

Meal Production Summary - 13/11/2025

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	161	11	15	13	174
Beef Chow Mein	65	11	15	0	91
Shepherd's Pie	76	0	12	7	81
Beef Burrito Bowl	88	17	24	0	129
Beef Meatballs	84	22	7	0	113
Lebanese Beef Stew	0	0	0	0	0
Mongolian Beef	158	5	0	40	123
Chicken with Vegetables	48	17	1	0	66
Chicken with Sweet Potato and Beans	67	0	12	0	79
Naked Chicken Parma	200	15	10	0	225
Chicken Pesto Pasta	151	13	11	0	175
Chicken and Broccoli Pasta	104	0	10	0	114
Butter Chicken	140	41	15	0	196
Thai Green Chicken Curry	93	12	0	0	105
Moroccan Chicken	57	0	10	5	62
Steak with Mushroom Sauce	111	6	4	5	116
Creamy Chicken & Mushroom Gnocchi	73	0	9	0	82
Roasted Lemon Chicken & Potatoes	116	1	10	0	127
Beef Lasagna	298	15	23	0	336
Bean Nachos with Rice	12	0	0	5	7
Lamb Souvlaki	138	15	0	19	134
Chicken Fajita Bowl	81	13	0	0	94
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	6	0	0	0	6
ON Amino Energy Can	0	9	0	0	9
TOTAL	2332	223	188	94	2649

Daily Production Report - 13/11/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	174	3712	3
Oil	0.7	174	41	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	289	5684	3
Oil	0.7	289	67	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	745	19742	2
Water	95	745	35388	
Salt	1	745	372	
Oil	1.5	745	559	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	62	11160	0
Oil	2	62	124	
Lemon Juice	6	62	372	
Moroccan Chicken Mix	4	62	248	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	221	35360	
Oil	4	221	884	
Roast Chicken Mix	4	221	884	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	116	10788	0
Oil	1.5	116	174.0	
Baking Soda	3	116	348	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	134	21708	0
Oil	2	134	268	
Salt	1.5	134	201.0	
Oregano	1.2	134	160.8	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	229	34350	0
Cooking Cream	20	229	4580	
Butter	7	229	1603	
Salt	1.5	229	343.5	
White Pepper	0.5	229	114.5	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	160	32000	0
Salt	1	160	160	
White Pepper	0.5	160	80.0	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	359	11368	6
Oil	1	359	60	
Spices Mix	2.5	359	150	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	127	8763	3
Oil	1	127	42	
Salt	1.2	127	51	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	105	6300	0
Salt	1	105	105	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	134	4020	0
Parsley	1.5	134	201.0	
Paprika	0.5	134	67.0	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	261	15660	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	174	0	2
Napoli Sauce	0	174	0	
Crushed Tomatoes	0	174	0	
Beef Stock	0	174	0	
Onion	0	174	0	
Zucchini	0	174	0	
Carrot	0	174	0	
Vegetable Oil	0	174	0	
Salt	0	174	0	
Pepper	0	174	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	91	0	2
Celery	0	91	0	
Carrot	0	91	0	
Cabbage	0	91	0	
Onion	0	91	0	
Oil	0	91	0	
Pepper	0	91	0	
Salt	0	91	0	
Soy Sauce	0	91	0	
Oyster Sauce	0	91	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	81	0	1
Oil	0	81	0	
Carrots	0	81	0	
Capsicum	0	81	0	
Onion	0	81	0	
Mushroom	0	81	0	
Peas	0	81	0	
Tomato Paste	0	81	0	
Beef Stock	0	81	0	
Salt	0	81	0	
Pepper	0	81	0	
Napoli Sauce	0	81	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	129	0	1
Onion	0	129	0	
Capsicum	0	129	0	
Vegetable Oil	0	129	0	
Taco Seasoning	0	129	0	
Salt	0	129	0	
Pepper	0	129	0	
Beef Stock	0	129	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	113	16950	
Onion	10	113	1130	
Parsley	3	113	339	
Salt	1.5	113	169.5	
Pepper	0.2	113	22.6	

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	123	12300	
Baking Soda	2.5	123	307.5	
Water	10	123	1230	
Soy Sauce	5	123	615	
Cornflour	2.5	123	307.5	
Capsicum	37	123	4551	
Onion	37	123	4551	
Rice	130	123	15990	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	66	4455	2
Corn	50	66	1650	
Beans	60	66	1980	
Broccoli	67	66	2211	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	175	22750	
Penne	59	175	10325	
Sundried Tomatoes	20	175	3500	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	196	6860	4
Peas	40	196	1960	
Rice	130	196	6370	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	62	11160	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	62	1116	
Zucchini	27	62	1674	
Red Capsicum	27	62	1674	
Garlic	1.8	62	111.60000000000001	
Oil	1.8	62	111.60000000000001	
Chickpeas	103.5	62	6417.0	
Mix Spices	1.53	62	94.86	
Chicken Stock	45	62	2790	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	336	50400	
Mozzerala Cheese	1750	336	252000	
Napoli Sauce	500	336	168000	
Bolognese	3200	336	1075200	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	79	5332	2
Beans	60	79	2370	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	225	33750	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	114	14820	
Penne	59	114	6726	
Broccoli	40	114	4560	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	105	15140.999999999998	
Rice	130	105	13650	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	116	12760	

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	7	560	1
Carrot	25	7	175	
Onion	20	7	140	
Taco Seasoning	1	7	7	
Salt	1.5	7	10	
Pepper	0.5	7	4	
Garlic	2.5	7	18	
Vegetable Oil	1.5	7	10	
Cumin	0.5	7	4	
Crushed Tomato	85	7	595	
Water	41.7	7	292	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	134	9380	2
Potatoes	140	134	9380	

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	94	7050	2
Capsicum	52	94	2444	
Red Onion	52	94	2444	
Salsa	30	94	1410	
Rice	130	94	6110	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	82	4100	3
Chicken	80	82	2187	
Sauce	200	82	5467	
Spinach	25	82	683	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7.21	105	757.05
Coconut Cream	97.85	105	10274.25

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	134	2680
Garlic	1	134	134
Salt	0.2	134	26.8

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	123	8610
MEATBALLS	120	113	13560
LEMON	50	127	6350
MUSHROOM	100	116	11600
FAJITA SAUCE	33	94	3102
BURRITO SAUCE	43	129	5547

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	129	1849	3
Black Beans	50	129	2150	3
Corn	50	129	2150	3
Rice	130	129	5590	3

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	225	11250
Mozzarella Cheese	40	225	9000

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	175	3500

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	175	4682	4
Sauce	80	175	3500	4

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	105	4038	3
Sauce	92.7	105	3245	3

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	196	6027	4
Sauce	90	196	4410	4

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	82	4018	3
Chicken	80	82	2187	3
Sauce	200	82	5467	3
Spinach	25	82	684	3

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	114	3876	3
Sauce	100	114	3800	3

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	12300
MINCE	16950
TOPSIDE STEAK	10788
LAMB SHOULDER	21708
MORROCAN CHICKEN	11160
ITALIAN CHICKEN	56610
NORMAL CHICKEN	87360
CHICKEN THIGH	35360

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	1674
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	1674
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	2386
5MM MONGOLIAN CAPSICUM	9439
5MM MONGOLIAN ONION	9439
5MM SLICED MUSHROOMS	0
BROCCOLI	8982
CRATED CARROTS	175
CRATED ZUCCHINI	0
LEMON POTATO	26289
ROASTED POTATO	68208
THAI POTATOS	6300
POTATO MASH	34350
SWEET POTATO MASH	32000
SPINACH	2048
RED ONION	4020
PARSLEY	201