

Meal Production Summary - 10/07/2025

Meal	Clean Eats	Made Active	Elite Meals	Total
Baked Family Lasagna	20	0	0	20
Bean Nachos with Rice	20	20	20	60
Beef Burrito Bowl	140	140	140	420
Beef Chow Mein	150	150	150	450
Beef Lasagna	355	355	355	1065
Beef Meatballs	77	77	77	231
Butter Chicken	125	125	125	375
Chicken Fajita Bowl	116	116	116	348
Chicken On Its Own	0	0	0	0
Chicken Pesto Pasta	162	162	162	486
Chicken and Broccoli Pasta	64	64	64	192
Chicken with Sweet Potato and Beans	38	38	38	114
Chicken with Vegetables	53	53	53	159
Creamy Chicken & Mushroom Gnocchi	85	85	85	255
Family Mac and 3 Cheese Pasta Bake	0	0	0	0
Lamb Souvlaki	94	94	94	282
Lebanese Beef Stew	49	49	49	147
Mongolian Beef	224	224	224	672
Moroccan Chicken	29	29	29	87
Naked Chicken Parma	194	194	194	582
Roasted Lemon Chicken & Potatoes	115	115	115	345
Shepherd's Pie	49	49	49	147
Spaghetti Bolognese	234	234	234	702
Steak On Its Own	0	0	0	0
Steak with Mushroom Sauce	75	75	75	225
Thai Green Chicken Curry	85	85	85	255

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Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	456	68400	0
Cooking Cream	20	456	9120	
Butter	7	456	3192	
Salt	1.5	456	684.0	
White Pepper	0.5	456	228.0	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	185	261	48285	0
Salt	1	261	261	
White Pepper	0.5	261	130.5	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	864	11726	14
Oil	1	864	62	
Spices Mix	2.5	864	154	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	345	11902	6
Oil	1	345	58	
Salt	1.2	345	69	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	255	15300	0
Salt	1	255	255	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	282	8460	0
Parsley	1.5	282	423.0	
Paprika	0.5	282	141.0	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	498	29880	0

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	702	5304	9
Oil	0.7	702	55	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	678	8000	5
Oil	0.7	678	95	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	2727	48177	3
Water	95	2727	86355	
Salt	1	2727	909	
Oil	1.5	2727	1364	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	87	15660	0
Oil	2	87	174	
Lemon Juice	6	87	522	
Moroccan Chicken Mix	4	87	348	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	150	693	103950	
Oil	4	693	2772	
Roast Chicken Mix	4	693	2772	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	225	24750	0
Oil	1.5	225	337.5	
Baking Soda	3	225	675	

Lamb Marinade

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	282	45684	0
Oil	2	282	564	
Salt	1.5	282	423.0	
Oregano	1.2	282	338.4	

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	702	8775	8
Napoli Sauce	65	702	5704	
Crushed Tomatoes	45	702	3949	
Beef Stock	30	702	2632	
Onion	15	702	1316	
Zucchini	15	702	1316	
Carrot	15	702	1316	
Vegetable Oil	1	702	88	
Salt	3	702	263	
Pepper	1	702	88	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	120	450	9000	6
Celery	42	450	3150	
Carrot	42	450	3150	
Cabbage	42	450	3150	
Onion	42	450	3150	
Oil	2	450	150	
Pepper	1	450	75	
Salt	0.5	450	38	
Soy Sauce	13	450	975	
Oyster Sauce	13	450	975	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	147	7350	2
Oil	2	147	147	
Carrots	15	147	1102	
Capsicum	15	147	1102	
Onion	15	147	1102	
Mushroom	15	147	1102	
Peas	15	147	1102	
Tomato Paste	6	147	441	
Beef Stock	20	147	1470	
Salt	2	147	147	
Pepper	0.5	147	37	
Napoli Sauce	70	147	5145	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	95	420	9975	4
Onion	12	420	1260	
Capsicum	12	420	1260	
Vegetable Oil	2	420	210	
Taco Seasoning	7	420	735	
Salt	1.5	420	158	
Pepper	0.5	420	52	
Beef Stock	40	420	4200	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	231	34650	
Onion	10	231	2310	
Parsley	3	231	693	
Salt	1.5	231	346.5	
Pepper	0.2	231	46.2	

Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	147	7130	2
Onion	30	147	2205	
Carrot	30	147	2205	
Potato	30	147	2205	
Peas	30	147	2205	
Oil	2	147	147	
Salt	2.5	147	184	
Pepper	0.5	147	37	
Tomato Paste	20	147	1470	
Water	30	147	2205	
Beef Stock	30	147	2205	
Rice	130	147	9555	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	97	672	65184	
Baking Soda	2.5	672	1680.0	
Water	10	672	6720	
Soy Sauce	5	672	3360	
Cornflour	2.5	672	1680.0	
Capsicum	37	672	24864	
Onion	37	672	24864	
Rice	130	672	87360	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	159	7155	3
Corn	52	159	2756	
Beans	60	159	3180	
Broccoli	67	159	3551	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	486	63180	
Penne	59	486	28674	
Sundried Tomatoes	24	486	11664	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	375	52500	
Peas	40	375	15000	
Rice	130	375	48750	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	87	15660	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	87	1740	
Zucchini	30	87	2610	
Red Capsicum	30	87	2610	
Garlic	2	87	174	
Oil	2	87	174	
Chickpeas	115	87	10005	
Mix Spices	1.7	87	147.9	
Chicken Stock	50	87	4350	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	1065	159750	
Mozzerala Cheese	1750	1065	798750	
Napoli Sauce	500	1065	532500	
Bolognese	3200	1065	3408000	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	114	7695	2
Beans	60	114	3420	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	582	87300	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	192	24960	
Penne	59	192	11328	
Broccoli	40	192	7680	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	255	35700	
Rice	130	255	33150	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	225	24750	

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	60	4800	1
Carrot	25	60	1500	
Onion	20	60	1200	
Taco Seasoning	1	60	60	
Salt	1.5	60	90	
Pepper	0.5	60	30	
Garlic	2.5	60	150	
Vegetable Oil	1.5	60	90	
Cumin	0.5	60	30	
Crushed Tomato	85	60	5100	
Water	41.7	60	2502	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	282	9870	4
Potatoes	140	282	9870	

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	348	8700	6
Capsicum	52	348	3016	
Red Onion	52	348	3016	
Salsa	30	348	1740	
Rice	130	348	7540	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	255	4781	8
Chicken	80	255	2550	
Sauce	200	255	6375	
Spinach	25	255	797	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	255	1785
Coconut Cream	90	255	22950

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	282	5640
Garlic	2	282	564
Salt	1	282	282

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	672	47040
MEATBALLS	120	231	27720
LEMON	50	345	17250
MUSHROOM	100	225	22500
FAJITA SAUCE	33	348	11484
BURRITO SAUCE	43	420	18060

Beef Burrito Mix

Ingredient	Qty	Amt	Total
Salsa	43	420	18060
Black Beans	50	420	21000
Corn	50	420	21000
Rice	130	420	54600

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	582	29100
Mozzarella Cheese	40	582	23280

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Batches
Chicken	110	486	10
Sauce	80	486	10

Butter Chicken

Ingredient	Qty/Batch	Amount	Batches
Chicken	120	375	8
Sauce	90	375	8

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Batches
Chicken	100	192	4
Sauce	100	192	4

Thai

Ingredient	Qty/Batch	Amount	Batches
Chicken	110	255	6
Sauce	90	255	6

Gnocchi

Ingredient	Qty/Batch	Amount	Batches
Gnocchi	150	255	8
Chicken	80	255	8
Sauce	200	255	8
Spinach	25	255	8

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	14259
BEEF TOPSIDE (MONG)	65184
MINCE	213450
TOPSIDE STEAK	24750
LAMB SHOULDER	45684
MORROCAN CHICKEN	15660
ITALIAN CHICKEN	130815
NORMAL CHICKEN	203190
CHICKEN THIGH	103950

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	4410
10MM DICED POTATO (LEBO)	4410
10MM DICED ZUCCHINI	2610
5MM DICED CABBAGE	18900
5MM DICED CAPSICUM	9854
5MM DICED CARROTS	21104
5MM DICED CELERY	18900
5MM DICED MUSHROOMS	2204
5MM DICED ONION	46332
5MM MONGOLIAN CAPSICUM	42960
5MM MONGOLIAN ONION	42960
5MM SLICED MUSHROOMS	0
BROCCOLI	18333
CRATED CARROTS	12028
CRATED ZUCCHINI	10528
LEMON POTATO	71412
ROASTED POTATO	164150
THAI POTATOS	15300
POTATO MASH	68400
SWEET POTATO MASH	48285
SPINACH	6368
RED ONION	8460
PARSLEY	423