

Meal Production Summary - 29/12/2025

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	131	11	0	142
Beef Chow Mein	84	8	0	92
Shepherd's Pie	95	0	0	95
Beef Burrito Bowl	94	7	0	101
Beef Meatballs	109	4	0	113
Lebanese Beef Stew	4	0	0	4
Mongolian Beef	144	11	0	155
Chicken with Vegetables	63	17	0	80
Chicken with Sweet Potato and Beans	104	0	0	104
Naked Chicken Parma	176	8	0	184
Chicken Pesto Pasta	150	13	0	163
Chicken and Broccoli Pasta	117	0	0	117
Butter Chicken	132	8	0	140
Thai Green Chicken Curry	100	7	0	107
Moroccan Chicken	93	0	0	93
Steak with Mushroom Sauce	155	3	0	158
Creamy Chicken & Mushroom Gnocchi	111	0	0	111
Roasted Lemon Chicken & Potatoes	103	7	0	110
Beef Lasagna	164	8	0	172
Bean Nachos with Rice	2	0	0	2
Lamb Souvlaki	138	1	0	139
Chicken Fajita Bowl	64	6	0	70
Steak On Its Own	0	0	0	0
Chicken On Its Own	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	0	0	0	0
Baked Family Lasagna	4	0	0	4
ON Amino Energy Can	0	16	0	16
TOTAL	2337	135	0	2472

Daily Production Report - 29/12/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	142	4544	2
Oil	0.7	142	50	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	280	5507	3
Oil	0.7	280	65	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	671	8891	4
Water	95	671	15936	
Salt	1	671	168	
Oil	1.5	671	252	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	93	16740	0
Oil	2	93	186	
Lemon Juice	6	93	558	
Moroccan Chicken Mix	4	93	372	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	180	28800	
Oil	4	180	720	
Roast Chicken Mix	4	180	720	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	158	14694	0
Oil	1.5	158	237.0	
Baking Soda	3	158	474	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	139	22518	0
Oil	2	139	278	
Salt	1.5	139	208.5	
Oregano	0.3	139	41.7	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	271	40650	0
Cooking Cream	20	271	5420	
Butter	7	271	1897	
Salt	1.5	271	406.5	
White Pepper	0.5	271	135.5	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	199	39800	0
Salt	1	199	199	
White Pepper	0.5	199	99.5	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	323	10228	6
Oil	1	323	54	
Spices Mix	2.5	323	135	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	110	11385	2
Oil	1	110	55	
Salt	1.2	110	66	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	107	6420	0
Salt	1	107	107	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	139	4170	0
Parsley	1.5	139	208.5	
Paprika	0.5	139	69.5	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	342	20520	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	142	7100	2
Napoli Sauce	65	142	4615	
Crushed Tomatoes	45	142	3195	
Beef Stock	30	142	2130	
Onion	15	142	1065	
Zucchini	15	142	1065	
Carrot	15	142	1065	
Vegetable Oil	1	142	71	
Salt	3	142	213	
Pepper	1	142	71	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	120	92	5520	2
Celery	42	92	1932	
Carrot	42	92	1932	
Cabbage	42	92	1932	
Onion	42	92	1932	
Oil	2	92	92	
Pepper	1	92	46	
Salt	0.5	92	23	
Soy Sauce	13	92	598	
Oyster Sauce	13	92	598	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	100	95	4750	2
Oil	2	95	95	
Carrots	15	95	712	
Capsicum	15	95	712	
Onion	15	95	712	
Mushroom	15	95	712	
Peas	15	95	712	
Tomato Paste	6	95	285	
Beef Stock	20	95	950	
Salt	2	95	95	
Pepper	0.5	95	24	
Napoli Sauce	70	95	3325	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	95	101	9595	1
Onion	12	101	1212	
Capsicum	12	101	1212	
Vegetable Oil	2	101	202	
Taco Seasoning	7	101	707	
Salt	1.5	101	152	
Pepper	0.5	101	50	
Beef Stock	40	101	4040	

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	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	155	15500	
Baking Soda	2.5	155	387.5	
Water	10	155	1550	
Soy Sauce	5	155	775	
Cornflour	2.5	155	387.5	
Capsicum	37	155	5735	
Onion	37	155	5735	
Rice	130	155	20150	

Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	4	388	1
Onion	30	4	120	
Carrot	30	4	120	
Potato	30	4	120	
Peas	30	4	120	
Oil	2	4	8	
Salt	2.5	4	10	
Pepper	0.5	4	2	
Tomato Paste	20	4	80	
Water	30	4	120	
Beef Stock	30	4	120	
Rice	130	4	520	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	80	5400	2
Corn	50	80	2000	
Beans	60	80	2400	
Broccoli	67	80	2680	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	163	21190	
Penne	59	163	9617	
Sundried Tomatoes	20	163	3260	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	140	6533	3
Peas	40	140	1867	
Rice	130	140	6067	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	93	16740	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	93	1674	
Zucchini	27	93	2511	
Red Capsicum	27	93	2511	
Garlic	1.8	93	167.4	
Oil	1.8	93	167.4	
Chickpeas	103.5	93	9625.5	
Mix Spices	1.53	93	142.29	
Chicken Stock	45	93	4185	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	172	25800	
Mozzerala Cheese A1750	1750	172	129000	
Napoli Sauce	500	172	86000	
Bolognese	3200	172	550400	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	104	7020	2
Beans	60	104	3120	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	184	27600	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	117	15210	
Penne	59	117	6903	
Broccoli	40	117	4680	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	107	15429.4	
Rice	130	107	13910	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	158	17380	

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	2	160	1
Carrot	25	2	50	
Onion	20	2	40	
Taco Seasoning	1	2	2	
Salt	1.5	2	3	
Pepper	0.5	2	1	
Garlic	2.5	2	5	
Vegetable Oil	1.5	2	3	
Cumin	0.5	2	1	
Crushed Tomato	85	2	170	
Water	41.7	2	83	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	139	9730	2
Potatoes	140	139	9730	

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	70	5250	2
Capsicum	52	70	1820	
Red Onion	52	70	1820	
Salsa	30	70	1050	
Rice	130	70	4550	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	111	4162	4
Chicken	80	111	2220	
Sauce	200	111	5550	
Spinach	25	111	694	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7.21	107	771.47
Coconut Cream	97.85	107	10469.949999999999

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	139	2780
Garlic	1	139	139
Salt	0.2	139	27.8

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	155	10850
MEATBALLS	120	113	13560
LEMON	50	110	5500
MUSHROOM	100	158	15800
FAJITA SAUCE	33	70	2310
BURRITO SAUCE	43	101	4343

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	101	2172	2
Black Beans	50	101	2525	2
Corn	50	101	2525	2
Rice	130	101	6565	2

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	184	9200
Mozzarella Cheese	40	184	7360

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	163	3260

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	163	4361	4
Sauce	80	163	3260	4

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	107	4115	3
Sauce	92.7	107	3307	3

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	140	5740	3
Sauce	90	140	4200	3

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	111	4080	4
Chicken	80	111	2220	4
Sauce	200	111	5550	4
Spinach	25	111	694	4

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	117	3978	3
Sauce	100	117	3900	3

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	388
BEEF TOPSIDE (MONG)	15500
MINCE	61285
TOPSIDE STEAK	14694
LAMB SHOULDER	22518
MORROCAN CHICKEN	16740
ITALIAN CHICKEN	56304
NORMAL CHICKEN	82940
CHICKEN THIGH	28800

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	120
10MM DICED POTATO (LEBO)	120
10MM DICED ZUCCHINI	2511
5MM DICED CABBAGE	3864
5MM DICED CAPSICUM	5147
5MM DICED CARROTS	5288
5MM DICED CELERY	3864
5MM DICED MUSHROOMS	1424
5MM DICED ONION	11594
5MM MONGOLIAN CAPSICUM	9375
5MM MONGOLIAN ONION	9375
5MM SLICED MUSHROOMS	0
BROCCOLI	10040
CRATED CARROTS	2180
CRATED ZUCCHINI	2130
LEMON POTATO	22770
ROASTED POTATO	61368
THAI POTATOS	6420
POTATO MASH	40650
SWEET POTATO MASH	39800
SPINACH	2772
RED ONION	4170
PARSLEY	208