

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 | |

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 | |

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 | |

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 | 120.6000000000000001 | |
| Oil | 1.8 | 67 | 120.6000000000000001 | |
| 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 A1750 | 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 |

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 |