

## Meal Production Summary - 16/02/2026

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	228	10	0	238
Beef Chow Mein	83	6	0	89
Shepherd's Pie	89	0	0	89
Beef Burrito Bowl	153	13	0	166
Beef Meatballs	141	6	0	147
Lebanese Beef Stew	0	0	0	0
Mongolian Beef	164	7	0	171
Chicken with Vegetables	27	5	0	32
Chicken with Sweet Potato and Beans	60	0	0	60
Naked Chicken Parma	277	18	0	295
Chicken Pesto Pasta	235	11	0	246
Chicken and Broccoli Pasta	161	0	0	161
Butter Chicken	199	8	0	207
Thai Green Chicken Curry	157	7	0	164
Moroccan Chicken	71	0	0	71
Steak with Mushroom Sauce	168	6	0	174
Creamy Chicken & Mushroom Gnocchi	182	0	0	182
Roasted Lemon Chicken & Potatoes	97	13	0	110
Beef Lasagna	374	11	0	385
Bean Nachos with Rice	0	0	0	0
Lamb Souvlaki	90	2	0	92
Chicken Fajita Bowl	65	7	0	72
Steak On Its Own	0	0	0	0
Chicken On Its Own	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	4	0	0	4
Baked Family Lasagna	11	0	0	11
ON Amino Energy Can	0	10	0	10
<b>TOTAL</b>	<b>3036</b>	<b>140</b>	<b>0</b>	<b>3176</b>

# Daily Production Report - 16/02/2026

## Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	238	5077	3
Oil	0.7	238	56	

## Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	407	6003	4
Oil	0.7	407	71	

## Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	869	9211	5
Water	95	869	16511	
Salt	1	869	174	
Oil	1.5	869	261	

## 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	182	29120	
Oil	4	182	728	
Roast Chicken Mix	4	182	728	

## Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	174	16182	0
Oil	1.5	174	261.0	
Baking Soda	3	174	522	

## Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	92	14904	0
Oil	2	92	184	
Salt	1.5	92	138.0	
Oregano	0.3	92	27.6	
Baking Soda	5.27	92	484.84	

## Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	321	48150	0
Cooking Cream	20	321	6420	
Butter	7	321	2247	
Salt	1.5	321	481.5	
White Pepper	0.5	321	160.5	

## Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	149	29800	0
Salt	1	149	149	
White Pepper	0.5	149	74.5	

## Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	387	10504	7
Oil	1.62	387	90	
Spices Mix	2.5	387	138	

## Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	110	11385	2
Oil	2	110	110	
Salt	1.2	110	66	

## Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	164	9840	0
Salt	1	164	164	

## Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	92	2760	0
Parsley	1.5	92	138.0	
Paprika	0.5	92	46.0	

## Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	266	15960	0

## Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	238	7933	3
Napoli Sauce	65	238	5157	
Crushed Tomatoes	45	238	3570	
Beef Stock	30	238	2380	
Onion	15	238	1190	
Zucchini	15	238	1190	
Carrot	15	238	1190	
Vegetable Oil	1	238	79	
Salt	3	238	238	
Pepper	1	238	79	

### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	120	89	5340	2
Celery	42	89	1869	
Carrot	42	89	1869	
Cabbage	42	89	1869	
Onion	42	89	1869	
Oil	2	89	89	
Pepper	1	89	44	
Salt	0.5	89	22	
Soy Sauce	13	89	578	
Oyster Sauce	13	89	578	

### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	89	4450	2
Oil	2	89	89	
Carrots	15	89	668	
Capsicum	15	89	668	
Onion	15	89	668	
Mushroom	15	89	668	
Peas	15	89	668	
Tomato Paste	6	89	267	
Beef Stock	20	89	890	
Salt	2	89	89	
Pepper	0.5	89	22	
Napoli Sauce	70	89	3115	

### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	95	166	7885	2
Onion	12	166	996	
Capsicum	12	166	996	
Vegetable Oil	2	166	166	
Taco Seasoning	7	166	581	
Salt	1.5	166	124	
Pepper	0.5	166	42	
Beef Stock	40	166	3320	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	147	22050	
Onion	10	147	1470	
Parsley	3	147	441	
Salt	1.5	147	220.5	
Pepper	0.2	147	29.400000000000002	

### Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	171	17100	
Baking Soda	2.5	171	427.5	
Water	10	171	1710	
Soy Sauce	5	171	855	
Cornflour	2.5	171	427.5	
Capsicum	37	171	6327	
Onion	37	171	6327	
Rice	130	171	22230	

### 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	32	4320	1
Corn	50	32	1600	
Beans	60	32	1920	
Broccoli	67	32	2144	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	246	31980	
Penne	59	246	14514	
Sundried Tomatoes	20	246	4920	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	207	7245	4
Peas	40	207	2070	
Rice	130	207	6728	

### 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	385	57750	
Mozzerala Cheese A	1750	385	288750	
Napoli Sauce	500	385	192500	
Bolognese	3200	385	1232000	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	60	8100	1
Beans	60	60	3600	

### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	295	44250	

### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	161	20930	
Penne	59	161	9499	
Broccoli	40	161	6440	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	164	23648.8	
Rice	130	164	21320	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	174	19140	

### 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	92	6440	2
Potatoes	140	92	6440	

### 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	72	5400	2
Capsicum	52	72	1872	
Red Onion	52	72	1872	
Salsa	30	72	1080	
Rice	130	72	4680	

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	182	4550	6
Chicken	80	182	2427	
Sauce	200	182	6067	
Spinach	25	182	758	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7.21	164	1182.44
Coconut Cream	97.85	164	16047.4

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	92	1840
Garlic	1	92	92
Salt	0.2	92	18.400000000000002

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	171	11970
MEATBALLS	120	147	17640
LEMON	50	110	5500
MUSHROOM	100	174	17400
FAJITA SAUCE	33	72	2376
BURRITO SAUCE	43	166	7138

### Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	166	2380	3
Black Beans	50	166	2767	3
Corn	50	166	2767	3
Rice	130	166	7194	3

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	295	14750
Mozzarella Cheese	40	295	11800

### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	246	4920

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	246	5265	5
Sauce	80	246	3936	5

### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	164	4730	4
Sauce	92.7	164	3801	4

### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	207	5093	5
Sauce	90	207	3726	5

### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	182	4459	6
Chicken	80	182	2427	6
Sauce	200	182	6067	6
Spinach	25	182	759	6

### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	161	4106	4
Sauce	100	161	4025	4

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	17100
MINCE	81200
TOPSIDE STEAK	16182
LAMB SHOULDER	14904
MORROCAN CHICKEN	12780
ITALIAN CHICKEN	59211
NORMAL CHICKEN	124800
CHICKEN THIGH	29120

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	1917
5MM DICED CABBAGE	3738
5MM DICED CAPSICUM	5243
5MM DICED CARROTS	5072
5MM DICED CELERY	3738
5MM DICED MUSHROOMS	1334
5MM DICED ONION	13382
5MM MONGOLIAN CAPSICUM	10071
5MM MONGOLIAN ONION	10071
5MM SLICED MUSHROOMS	0
BROCCOLI	8584
CRATED CARROTS	3570
CRATED ZUCCHINI	3570
LEMON POTATO	22770
ROASTED POTATO	73528
THAI POTATOS	9840
POTATO MASH	48150
SWEET POTATO MASH	29800
SPINACH	4548
RED ONION	2760
PARSLEY	138