

Meal Production Summary - 18/09/2025

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	136	12	18	0	166
Beef Chow Mein	46	5	13	6	58
Shepherd's Pie	79	0	14	23	70
Beef Burrito Bowl	82	13	28	0	123
Beef Meatballs	74	9	20	0	103
Lebanese Beef Stew	61	0	0	3	58
Mongolian Beef	128	17	0	0	145
Chicken with Vegetables	68	9	3	0	80
Chicken with Sweet Potato and Beans	68	0	15	0	83
Naked Chicken Parma	186	23	23	0	232
Chicken Pesto Pasta	132	20	16	0	168
Chicken and Broccoli Pasta	80	0	13	3	90
Butter Chicken	109	14	17	0	140
Thai Green Chicken Curry	102	20	0	0	122
Moroccan Chicken	36	0	18	4	50
Steak with Mushroom Sauce	115	5	19	6	133
Creamy Chicken & Mushroom Gnocchi	93	0	2	9	86
Roasted Lemon Chicken & Potatoes	94	3	20	0	117
Beef Lasagna	176	26	25	0	227
Bean Nachos with Rice	3	0	0	0	3
Lamb Souvlaki	140	2	0	10	132
Chicken Fajita Bowl	107	7	0	0	114
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
TOTAL	2122	185	264	64	2507

Daily Production Report - 18/09/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	166	5644	2
Oil	0.7	166	58	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	258	7611	2
Oil	0.7	258	90	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	763	20220	2
Water	95	763	36242	
Salt	1	763	382	
Oil	1.5	763	572	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	50	9000	0
Oil	2	50	100	
Lemon Juice	6	50	300	
Moroccan Chicken Mix	4	50	200	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	231	36960	
Oil	4	231	924	
Roast Chicken Mix	4	231	924	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	133	14630	0
Oil	1.5	133	199.5	
Baking Soda	3	133	399	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	132	21384	0
Oil	2	132	264	
Salt	1.5	132	198.0	
Oregano	1.2	132	158.4	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	236	35400	0
Cooking Cream	20	236	4720	
Butter	7	236	1652	
Salt	1.5	236	354.0	
White Pepper	0.5	236	118.0	

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	364	11527	6
Oil	1	364	61	
Spices Mix	2.5	364	152	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	117	12110	2
Oil	1	117	58	
Salt	1.2	117	70	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	122	7320	0
Salt	1	122	122	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	132	3960	0
Parsley	1.5	132	198.0	
Paprika	0.5	132	66.0	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	296	17760	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	166	0	2
Napoli Sauce	0	166	0	
Crushed Tomatoes	0	166	0	
Beef Stock	0	166	0	
Onion	0	166	0	
Zucchini	0	166	0	
Carrot	0	166	0	
Vegetable Oil	0	166	0	
Salt	0	166	0	
Pepper	0	166	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	58	0	1
Celery	0	58	0	
Carrot	0	58	0	
Cabbage	0	58	0	
Onion	0	58	0	
Oil	0	58	0	
Pepper	0	58	0	
Salt	0	58	0	
Soy Sauce	0	58	0	
Oyster Sauce	0	58	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	70	0	1
Oil	0	70	0	
Carrots	0	70	0	
Capsicum	0	70	0	
Onion	0	70	0	
Mushroom	0	70	0	
Peas	0	70	0	
Tomato Paste	0	70	0	
Beef Stock	0	70	0	
Salt	0	70	0	
Pepper	0	70	0	
Napoli Sauce	0	70	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	123	0	1
Onion	0	123	0	
Capsicum	0	123	0	
Vegetable Oil	0	123	0	
Taco Seasoning	0	123	0	
Salt	0	123	0	
Pepper	0	123	0	
Beef Stock	0	123	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	103	15450	
Onion	10	103	1030	
Parsley	3	103	309	
Salt	1.5	103	154.5	
Pepper	0.2	103	20.6	

Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	58	5626	1
Onion	30	58	1740	
Carrot	30	58	1740	
Potato	30	58	1740	
Peas	30	58	1740	
Oil	2	58	116	
Salt	2.5	58	145	
Pepper	0.5	58	29	
Tomato Paste	20	58	1160	
Water	30	58	1740	
Beef Stock	30	58	1740	
Rice	130	58	7540	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	118	145	17110	
Baking Soda	2.5	145	362.5	
Water	10	145	1450	
Soy Sauce	5	145	725	
Cornflour	2.5	145	362.5	
Capsicum	37	145	5365	
Onion	37	145	5365	
Rice	130	145	18850	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	80	5400	2
Corn	50	80	2000	
Beans	60	80	2400	
Broccoli	67	80	2680	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	168	21840	
Penne	59	168	9912	
Sundried Tomatoes	20	168	3360	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	140	6533	3
Peas	40	140	1867	
Rice	130	140	6067	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	50	9000	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	50	1000	
Zucchini	30	50	1500	
Red Capsicum	30	50	1500	
Garlic	2	50	100	
Oil	2	50	100	
Chickpeas	115	50	5750	
Mix Spices	1.7	50	85.0	
Chicken Stock	50	50	2500	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	227	34050	
Mozzerala Cheese	1750	227	170250	
Napoli Sauce	500	227	113500	
Bolognese	3200	227	726400	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	83	5602	2
Beans	60	83	2490	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	232	34800	

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	140	122	17080	
Rice	130	122	15860	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	133	14630	

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	3	240	1
Carrot	25	3	75	
Onion	20	3	60	
Taco Seasoning	1	3	3	
Salt	1.5	3	4	
Pepper	0.5	3	2	
Garlic	2.5	3	8	
Vegetable Oil	1.5	3	4	
Cumin	0.5	3	2	
Crushed Tomato	85	3	255	
Water	41.7	3	125	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	132	9240	2
Potatoes	140	132	9240	

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	114	8550	2
Capsicum	52	114	2964	
Red Onion	52	114	2964	
Salsa	30	114	1710	
Rice	130	114	7410	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	86	4300	3
Chicken	80	86	2293	
Sauce	200	86	5733	
Spinach	25	86	717	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	122	854
Coconut Cream	95	122	11590

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	132	2640
Garlic	1	132	132
Salt	0.2	132	26.400000000000002

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	145	10150
MEATBALLS	120	103	12360
LEMON	50	117	5850
MUSHROOM	100	133	13300
FAJITA SAUCE	33	114	3762
BURRITO SAUCE	43	123	5289

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	123	1763	3
Black Beans	50	123	2050	3
Corn	50	123	2050	3
Rice	130	123	5330	3

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	232	11600
Mozzarella Cheese	40	232	9280

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	168	3360

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	168	4494	4
Sauce	80	168	3360	4

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	122	4555	3
Sauce	90	122	3660	3

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	140	5740	3
Sauce	90	140	4200	3

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	86	4214	3
Chicken	80	86	2294	3
Sauce	200	86	5734	3
Spinach	25	86	717	3

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)	5626
BEEF TOPSIDE (MONG)	17110
MINCE	15450
TOPSIDE STEAK	14630
LAMB SHOULDER	21384
MORROCAN CHICKEN	9000
ITALIAN CHICKEN	60435
NORMAL CHICKEN	78780
CHICKEN THIGH	36960

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	1740
10MM DICED POTATO (LEBO)	1740
10MM DICED ZUCCHINI	1500
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	1500
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	3830
5MM MONGOLIAN CAPSICUM	11293
5MM MONGOLIAN ONION	11293
5MM SLICED MUSHROOMS	0
BROCCOLI	8960
CRATED CARROTS	75
CRATED ZUCCHINI	0
LEMON POTATO	24218
ROASTED POTATO	69156
THAI POTATOS	7320
POTATO MASH	35400
SWEET POTATO MASH	30600
SPINACH	2148
RED ONION	3960
PARSLEY	198