

Meal Production Summary - 23/10/2025

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	182	16	18	0	216
Beef Chow Mein	84	20	4	0	108
Shepherd's Pie	76	0	2	0	78
Beef Burrito Bowl	132	13	30	0	175
Beef Meatballs	140	16	11	0	167
Lebanese Beef Stew	3	0	0	0	3
Mongolian Beef	136	10	0	0	146
Chicken with Vegetables	68	10	1	0	79
Chicken with Sweet Potato and Beans	119	0	9	0	128
Naked Chicken Parma	233	26	11	0	270
Chicken Pesto Pasta	161	9	14	0	184
Chicken and Broccoli Pasta	86	0	7	0	93
Butter Chicken	129	11	11	0	151
Thai Green Chicken Curry	122	12	0	0	134
Moroccan Chicken	78	0	6	0	84
Steak with Mushroom Sauce	135	21	5	0	161
Creamy Chicken & Mushroom Gnocchi	133	0	8	0	141
Roasted Lemon Chicken & Potatoes	131	28	6	0	165
Beef Lasagna	285	20	22	0	327
Bean Nachos with Rice	5	0	0	0	5
Lamb Souvlaki	175	8	0	0	183
Chicken Fajita Bowl	106	18	0	0	124
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	3	0	0	0	3
Baked Family Lasagna	9	0	0	0	9
ON Amino Energy Can	0	13	0	0	13
TOTAL	2731	251	165	0	3147

Daily Production Report - 23/10/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	216	4608	3
Oil	0.7	216	50	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	277	5448	3
Oil	0.7	277	65	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	846	22419	2
Water	95	846	40185	
Salt	1	846	423	
Oil	1.5	846	634	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	84	15120	0
Oil	2	84	168	
Lemon Juice	6	84	504	
Moroccan Chicken Mix	4	84	336	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	289	46240	
Oil	4	289	1156	
Roast Chicken Mix	4	289	1156	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	161	14973	0
Oil	1.5	161	241.5	
Baking Soda	3	161	483	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	183	29646	0
Oil	2	183	366	
Salt	1.5	183	274.5	
Oregano	1.2	183	219.6	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	328	49200	0
Cooking Cream	20	328	6560	
Butter	7	328	2296	
Salt	1.5	328	492.0	
White Pepper	0.5	328	164.0	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	206	41200	0
Salt	1	206	206	
White Pepper	0.5	206	103.0	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	453	10759	8
Oil	1	453	57	
Spices Mix	2.5	453	142	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	165	11385	3
Oil	1	165	55	
Salt	1.2	165	66	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	134	8040	0
Salt	1	134	134	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	183	5490	0
Parsley	1.5	183	274.5	
Paprika	0.5	183	91.5	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	368	22080	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	216	0	3
Napoli Sauce	0	216	0	
Crushed Tomatoes	0	216	0	
Beef Stock	0	216	0	
Onion	0	216	0	
Zucchini	0	216	0	
Carrot	0	216	0	
Vegetable Oil	0	216	0	
Salt	0	216	0	
Pepper	0	216	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	108	0	2
Celery	0	108	0	
Carrot	0	108	0	
Cabbage	0	108	0	
Onion	0	108	0	
Oil	0	108	0	
Pepper	0	108	0	
Salt	0	108	0	
Soy Sauce	0	108	0	
Oyster Sauce	0	108	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	78	0	1
Oil	0	78	0	
Carrots	0	78	0	
Capsicum	0	78	0	
Onion	0	78	0	
Mushroom	0	78	0	
Peas	0	78	0	
Tomato Paste	0	78	0	
Beef Stock	0	78	0	
Salt	0	78	0	
Pepper	0	78	0	
Napoli Sauce	0	78	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	175	0	2
Onion	0	175	0	
Capsicum	0	175	0	
Vegetable Oil	0	175	0	
Taco Seasoning	0	175	0	
Salt	0	175	0	
Pepper	0	175	0	
Beef Stock	0	175	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	167	25050	
Onion	10	167	1670	
Parsley	3	167	501	
Salt	1.5	167	250.5	
Pepper	0.2	167	33.4	

Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	3	291	1
Onion	30	3	90	
Carrot	30	3	90	
Potato	30	3	90	
Peas	30	3	90	
Oil	2	3	6	
Salt	2.5	3	8	
Pepper	0.5	3	2	
Tomato Paste	20	3	60	
Water	30	3	90	
Beef Stock	30	3	90	
Rice	130	3	390	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	146	14600	
Baking Soda	2.5	146	365.0	
Water	10	146	1460	
Soy Sauce	5	146	730	
Cornflour	2.5	146	365.0	
Capsicum	37	146	5402	
Onion	37	146	5402	
Rice	130	146	18980	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	79	5332	2
Corn	50	79	1975	
Beans	60	79	2370	
Broccoli	67	79	2646	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	184	23920	
Penne	59	184	10856	
Sundried Tomatoes	20	184	3680	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	151	7047	3
Peas	40	151	2013	
Rice	130	151	6543	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	84	15120	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	84	1680	
Zucchini	30	84	2520	
Red Capsicum	30	84	2520	
Garlic	2	84	168	
Oil	2	84	168	
Chickpeas	115	84	9660	
Mix Spices	1.7	84	142.79999999999998	
Chicken Stock	50	84	4200	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	327	49050	
Mozzerala Cheese	1750	327	245250	
Napoli Sauce	500	327	163500	
Bolognese	3200	327	1046400	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	128	5760	3
Beans	60	128	2560	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	270	40500	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	93	12090	
Penne	59	93	5487	
Broccoli	40	93	3720	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	134	18760	
Rice	130	134	17420	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	161	17710	

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	5	400	1
Carrot	25	5	125	
Onion	20	5	100	
Taco Seasoning	1	5	5	
Salt	1.5	5	8	
Pepper	0.5	5	2	
Garlic	2.5	5	12	
Vegetable Oil	1.5	5	8	
Cumin	0.5	5	2	
Crushed Tomato	85	5	425	
Water	41.7	5	208	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	183	8540	3
Potatoes	140	183	8540	

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	124	6200	3
Capsicum	52	124	2149	
Red Onion	52	124	2149	
Salsa	30	124	1240	
Rice	130	124	5373	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	141	5288	4
Chicken	80	141	2820	
Sauce	200	141	7050	
Spinach	25	141	881	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	134	938
Coconut Cream	95	134	12730

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	183	3660
Garlic	1	183	183
Salt	0.2	183	36.6

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	146	10220
MEATBALLS	120	167	20040
LEMON	50	165	8250
MUSHROOM	100	161	16100
FAJITA SAUCE	33	124	4092
BURRITO SAUCE	43	175	7525

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	175	2509	3
Black Beans	50	175	2917	3
Corn	50	175	2917	3
Rice	130	175	7584	3

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	270	13500
Mozzarella Cheese	40	270	10800

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	184	3680

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	184	4922	4
Sauce	80	184	3680	4

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	134	5003	3
Sauce	90	134	4020	3

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	151	4644	4
Sauce	90	151	3398	4

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	141	5182	4
Chicken	80	141	2820	4
Sauce	200	141	7050	4
Spinach	25	141	882	4

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	93	4743	2
Sauce	100	93	4650	2

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	291
BEEF TOPSIDE (MONG)	14600
MINCE	25050
TOPSIDE STEAK	14973
LAMB SHOULDER	29646
MORROCAN CHICKEN	15120
ITALIAN CHICKEN	72981
NORMAL CHICKEN	91390
CHICKEN THIGH	46240

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	90
10MM DICED POTATO (LEBO)	90
10MM DICED ZUCCHINI	2520
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	2520
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	3540
5MM MONGOLIAN CAPSICUM	11849
5MM MONGOLIAN ONION	11849
5MM SLICED MUSHROOMS	0
BROCCOLI	9012
CRATED CARROTS	125
CRATED ZUCCHINI	0
LEMON POTATO	34155
ROASTED POTATO	86064
THAI POTATOS	8040
POTATO MASH	49200
SWEET POTATO MASH	41200
SPINACH	3524
RED ONION	5490
PARSLEY	274