

Meal Production Summary - 18/01/2026

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	213	7	0	220
Beef Chow Mein	89	4	0	93
Shepherd's Pie	103	0	0	103
Beef Burrito Bowl	160	5	0	165
Beef Meatballs	114	3	0	117
Lebanese Beef Stew	0	0	0	0
Mongolian Beef	207	6	0	213
Chicken with Vegetables	51	3	0	54
Chicken with Sweet Potato and Beans	64	0	0	64
Naked Chicken Parma	203	6	0	209
Chicken Pesto Pasta	169	6	0	175
Chicken and Broccoli Pasta	130	0	0	130
Butter Chicken	154	5	0	159
Thai Green Chicken Curry	156	11	0	167
Moroccan Chicken	81	0	0	81
Steak with Mushroom Sauce	160	8	0	168
Creamy Chicken & Mushroom Gnocchi	138	0	0	138
Roasted Lemon Chicken & Potatoes	82	6	0	88
Beef Lasagna	307	9	0	316
Bean Nachos with Rice	0	0	0	0
Lamb Souvlaki	131	4	0	135
Chicken Fajita Bowl	93	7	0	100
Steak On Its Own	0	0	0	0
Chicken On Its Own	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	3	0	0	3
Baked Family Lasagna	13	0	0	13
TOTAL	2821	90	0	2911

Daily Production Report - 18/01/2026

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	220	4693	3
Oil	0.7	220	51	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	305	5998	3
Oil	0.7	305	71	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	897	9508	5
Water	95	897	17043	
Salt	1	897	179	
Oil	1.5	897	269	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	81	14580	0
Oil	2	81	162	
Lemon Juice	6	81	486	
Moroccan Chicken Mix	4	81	324	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	188	30080	
Oil	4	188	752	
Roast Chicken Mix	4	188	752	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	168	15624	0
Oil	1.5	168	252.0	
Baking Soda	3	168	504	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	135	21870	0
Oil	2	135	270	
Salt	1.5	135	202.5	
Oregano	0.3	135	40.5	
Baking Soda	5.27	135	711.45	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	285	42750	0
Cooking Cream	20	285	5700	
Butter	7	285	1995	
Salt	1.5	285	427.5	
White Pepper	0.5	285	142.5	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	167	33400	0
Salt	1	167	167	
White Pepper	0.5	167	83.5	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	344	10893	6
Oil	1.62	344	93	
Spices Mix	2.5	344	143	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	88	9108	2
Oil	2	88	88	
Salt	1.2	88	53	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	167	10020	0
Salt	1	167	167	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	135	4050	0
Parsley	1.5	135	202.5	
Paprika	0.5	135	67.5	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	286	17160	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	220	0	3
Napoli Sauce	0	220	0	
Crushed Tomatoes	0	220	0	
Beef Stock	0	220	0	
Onion	0	220	0	
Zucchini	0	220	0	
Carrot	0	220	0	
Vegetable Oil	0	220	0	
Salt	0	220	0	
Pepper	0	220	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	93	0	2
Celery	0	93	0	
Carrot	0	93	0	
Cabbage	0	93	0	
Onion	0	93	0	
Oil	0	93	0	
Pepper	0	93	0	
Salt	0	93	0	
Soy Sauce	0	93	0	
Oyster Sauce	0	93	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	103	0	2
Oil	0	103	0	
Carrots	0	103	0	
Capsicum	0	103	0	
Onion	0	103	0	
Mushroom	0	103	0	
Peas	0	103	0	
Tomato Paste	0	103	0	
Beef Stock	0	103	0	
Salt	0	103	0	
Pepper	0	103	0	
Napoli Sauce	0	103	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	165	0	2
Onion	0	165	0	
Capsicum	0	165	0	
Vegetable Oil	0	165	0	
Taco Seasoning	0	165	0	
Salt	0	165	0	
Pepper	0	165	0	
Beef Stock	0	165	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	117	17550	
Onion	10	117	1170	
Parsley	3	117	351	
Salt	1.5	117	175.5	
Pepper	0.2	117	23.400000000000002	

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	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	213	21300	
Baking Soda	2.5	213	532.5	
Water	10	213	2130	
Soy Sauce	5	213	1065	
Cornflour	2.5	213	532.5	
Capsicum	37	213	7881	
Onion	37	213	7881	
Rice	130	213	27690	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	54	7290	1
Corn	50	54	2700	
Beans	60	54	3240	
Broccoli	67	54	3618	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	175	22750	
Penne	59	175	10325	
Sundried Tomatoes	20	175	3500	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	159	7420	3
Peas	40	159	2120	
Rice	130	159	6890	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	81	14580	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	81	1458	
Zucchini	27	81	2187	
Red Capsicum	27	81	2187	
Garlic	1.8	81	145.8	
Oil	1.8	81	145.8	
Chickpeas	103.5	81	8383.5	
Mix Spices	1.53	81	123.93	
Chicken Stock	45	81	3645	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	316	47400	
Mozzerala Cheese	1750	316	237000	
Napoli Sauce	500	316	158000	
Bolognese	3200	316	1011200	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	64	4320	2
Beans	60	64	1920	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	209	31350	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	130	16900	
Penne	59	130	7670	
Broccoli	40	130	5200	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	167	24081.399999999998	
Rice	130	167	21710	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	168	18480	

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	135	9450	2
Potatoes	140	135	9450	

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	100	7500	2
Capsicum	52	100	2600	
Red Onion	52	100	2600	
Salsa	30	100	1500	
Rice	130	100	6500	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	138	5175	4
Chicken	80	138	2760	
Sauce	200	138	6900	
Spinach	25	138	862	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7.21	167	1204.07
Coconut Cream	97.85	167	16340.949999999999

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	135	2700
Garlic	1	135	135
Salt	0.2	135	27.0

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	213	14910
MEATBALLS	120	117	14040
LEMON	50	88	4400
MUSHROOM	100	168	16800
FAJITA SAUCE	33	100	3300
BURRITO SAUCE	43	165	7095

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	165	2365	3
Black Beans	50	165	2750	3
Corn	50	165	2750	3
Rice	130	165	7150	3

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	209	10450
Mozzarella Cheese	40	209	8360

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	175	3500

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	175	4682	4
Sauce	80	175	3500	4

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	167	4817	4
Sauce	92.7	167	3871	4

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	159	4890	4
Sauce	90	159	3578	4

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	138	5072	4
Chicken	80	138	2760	4
Sauce	200	138	6900	4
Spinach	25	138	863	4

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	130	4420	3
Sauce	100	130	4334	3

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	21300
MINCE	17550
TOPSIDE STEAK	15624
LAMB SHOULDER	21870
MORROCAN CHICKEN	14580
ITALIAN CHICKEN	50031
NORMAL CHICKEN	99970
CHICKEN THIGH	30080

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	2187
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	2187
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	2628
5MM MONGOLIAN CAPSICUM	13081
5MM MONGOLIAN ONION	13081
5MM SLICED MUSHROOMS	0
BROCCOLI	8818
CRATED CARROTS	0
CRATED ZUCCHINI	0
LEMON POTATO	18216
ROASTED POTATO	65358
THAI POTATOS	10020
POTATO MASH	42750
SWEET POTATO MASH	33400
SPINACH	3448
RED ONION	4050
PARSLEY	202