

Meal Production Summary - 16/10/2025

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	117	25	25	0	167
Beef Chow Mein	59	7	27	0	93
Shepherd's Pie	63	0	24	0	87
Beef Burrito Bowl	92	24	35	0	151
Beef Meatballs	117	21	26	0	164
Lebanese Beef Stew	9	0	0	0	9
Mongolian Beef	128	13	0	0	141
Chicken with Vegetables	41	16	6	0	63
Chicken with Sweet Potato and Beans	63	0	20	0	83
Naked Chicken Parma	178	42	37	0	257
Chicken Pesto Pasta	139	16	28	0	183
Chicken and Broccoli Pasta	56	0	18	0	74
Butter Chicken	106	24	37	0	167
Thai Green Chicken Curry	87	30	0	0	117
Moroccan Chicken	50	0	13	0	63
Steak with Mushroom Sauce	107	4	29	0	140
Creamy Chicken & Mushroom Gnocchi	99	0	16	0	115
Roasted Lemon Chicken & Potatoes	79	4	12	12	83
Beef Lasagna	236	47	43	0	326
Bean Nachos with Rice	16	0	0	0	16
Lamb Souvlaki	164	7	0	0	171
Chicken Fajita Bowl	71	8	0	0	79
Steak On Its Own	0	5	0	0	5
Chicken On Its Own	0	5	0	0	5
Family Mac and 3 Cheese Pasta Bake	3	0	0	0	3
Baked Family Lasagna	1	0	0	0	1
TOTAL	2081	298	396	12	2763

Daily Production Report - 16/10/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	167	5344	2
Oil	0.7	167	58	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	257	7582	2
Oil	0.7	257	90	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	773	20484	2
Water	95	773	36718	
Salt	1	773	386	
Oil	1.5	773	580	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	63	11340	0
Oil	2	63	126	
Lemon Juice	6	63	378	
Moroccan Chicken Mix	4	63	252	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	162	25920	
Oil	4	162	648	
Roast Chicken Mix	4	162	648	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	145	13485	0
Oil	1.5	145	217.5	
Baking Soda	3	145	435	

Lamb Marinade

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	171	27702	0
Oil	2	171	342	
Salt	1.5	171	256.5	
Oregano	1.2	171	205.2	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	304	45600	0
Cooking Cream	20	304	6080	
Butter	7	304	2128	
Salt	1.5	304	456.0	
White Pepper	0.5	304	152.0	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	170	34000	0
Salt	1	170	170	
White Pepper	0.5	170	85.0	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	428	11617	7
Oil	1	428	61	
Spices Mix	2.5	428	153	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	83	8590	2
Oil	1	83	42	
Salt	1.2	83	50	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	117	7020	0
Salt	1	117	117	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	171	5130	0
Parsley	1.5	171	256.5	
Paprika	0.5	171	85.5	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	286	17160	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	167	0	2
Napoli Sauce	0	167	0	
Crushed Tomatoes	0	167	0	
Beef Stock	0	167	0	
Onion	0	167	0	
Zucchini	0	167	0	
Carrot	0	167	0	
Vegetable Oil	0	167	0	
Salt	0	167	0	
Pepper	0	167	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	93	0	2
Celery	0	93	0	
Carrot	0	93	0	
Cabbage	0	93	0	
Onion	0	93	0	
Oil	0	93	0	
Pepper	0	93	0	
Salt	0	93	0	
Soy Sauce	0	93	0	
Oyster Sauce	0	93	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	87	0	2
Oil	0	87	0	
Carrots	0	87	0	
Capsicum	0	87	0	
Onion	0	87	0	
Mushroom	0	87	0	
Peas	0	87	0	
Tomato Paste	0	87	0	
Beef Stock	0	87	0	
Salt	0	87	0	
Pepper	0	87	0	
Napoli Sauce	0	87	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	151	0	2
Onion	0	151	0	
Capsicum	0	151	0	
Vegetable Oil	0	151	0	
Taco Seasoning	0	151	0	
Salt	0	151	0	
Pepper	0	151	0	
Beef Stock	0	151	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	164	24600	
Onion	10	164	1640	
Parsley	3	164	492	
Salt	1.5	164	246.0	
Pepper	0.2	164	32.800000000000	0004

Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	9	873	1
Onion	30	9	270	
Carrot	30	9	270	
Potato	30	9	270	
Peas	30	9	270	
Oil	2	9	18	
Salt	2.5	9	22	
Pepper	0.5	9	4	
Tomato Paste	20	9	180	
Water	30	9	270	
Beef Stock	30	9	270	
Rice	130	9	1170	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	141	14100	
Baking Soda	2.5	141	352.5	
Water	10	141	1410	
Soy Sauce	5	141	705	
Cornflour	2.5	141	352.5	
Capsicum	37	141	5217	
Onion	37	141	5217	
Rice	130	141	18330	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	63	4252	2
Corn	50	63	1575	
Beans	60	63	1890	
Broccoli	67	63	2110	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	183	23790	
Penne	59	183	10797	
Sundried Tomatoes	20	183	3660	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	167	7793	3
Peas	40	167	2227	
Rice	130	167	7237	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	63	11340	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	63	1260	
Zucchini	30	63	1890	
Red Capsicum	30	63	1890	
Garlic	2	63	126	
Oil	2	63	126	
Chickpeas	115	63	7245	
Mix Spices	1.7	63	107.1	
Chicken Stock	50	63	3150	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	326	48900	
Mozzerala Cheese	1750	326	244500	
Napoli Sauce	500	326	163000	
Bolognese	3200	326	1043200	

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	257	38550	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	74	9620	
Penne	59	74	4366	
Broccoli	40	74	2960	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	117	16380	
Rice	130	117	15210	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	140	15400	

Steak On Its Own

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	200	5	1000	1

Bean Nachos with Rice

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Drained Beans	80	16	1280	1
Carrot	25	16	400	
Onion	20	16	320	
Taco Seasoning	1	16	16	
Salt	1.5	16	24	
Pepper	0.5	16	8	
Garlic	2.5	16	40	
Vegetable Oil	1.5	16	24	
Cumin	0.5	16	8	
Crushed Tomato	85	16	1360	
Water	41.7	16	667	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	171	11970	2
Potatoes	140	171	11970	

Chicken On Its Own

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken Breast	200	5	1000	1

Chicken Fajita Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken Thigh	150	79	5925	2
Capsicum	52	79	2054	
Red Onion	52	79	2054	
Salsa	30	79	1185	
Rice	130	79	5135	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	115	4312	4
Chicken	80	115	2300	
Sauce	200	115	5750	
Spinach	25	115	719	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	117	819
Coconut Cream	95	117	11115

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	171	3420
Garlic	1	171	171
Salt	0.2	171	34.2

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	141	9870
MEATBALLS	120	164	19680
LEMON	50	83	4150
MUSHROOM	100	140	14000
FAJITA SAUCE	33	79	2607
BURRITO SAUCE	43	151	6493

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	151	2165	3
Black Beans	50	151	2517	3
Corn	50	151	2517	3
Rice	130	151	6544	3

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	257	12850
Mozzarella Cheese	40	257	10280

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	183	3660

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	183	4896	4
Sauce	80	183	3660	4

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	117	4368	3
Sauce	90	117	3510	3

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	167	5136	4
Sauce	90	167	3758	4

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	115	4227	4
Chicken	80	115	2300	4
Sauce	200	115	5750	4
Spinach	25	115	719	4

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	74	3774	2
Sauce	100	74	3700	2

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	873
BEEF TOPSIDE (MONG)	14100
MINCE	24600
TOPSIDE STEAK	14485
LAMB SHOULDER	27702
MORROCAN CHICKEN	11340
ITALIAN CHICKEN	62424
NORMAL CHICKEN	85280
CHICKEN THIGH	25920

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	270
10MM DICED POTATO (LEBO)	270
10MM DICED ZUCCHINI	1890
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	1890
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	3490
5MM MONGOLIAN CAPSICUM	9325
5MM MONGOLIAN ONION	9325
5MM SLICED MUSHROOMS	0
BROCCOLI	7180
CRATED CARROTS	400
CRATED ZUCCHINI	0
LEMON POTATO	17180
ROASTED POTATO	81319
THAI POTATOS	7020
POTATO MASH	45600
SWEET POTATO MASH	34000
SPINACH	2872
RED ONION	5130
PARSLEY	256