

Meal Production Summary - 18/08/2025

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	172	3	2	14	163
Beef Chow Mein	74	6	0	31	49
Shepherd's Pie	74	0	0	0	74
Beef Burrito Bowl	51	4	1	0	56
Beef Meatballs	115	6	0	0	121
Lebanese Beef Stew	40	0	0	8	32
Mongolian Beef	178	7	0	0	185
Chicken with Vegetables	31	7	0	0	38
Chicken with Sweet Potato and Beans	81	0	0	0	81
Naked Chicken Parma	166	9	0	0	175
Chicken Pesto Pasta	128	7	0	0	135
Chicken and Broccoli Pasta	88	0	1	0	89
Butter Chicken	123	3	0	0	126
Thai Green Chicken Curry	94	4	0	0	98
Moroccan Chicken	36	0	0	9	27
Steak with Mushroom Sauce	95	9	0	0	104
Creamy Chicken & Mushroom Gnocchi	120	0	0	0	120
Roasted Lemon Chicken & Potatoes	71	9	2	7	75
Beef Lasagna	241	1	2	0	244
Bean Nachos with Rice	9	0	0	0	9
Lamb Souvlaki	105	4	0	0	109
Chicken Fajita Bowl	65	8	0	0	73
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	5	0	0	0	5
Baked Family Lasagna	12	0	0	0	12
TOTAL	2174	87	8	69	2200

Daily Production Report - 18/08/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	163	5542	2
Oil	0.7	163	57	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	224	6608	2
Oil	0.7	224	78	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	628	16642	2
Water	95	628	29830	
Salt	1	628	314	
Oil	1.5	628	471	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	27	4860	0
Oil	2	27	54	
Lemon Juice	6	27	162	
Moroccan Chicken Mix	4	27	108	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	155	148	22940	
Oil	4	148	592	
Roast Chicken Mix	4	148	592	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	104	11440	0
Oil	1.5	104	156.0	
Baking Soda	3	104	312	

Lamb Marinade

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	109	17658	0
Oil	2	109	218	
Salt	1.5	109	163.5	
Oregano	1.2	109	130.8	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	225	33750	0
Cooking Cream	20	225	4500	
Butter	7	225	1575	
Salt	1.5	225	337.5	
White Pepper	0.5	225	112.5	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	185	155	28675	0
Salt	1	155	155	
White Pepper	0.5	155	77.5	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	284	10792	5
Oil	1	284	57	
Spices Mix	2.5	284	142	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	75	7762	2
Oil	1	75	38	
Salt	1.2	75	45	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	98	5880	0
Salt	1	98	98	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	109	3270	0
Parsley	1.5	109	163.5	
Paprika	0.5	109	54.5	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	223	13380	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	163	0	2
Napoli Sauce	0	163	0	
Crushed Tomatoes	0	163	0	
Beef Stock	0	163	0	
Onion	0	163	0	
Zucchini	0	163	0	
Carrot	0	163	0	
Vegetable Oil	0	163	0	
Salt	0	163	0	
Pepper	0	163	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	49	0	1
Celery	0	49	0	
Carrot	0	49	0	
Cabbage	0	49	0	
Onion	0	49	0	
Oil	0	49	0	
Pepper	0	49	0	
Salt	0	49	0	
Soy Sauce	0	49	0	
Oyster Sauce	0	49	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	74	0	1
Oil	0	74	0	
Carrots	0	74	0	
Capsicum	0	74	0	
Onion	0	74	0	
Mushroom	0	74	0	
Peas	0	74	0	
Tomato Paste	0	74	0	
Beef Stock	0	74	0	
Salt	0	74	0	
Pepper	0	74	0	
Napoli Sauce	0	74	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	56	0	1
Onion	0	56	0	
Capsicum	0	56	0	
Vegetable Oil	0	56	0	
Taco Seasoning	0	56	0	
Salt	0	56	0	
Pepper	0	56	0	
Beef Stock	0	56	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	121	18150	
Onion	10	121	1210	
Parsley	3	121	363	
Salt	1.5	121	181.5	
Pepper	0.2	121	24.200000000000003	

Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	32	3104	1
Onion	30	32	960	
Carrot	30	32	960	
Potato	30	32	960	
Peas	30	32	960	
Oil	2	32	64	
Salt	2.5	32	80	
Pepper	0.5	32	16	
Tomato Paste	20	32	640	
Water	30	32	960	
Beef Stock	30	32	960	
Rice	130	32	4160	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	97	185	17945	
Baking Soda	2.5	185	462.5	
Water	10	185	1850	
Soy Sauce	5	185	925	
Cornflour	2.5	185	462.5	
Capsicum	37	185	6845	
Onion	37	185	6845	
Rice	130	185	24050	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	38	5130	1
Corn	50	38	1900	
Beans	60	38	2280	
Broccoli	67	38	2546	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	135	17550	
Penne	59	135	7965	
Sundried Tomatoes	20	135	2700	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	126	5880	3
Peas	40	126	1680	
Rice	130	126	5460	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	27	4860	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	27	540	
Zucchini	30	27	810	
Red Capsicum	30	27	810	
Garlic	2	27	54	
Oil	2	27	54	
Chickpeas	115	27	3105	
Mix Spices	1.7	27	45.9	
Chicken Stock	50	27	1350	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	244	36600	
Mozzerala Cheese	1750	244	183000	
Napoli Sauce	500	244	122000	
Bolognese	3200	244	780800	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	81	5468	2
Beans	60	81	2430	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	175	26250	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	89	11570	
Penne	59	89	5251	
Broccoli	40	89	3560	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	98	13720	
Rice	130	98	12740	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	104	11440	

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	9	720	1
Carrot	25	9	225	
Onion	20	9	180	
Taco Seasoning	1	9	9	
Salt	1.5	9	14	
Pepper	0.5	9	4	
Garlic	2.5	9	22	
Vegetable Oil	1.5	9	14	
Cumin	0.5	9	4	
Crushed Tomato	85	9	765	
Water	41.7	9	375	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	109	7630	2
Potatoes	140	109	7630	

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	73	5475	2
Capsicum	52	73	1898	
Red Onion	52	73	1898	
Salsa	30	73	1095	
Rice	130	73	4745	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	120	4500	4
Chicken	80	120	2400	
Sauce	200	120	6000	
Spinach	25	120	750	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	98	686
Coconut Cream	95	98	9310

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	109	2180
Garlic	1.5	109	163.5
Salt	0.5	109	54.5

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	185	12950
MEATBALLS	120	121	14520
LEMON	50	75	3750
MUSHROOM	100	104	10400
FAJITA SAUCE	33	73	2409
BURRITO SAUCE	43	56	2408

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	56	2408	1
Black Beans	50	56	2800	1
Corn	50	56	2800	1
Rice	130	56	7280	1

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	175	8750
Mozzarella Cheese	40	175	7000

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	135	2700

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	135	4815	3
Sauce	80	135	3600	3

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	98	5488	2
Sauce	90	98	4410	2

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	126	5166	3
Sauce	90	126	3780	3

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	120	4410	4
Chicken	80	120	2400	4
Sauce	200	120	6000	4
Spinach	25	120	750	4

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	89	4539	2
Sauce	100	89	4450	2

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	3104
BEEF TOPSIDE (MONG)	17945
MINCE	18150
TOPSIDE STEAK	11440
LAMB SHOULDER	17658
MORROCAN CHICKEN	4860
ITALIAN CHICKEN	44982
NORMAL CHICKEN	73840
CHICKEN THIGH	22940

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	960
10MM DICED POTATO (LEBO)	960
10MM DICED ZUCCHINI	810
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	810
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	2890
5MM MONGOLIAN CAPSICUM	10641
5MM MONGOLIAN ONION	10641
5MM SLICED MUSHROOMS	0
BROCCOLI	6106
CRATED CARROTS	225
CRATED ZUCCHINI	0
LEMON POTATO	15524
ROASTED POTATO	53960
THAI POTATOS	5880
POTATO MASH	33750
SWEET POTATO MASH	28675
SPINACH	3000
RED ONION	3270
PARSLEY	164