

Meal Production Summary - 12/02/2026

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	113	16	16	0	145
Beef Chow Mein	64	10	10	11	73
Shepherd's Pie	78	0	10	52	36
Beef Burrito Bowl	85	16	21	0	122
Beef Meatballs	108	13	7	0	128
Lebanese Beef Stew	0	0	0	0	0
Mongolian Beef	89	12	0	0	101
Chicken with Vegetables	47	17	1	0	65
Chicken with Sweet Potato and Beans	86	0	13	0	99
Naked Chicken Parma	133	22	16	0	171
Chicken Pesto Pasta	117	20	12	30	119
Chicken and Broccoli Pasta	102	0	8	0	110
Butter Chicken	110	11	10	0	131
Thai Green Chicken Curry	87	37	0	0	124
Moroccan Chicken	55	0	9	0	64
Steak with Mushroom Sauce	134	116	10	0	260
Creamy Chicken & Mushroom Gnocchi	77	0	2	0	79
Roasted Lemon Chicken & Potatoes	67	9	14	0	90
Beef Lasagna	164	20	24	0	208
Bean Nachos with Rice	0	0	0	0	0
Lamb Souvlaki	90	12	0	0	102
Chicken Fajita Bowl	73	15	0	0	88
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	0	0	0	0	0
Baked Family Lasagna	4	0	0	0	4
ON Amino Energy Can	0	4	0	0	4
TOTAL	1883	350	183	93	2323

Daily Production Report - 12/02/2026

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	145	4640	2
Oil	0.7	145	51	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	229	6756	2
Oil	0.7	229	80	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	639	8467	4
Water	95	639	15176	
Salt	1	639	160	
Oil	1.5	639	240	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	64	11520	0
Oil	2	64	128	
Lemon Juice	6	64	384	
Moroccan Chicken Mix	4	64	256	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	178	28480	
Oil	4	178	712	
Roast Chicken Mix	4	178	712	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	260	24180	0
Oil	1.5	260	390.0	
Baking Soda	3	260	780	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	102	16524	0
Oil	2	102	204	
Salt	1.5	102	153.0	
Oregano	0.3	102	30.6	
Baking Soda	5.27	102	537.54	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	388	58200	0
Cooking Cream	20	388	7760	
Butter	7	388	2716	
Salt	1.5	388	582.0	
White Pepper	0.5	388	194.0	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	135	27000	0
Salt	1	135	135	
White Pepper	0.5	135	67.5	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	273	10374	5
Oil	1.62	273	88	
Spices Mix	2.5	273	136	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	90	9315	2
Oil	2	90	90	
Salt	1.2	90	54	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	124	7440	0
Salt	1	124	124	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	102	3060	0
Parsley	1.5	102	153.0	
Paprika	0.5	102	51.0	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	424	25440	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	145	0	2
Napoli Sauce	0	145	0	
Crushed Tomatoes	0	145	0	
Beef Stock	0	145	0	
Onion	0	145	0	
Zucchini	0	145	0	
Carrot	0	145	0	
Vegetable Oil	0	145	0	
Salt	0	145	0	
Pepper	0	145	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	73	0	1
Celery	0	73	0	
Carrot	0	73	0	
Cabbage	0	73	0	
Onion	0	73	0	
Oil	0	73	0	
Pepper	0	73	0	
Salt	0	73	0	
Soy Sauce	0	73	0	
Oyster Sauce	0	73	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	36	0	1
Oil	0	36	0	
Carrots	0	36	0	
Capsicum	0	36	0	
Onion	0	36	0	
Mushroom	0	36	0	
Peas	0	36	0	
Tomato Paste	0	36	0	
Beef Stock	0	36	0	
Salt	0	36	0	
Pepper	0	36	0	
Napoli Sauce	0	36	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	122	0	1
Onion	0	122	0	
Capsicum	0	122	0	
Vegetable Oil	0	122	0	
Taco Seasoning	0	122	0	
Salt	0	122	0	
Pepper	0	122	0	
Beef Stock	0	122	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	128	19200	
Onion	10	128	1280	
Parsley	3	128	384	
Salt	1.5	128	192.0	
Pepper	0.2	128	25.6	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	101	10100	
Baking Soda	2.5	101	252.5	
Water	10	101	1010	
Soy Sauce	5	101	505	
Cornflour	2.5	101	252.5	
Capsicum	37	101	3737	
Onion	37	101	3737	
Rice	130	101	13130	

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	65	4388	2
Corn	50	65	1625	
Beans	60	65	1950	
Broccoli	67	65	2178	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	119	15470	
Penne	59	119	7021	
Sundried Tomatoes	20	119	2380	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	131	6113	3
Peas	40	131	1747	
Rice	130	131	5677	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	64	11520	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	64	1152	
Zucchini	27	64	1728	
Red Capsicum	27	64	1728	
Garlic	1.8	64	115.2	
Oil	1.8	64	115.2	
Chickpeas	103.5	64	6624.0	
Mix Spices	1.53	64	97.92	
Chicken Stock	45	64	2880	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	208	31200	
Mozzerala Cheese A1750	208	156000		
Napoli Sauce	500	208	104000	
Bolognese	3200	208	665600	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	99	6682	2
Beans	60	99	2970	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	171	25650	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	110	14300	
Penne	59	110	6490	
Broccoli	40	110	4400	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	124	17880.8	
Rice	130	124	16120	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	260	28600	

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	102	7140	2
Potatoes	140	102	7140	

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	88	6600	2
Capsicum	52	88	2288	
Red Onion	52	88	2288	
Salsa	30	88	1320	
Rice	130	88	5720	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	79	3950	3
Chicken	80	79	2107	
Sauce	200	79	5267	
Spinach	25	79	658	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7.21	124	894.04
Coconut Cream	97.85	124	12133.4

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	102	2040
Garlic	1	102	102
Salt	0.2	102	20.400000000000002

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	101	7070
MEATBALLS	120	128	15360
LEMON	50	90	4500
MUSHROOM	100	260	26000
FAJITA SAUCE	33	88	2904
BURRITO SAUCE	43	122	5246

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	122	1749	3
Black Beans	50	122	2034	3
Corn	50	122	2034	3
Rice	130	122	5287	3

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	171	8550
Mozzarella Cheese	40	171	6840

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	119	2380

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	119	4245	3
Sauce	80	119	3174	3

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	124	4769	3
Sauce	92.7	124	3832	3

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	131	5371	3
Sauce	90	131	3930	3

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	79	3871	3
Chicken	80	79	2107	3
Sauce	200	79	5267	3
Spinach	25	79	659	3

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	110	3740	3
Sauce	100	110	3667	3

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	10100
MINCE	19200
TOPSIDE STEAK	24180
LAMB SHOULDER	16524
MORROCAN CHICKEN	11520
ITALIAN CHICKEN	51255
NORMAL CHICKEN	73190
CHICKEN THIGH	28480

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	1728
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	1728
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	2432
5MM MONGOLIAN CAPSICUM	8313
5MM MONGOLIAN ONION	8313
5MM SLICED MUSHROOMS	0
BROCCOLI	8754
CRATED CARROTS	0
CRATED ZUCCHINI	0
LEMON POTATO	18630
ROASTED POTATO	51870
THAI POTATOS	7440
POTATO MASH	58200
SWEET POTATO MASH	27000
SPINACH	1972
RED ONION	3060
PARSLEY	153