

Meal Production Summary - 10/02/2026

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	154	15	0	169
Beef Chow Mein	101	8	0	109
Shepherd's Pie	86	0	70	16
Beef Burrito Bowl	103	5	0	108
Beef Meatballs	156	9	0	165
Lebanese Beef Stew	0	0	0	0
Mongolian Beef	200	8	0	208
Chicken with Vegetables	79	9	0	88
Chicken with Sweet Potato and Beans	144	0	0	144
Naked Chicken Parma	260	16	0	276
Chicken Pesto Pasta	170	8	0	178
Chicken and Broccoli Pasta	116	0	0	116
Butter Chicken	185	9	0	194
Thai Green Chicken Curry	125	10	0	135
Moroccan Chicken	71	0	0	71
Steak with Mushroom Sauce	210	10	0	220
Creamy Chicken & Mushroom Gnocchi	121	0	0	121
Roasted Lemon Chicken & Potatoes	109	6	0	115
Beef Lasagna	230	16	0	246
Bean Nachos with Rice	0	0	0	0
Lamb Souvlaki	160	4	0	164
Chicken Fajita Bowl	104	6	0	110
Steak On Its Own	0	0	0	0
Chicken On Its Own	0	8	0	8
Family Mac and 3 Cheese Pasta Bake	12	0	0	12
Baked Family Lasagna	30	0	0	30
ON Amino Energy Can	0	4	0	4
TOTAL	2926	151	70	3007

Daily Production Report - 10/02/2026

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	169	5408	2
Oil	0.7	169	59	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	294	5782	3
Oil	0.7	294	69	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	864	9158	5
Water	95	864	16416	
Salt	1	864	173	
Oil	1.5	864	259	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	71	12780	0
Oil	2	71	142	
Lemon Juice	6	71	426	
Moroccan Chicken Mix	4	71	284	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	225	36000	
Oil	4	225	900	
Roast Chicken Mix	4	225	900	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	220	20460	0
Oil	1.5	220	330.0	
Baking Soda	3	220	660	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	164	26568	0
Oil	2	164	328	
Salt	1.5	164	246.0	
Oregano	0.3	164	49.2	
Baking Soda	5.27	164	864.28	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	385	57750	0
Cooking Cream	20	385	7700	
Butter	7	385	2695	
Salt	1.5	385	577.5	
White Pepper	0.5	385	192.5	

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	440	11943	7
Oil	1.62	440	102	
Spices Mix	2.5	440	157	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	115	11902	2
Oil	2	115	115	
Salt	1.2	115	69	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	135	8100	0
Salt	1	135	135	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	164	4920	0
Parsley	1.5	164	246.0	
Paprika	0.5	164	82.0	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	452	27120	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	169	0	2
Napoli Sauce	0	169	0	
Crushed Tomatoes	0	169	0	
Beef Stock	0	169	0	
Onion	0	169	0	
Zucchini	0	169	0	
Carrot	0	169	0	
Vegetable Oil	0	169	0	
Salt	0	169	0	
Pepper	0	169	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	109	0	2
Celery	0	109	0	
Carrot	0	109	0	
Cabbage	0	109	0	
Onion	0	109	0	
Oil	0	109	0	
Pepper	0	109	0	
Salt	0	109	0	
Soy Sauce	0	109	0	
Oyster Sauce	0	109	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	16	0	1
Oil	0	16	0	
Carrots	0	16	0	
Capsicum	0	16	0	
Onion	0	16	0	
Mushroom	0	16	0	
Peas	0	16	0	
Tomato Paste	0	16	0	
Beef Stock	0	16	0	
Salt	0	16	0	
Pepper	0	16	0	
Napoli Sauce	0	16	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	108	0	1
Onion	0	108	0	
Capsicum	0	108	0	
Vegetable Oil	0	108	0	
Taco Seasoning	0	108	0	
Salt	0	108	0	
Pepper	0	108	0	
Beef Stock	0	108	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	165	24750	
Onion	10	165	1650	
Parsley	3	165	495	
Salt	1.5	165	247.5	
Pepper	0.2	165	33.0	

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	208	20800	
Baking Soda	2.5	208	520.0	
Water	10	208	2080	
Soy Sauce	5	208	1040	
Cornflour	2.5	208	520.0	
Capsicum	37	208	7696	
Onion	37	208	7696	
Rice	130	208	27040	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	88	5940	2
Corn	50	88	2200	
Beans	60	88	2640	
Broccoli	67	88	2948	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	178	23140	
Penne	59	178	10502	
Sundried Tomatoes	20	178	3560	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	194	6790	4
Peas	40	194	1940	
Rice	130	194	6305	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	71	12780	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	71	1278	
Zucchini	27	71	1917	
Red Capsicum	27	71	1917	
Garlic	1.8	71	127.8	
Oil	1.8	71	127.8	
Chickpeas	103.5	71	7348.5	
Mix Spices	1.53	71	108.63	
Chicken Stock	45	71	3195	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	246	36900	
Mozzerala Cheese	1750	246	184500	
Napoli Sauce	500	246	123000	
Bolognese	3200	246	787200	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	144	6480	3
Beans	60	144	2880	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	276	41400	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	116	15080	
Penne	59	116	6844	
Broccoli	40	116	4640	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	135	19467.0	
Rice	130	135	17550	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	220	24200	

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	0	0	
Carrot	25	0	0	
Onion	20	0	0	
Taco Seasoning	1	0	0	
Salt	1.5	0	0.0	
Pepper	0.5	0	0.0	
Garlic	2.5	0	0.0	
Vegetable Oil	1.5	0	0.0	
Cumin	0.5	0	0.0	
Crushed Tomato	85	0	0	
Water	41.7	0	0.0	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	164	11480	2
Potatoes	140	164	11480	

Chicken On Its Own

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken Breast	200	8	800	2

Chicken Fajita Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken Thigh	150	110	8250	2
Capsicum	52	110	2860	
Red Onion	52	110	2860	
Salsa	30	110	1650	
Rice	130	110	7150	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	121	4538	4
Chicken	80	121	2420	
Sauce	200	121	6050	
Spinach	25	121	756	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7.21	135	973.35
Coconut Cream	97.85	135	13209.75

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	164	3280
Garlic	1	164	164
Salt	0.2	164	32.800000000000004

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	208	14560
MEATBALLS	120	165	19800
LEMON	50	115	5750
MUSHROOM	100	220	22000
FAJITA SAUCE	33	110	3630
BURRITO SAUCE	43	108	4644

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	108	2322	2
Black Beans	50	108	2700	2
Corn	50	108	2700	2
Rice	130	108	7020	2

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	276	13800
Mozzarella Cheese	40	276	11040

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	178	3560

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	178	4762	4
Sauce	80	178	3560	4

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	135	5192	3
Sauce	92.7	135	4172	3

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	194	5966	4
Sauce	90	194	4365	4

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	121	4447	4
Chicken	80	121	2420	4
Sauce	200	121	6050	4
Spinach	25	121	757	4

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	116	3944	3
Sauce	100	116	3867	3

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	20800
MINCE	24750
TOPSIDE STEAK	20460
LAMB SHOULDER	26568
MORROCAN CHICKEN	12780
ITALIAN CHICKEN	78948
NORMAL CHICKEN	96720
CHICKEN THIGH	36000

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	1917
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	1917
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	2928
5MM MONGOLIAN CAPSICUM	13416
5MM MONGOLIAN ONION	13416
5MM SLICED MUSHROOMS	0
BROCCOLI	10536
CRATED CARROTS	0
CRATED ZUCCHINI	0
LEMON POTATO	23804
ROASTED POTATO	83594
THAI POTATOS	8100
POTATO MASH	57750
SWEET POTATO MASH	32000
SPINACH	3024
RED ONION	4920
PARSLEY	246