef Mince   | 0        | 73    | 0           | 1     |
| Celery       | 0        | 73    | 0           |       |
| Carrot       | 0        | 73    | 0           |       |
| Cabbage      | 0        | 73    | 0           |       |
| Onion        | 0        | 73    | 0           |       |
| Oil          | 0        | 73    | 0           |       |
| Pepper       | 0        | 73    | 0           |       |
| Salt         | 0        | 73    | 0           |       |
| Soy Sauce    | 0        | 73    | 0           |       |
| Oyster Sauce | 0        | 73    | 0           |       |

### Shepherd's Pie

| Ingredient   | Qty/Meal | Meals | Batch Total | Batch |
|--------------|----------|-------|-------------|-------|
| Beef Mince   | 0        | 36    | 0           | 1     |
| Oil          | 0        | 36    | 0           |       |
| Carrots      | 0        | 36    | 0           |       |
| Capsicum     | 0        | 36    | 0           |       |
| Onion        | 0        | 36    | 0           |       |
| Mushroom     | 0        | 36    | 0           |       |
| Peas         | 0        | 36    | 0           |       |
| Tomato Paste | 0        | 36    | 0           |       |
| Beef Stock   | 0        | 36    | 0           |       |
| Salt         | 0        | 36    | 0           |       |
| Pepper       | 0        | 36    | 0           |       |
| Napoli Sauce | 0        | 36    | 0           |       |

### Beef Burrito Bowl

| Ingredient     | Qty/Meal | Meals | Batch Total | Batch |
|----------------|----------|-------|-------------|-------|
| Beef Mince     | 0        | 122   | 0           | 1     |
| Onion          | 0        | 122   | 0           |       |
| Capsicum       | 0        | 122   | 0           |       |
| Vegetable Oil  | 0        | 122   | 0           |       |
| Taco Seasoning | 0        | 122   | 0           |       |
| Salt           | 0        | 122   | 0           |       |
| Pepper         | 0        | 122   | 0           |       |
| Beef Stock     | 0        | 122   | 0           |       |

### Beef Meatballs

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Mince      | 150      | 128   | 19200       |       |
| Onion      | 10       | 128   | 1280        |       |
| Parsley    | 3        | 128   | 384         |       |
| Salt       | 1.5      | 128   | 192.0       |       |
| Pepper     | 0.2      | 128   | 25.6        |       |

### 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      | 101   | 10100       |       |
| Baking Soda | 2.5      | 101   | 252.5       |       |
| Water       | 10       | 101   | 1010        |       |
| Soy Sauce   | 5        | 101   | 505         |       |
| Cornflour   | 2.5      | 101   | 252.5       |       |
| Capsicum    | 37       | 101   | 3737        |       |
| Onion       | 37       | 101   | 3737        |       |
| Rice        | 130      | 101   | 13130       |       |

## Meal Recipes (cont'd)

### Chicken With Vegetables

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken    | 135      | 65    | 4388        | 2     |
| Corn       | 50       | 65    | 1625        |       |
| Beans      | 60       | 65    | 1950        |       |
| Broccoli   | 67       | 65    | 2178        |       |

### Chicken Pesto Pasta

| Ingredient        | Qty/Meal | Meals | Batch Total | Batch |
|-------------------|----------|-------|-------------|-------|
| Chicken           | 130      | 119   | 15470       |       |
| Penne             | 59       | 119   | 7021        |       |
| Sundried Tomatoes | 20       | 119   | 2380        |       |

### Butter Chicken

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken    | 140      | 131   | 6113        | 3     |
| Peas       | 40       | 131   | 1747        |       |
| Rice       | 130      | 131   | 5677        |       |

### Moroccan Chicken

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken    | 180      | 64    | 11520       |       |

### Chickpea Recipe

| Ingredient    | Qty/Meal | Meals | Total  |  |
|---------------|----------|-------|--------|--|
| Onion         | 18       | 64    | 1152   |  |
| Zucchini      | 27       | 64    | 1728   |  |
| Red Capsicum  | 27       | 64    | 1728   |  |
| Garlic        | 1.8      | 64    | 115.2  |  |
| Oil           | 1.8      | 64    | 115.2  |  |
| Chickpeas     | 103.5    | 64    | 6624.0 |  |
| Mix Spices    | 1.53     | 64    | 97.92  |  |
| Chicken Stock | 45       | 64    | 2880   |  |

### Beef Lasagna

| Ingredient       | Qty/Meal | Meals | Batch Total | Batch |
|------------------|----------|-------|-------------|-------|
| Lasange Sheets   | 150      | 208   | 31200       |       |
| Mozzerala Cheese | 1750     | 208   | 156000      |       |
| Napoli Sauce     | 500      | 208   | 104000      |       |
| Bolognese        | 3200     | 208   | 665600      |       |

### Chicken with Sweet Potato and Beans

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken    | 135      | 99    | 6682        | 2     |
| Beans      | 60       | 99    | 2970        |       |

### Naked Chicken Parma

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken    | 150      | 171   | 25650       |       |

### Chicken and Broccoli Pasta

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken    | 130      | 110   | 14300       |       |
| Penne      | 59       | 110   | 6490        |       |
| Broccoli   | 40       | 110   | 4400        |       |

### Thai Green Chicken Curry

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Chicken    | 144.2    | 124   | 17880.8     |       |
| Rice       | 130      | 124   | 16120       |       |

### Steak with Mushroom Sauce

| Ingredient    | Qty/Meal | Meals | Batch Total | Batch |
|---------------|----------|-------|-------------|-------|
| Topside Steak | 110      | 260   | 28600       |       |

### 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      | 102   | 7140        | 2     |
| Potatoes      | 140      | 102   | 7140        |       |

### 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      | 88    | 6600        | 2     |
| Capsicum      | 52       | 88    | 2288        |       |
| Red Onion     | 52       | 88    | 2288        |       |
| Salsa         | 30       | 88    | 1320        |       |
| Rice          | 130      | 88    | 5720        |       |

### Creamy Chicken & Mushroom Gnocchi

| Ingredient | Qty/Meal | Meals | Batch Total | Batch |
|------------|----------|-------|-------------|-------|
| Gnocchi    | 150      | 79    | 3950        | 3     |
| Chicken    | 80       | 79    | 2107        |       |
| Sauce      | 200      | 79    | 5267        |       |
| Spinach    | 25       | 79    | 658         |       |

## Sauces

### Thai Sauce

| Ingredient        | Meal Amount | Total Meals | Required Ingredient |
|-------------------|-------------|-------------|---------------------|
| Green Curry Paste | 7.21        | 124         | 894.04              |
| Coconut Cream     | 97.85       | 124         | 12133.4             |

### Lamb Sauce

| Ingredient   | Meal Amount | Total Meals | Required Ingredient |
|--------------|-------------|-------------|---------------------|
| Greek Yogurt | 20          | 102         | 2040                |
| Garlic       | 1           | 102         | 102                 |
| Salt         | 0.2         | 102         | 20.400000000000002  |

## To Pack In Fridge

### Sauces to Prepare

| Sauce         | Qty | Amt | Total |
|---------------|-----|-----|-------|
| MONGOLIAN     | 70  | 101 | 7070  |
| MEATBALLS     | 120 | 128 | 15360 |
| LEMON         | 50  | 90  | 4500  |
| MUSHROOM      | 100 | 260 | 26000 |
| FAJITA SAUCE  | 33  | 88  | 2904  |
| BURRITO SAUCE | 43  | 122 | 5246  |

### Beef Burrito Mix

| Ingredient  | Qty | Amt | Total | Batches |
|-------------|-----|-----|-------|---------|
| Salsa       | 43  | 122 | 1749  | 3       |
| Black Beans | 50  | 122 | 2034  | 3       |
| Corn        | 50  | 122 | 2034  | 3       |
| Rice        | 130 | 122 | 5287  | 3       |

### Parma Mix

| Ingredient        | Qty | Amt | Total |
|-------------------|-----|-----|-------|
| Napoli Sauce      | 50  | 171 | 8550  |
| Mozzarella Cheese | 40  | 171 | 6840  |

### Chicken Pesto Sundried

| Ingredient       | Qty | Meals | Total |
|------------------|-----|-------|-------|
| Sundried Tomatos | 20  | 119   | 2380  |

## Chicken Mixing

### Pesto

| Ingredient | Qty/Batch | Amount | Total | Batches |
|------------|-----------|--------|-------|---------|
| Chicken    | 107       | 119    | 4245  | 3       |
| Sauce      | 80        | 119    | 3174  | 3       |

### Thai

| Ingredient | Qty/Batch | Amount | Total | Batches |
|------------|-----------|--------|-------|---------|
| Chicken    | 115.36    | 124    | 4769  | 3       |
| Sauce      | 92.7      | 124    | 3832  | 3       |

### Butter Chicken

| Ingredient | Qty/Batch | Amount | Total | Batches |
|------------|-----------|--------|-------|---------|
| Chicken    | 123       | 131    | 5371  | 3       |
| Sauce      | 90        | 131    | 3930  | 3       |

### Gnocchi

| Ingredient | Qty/Batch | Amount | Total | Batches |
|------------|-----------|--------|-------|---------|
| Gnocchi    | 147       | 79     | 3871  | 3       |
| Chicken    | 80        | 79     | 2107  | 3       |
| Sauce      | 200       | 79     | 5267  | 3       |
| Spinach    | 25        | 79     | 659   | 3       |

### Broccoli Pasta

| Ingredient | Qty/Batch | Amount | Total | Batches |
|------------|-----------|--------|-------|---------|
| Chicken    | 102       | 110    | 3740  | 3       |
| Sauce      | 100       | 110    | 3667  | 3       |

## Meat Order and Veg Prep

### Meat Order

| Meat Type           | Amount (g) |
|---------------------|------------|
| CHUCK ROLL (LEBO)   | 0          |
| BEEF TOPSIDE (MONG) | 10100      |
| MINCE               | 19200      |
| TOPSIDE STEAK       | 24180      |
| LAMB SHOULDER       | 16524      |
| MORROCAN CHICKEN    | 11520      |
| ITALIAN CHICKEN     | 51255      |
| NORMAL CHICKEN      | 73190      |
| CHICKEN THIGH       | 28480      |

### Veg Prep

| Veg Prep                 | Amount (g) |
|--------------------------|------------|
| 10MM DICED CARROT        | 0          |
| 10MM DICED POTATO (LEBO) | 0          |
| 10MM DICED ZUCCHINI      | 1728       |
| 5MM DICED CABBAGE        | 0          |
| 5MM DICED CAPSICUM       | 1728       |
| 5MM DICED CARROTS        | 0          |
| 5MM DICED CELERY         | 0          |
| 5MM DICED MUSHROOMS      | 0          |
| 5MM DICED ONION          | 2432       |
| 5MM MONGOLIAN CAPSICUM   | 8313       |
| 5MM MONGOLIAN ONION      | 8313       |
| 5MM SLICED MUSHROOMS     | 0          |
| BROCCOLI                 | 8754       |
| CRATED CARROTS           | 0          |
| CRATED ZUCCHINI          | 0          |
| LEMON POTATO             | 18630      |
| ROASTED POTATO           | 51870      |
| THAI POTATOS             | 7440       |
| POTATO MASH              | 58200      |
| SWEET POTATO MASH        | 27000      |
| SPINACH                  | 1972       |
| RED ONION                | 3060       |
| PARSLEY                  | 153        |