

Meal Production Summary - 18/08/2025

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	172	3	2	14	163
Beef Chow Mein	74	6	0	31	49
Shepherd's Pie	74	0	0	0	74
Beef Burrito Bowl	51	4	1	0	56
Beef Meatballs	111	6	0	0	117
Lebanese Beef Stew	40	0	0	8	32
Mongolian Beef	178	7	0	0	185
Chicken with Vegetables	31	7	0	0	38
Chicken with Sweet Potato and Beans	81	0	0	0	81
Naked Chicken Parma	161	9	0	0	170
Chicken Pesto Pasta	124	7	0	0	131
Chicken and Broccoli Pasta	88	0	1	0	89
Butter Chicken	123	3	0	0	126
Thai Green Chicken Curry	92	4	0	0	96
Moroccan Chicken	36	0	0	9	27
Steak with Mushroom Sauce	95	9	0	0	104
Creamy Chicken & Mushroom Gnocchi	120	0	0	0	120
Roasted Lemon Chicken & Potatoes	71	9	2	7	75
Beef Lasagna	241	1	2	0	244
Bean Nachos with Rice	9	0	0	0	9
Lamb Souvlaki	101	4	0	0	105
Chicken Fajita Bowl	65	8	0	0	73
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	10	0	0	0	10
TOTAL	2151	87	8	69	2177

Daily Production Report - 18/08/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	163	5542	2
Oil	0.7	163	57	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	220	6490	2
Oil	0.7	220	77	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	626	16589	2
Water	95	626	29735	
Salt	1	626	313	
Oil	1.5	626	470	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	27	4860	0
Oil	2	27	54	
Lemon Juice	6	27	162	
Moroccan Chicken Mix	4	27	108	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	155	148	22940	
Oil	4	148	592	
Roast Chicken Mix	4	148	592	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	104	11440	0
Oil	1.5	104	156.0	
Baking Soda	3	104	312	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	105	17010	0
Oil	2	105	210	
Salt	1.5	105	157.5	
Oregano	1.2	105	126.0	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	221	33150	0
Cooking Cream	20	221	4420	
Butter	7	221	1547	
Salt	1.5	221	331.5	
White Pepper	0.5	221	110.5	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	185	155	28675	0
Salt	1	155	155	
White Pepper	0.5	155	77.5	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	275	10450	5
Oil	1	275	55	
Spices Mix	2.5	275	138	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	75	7762	2
Oil	1	75	38	
Salt	1.2	75	45	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	96	5760	0
Salt	1	96	96	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	105	3150	0
Parsley	1.5	105	157.5	
Paprika	0.5	105	52.5	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	223	13380	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	163	0	2
Napoli Sauce	0	163	0	
Crushed Tomatoes	0	163	0	
Beef Stock	0	163	0	
Onion	0	163	0	
Zucchini	0	163	0	
Carrot	0	163	0	
Vegetable Oil	0	163	0	
Salt	0	163	0	
Pepper	0	163	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	49	0	1
Celery	0	49	0	
Carrot	0	49	0	
Cabbage	0	49	0	
Onion	0	49	0	
Oil	0	49	0	
Pepper	0	49	0	
Salt	0	49	0	
Soy Sauce	0	49	0	
Oyster Sauce	0	49	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	74	0	1
Oil	0	74	0	
Carrots	0	74	0	
Capsicum	0	74	0	
Onion	0	74	0	
Mushroom	0	74	0	
Peas	0	74	0	
Tomato Paste	0	74	0	
Beef Stock	0	74	0	
Salt	0	74	0	
Pepper	0	74	0	
Napoli Sauce	0	74	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	56	0	1
Onion	0	56	0	
Capsicum	0	56	0	
Vegetable Oil	0	56	0	
Taco Seasoning	0	56	0	
Salt	0	56	0	
Pepper	0	56	0	
Beef Stock	0	56	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	32	3104	1
Onion	30	32	960	
Carrot	30	32	960	
Potato	30	32	960	
Peas	30	32	960	
Oil	2	32	64	
Salt	2.5	32	80	
Pepper	0.5	32	16	
Tomato Paste	20	32	640	
Water	30	32	960	
Beef Stock	30	32	960	
Rice	130	32	4160	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	97	185	17945	
Baking Soda	2.5	185	462.5	
Water	10	185	1850	
Soy Sauce	5	185	925	
Cornflour	2.5	185	462.5	
Capsicum	37	185	6845	
Onion	37	185	6845	
Rice	130	185	24050	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	38	5130	1
Corn	50	38	1900	
Beans	60	38	2280	
Broccoli	67	38	2546	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	131	17030	
Penne	59	131	7729	
Sundried Tomatoes	20	131	2620	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	126	5880	3
Peas	40	126	1680	
Rice	130	126	5460	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	27	4860	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	27	540	
Zucchini	30	27	810	
Red Capsicum	30	27	810	
Garlic	2	27	54	
Oil	2	27	54	
Chickpeas	115	27	3105	
Mix Spices	1.7	27	45.9	
Chicken Stock	50	27	1350	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	244	36600	
Mozzerala Cheese	1750	244	183000	
Napoli Sauce	500	244	122000	
Bolognese	3200	244	780800	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	81	5468	2
Beans	60	81	2430	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	170	25500	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	89	11570	
Penne	59	89	5251	
Broccoli	40	89	3560	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	96	13440	
Rice	130	96	12480	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	104	11440	

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	9	720	1
Carrot	25	9	225	
Onion	20	9	180	
Taco Seasoning	1	9	9	
Salt	1.5	9	14	
Pepper	0.5	9	4	
Garlic	2.5	9	22	
Vegetable Oil	1.5	9	14	
Cumin	0.5	9	4	
Crushed Tomato	85	9	765	
Water	41.7	9	375	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	105	7350	2
Potatoes	140	105	7350	

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	73	5475	2
Capsicum	52	73	1898	
Red Onion	52	73	1898	
Salsa	30	73	1095	
Rice	130	73	4745	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	120	4500	4
Chicken	80	120	2400	
Sauce	200	120	6000	
Spinach	25	120	750	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	96	672
Coconut Cream	95	96	9120

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	105	2100
Garlic	1.5	105	157.5
Salt	0.5	105	52.5

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	185	12950
MEATBALLS	120	117	14040
LEMON	50	75	3750
MUSHROOM	100	104	10400
FAJITA SAUCE	33	73	2409
BURRITO SAUCE	43	56	2408

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	56	2408	1
Black Beans	50	56	2800	1
Corn	50	56	2800	1
Rice	130	56	7280	1

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	170	8500
Mozzarella Cheese	40	170	6800

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	131	2620

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	131	4673	3
Sauce	80	131	3494	3

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	96	5376	2
Sauce	90	96	4320	2

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	126	5166	3
Sauce	90	126	3780	3

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	120	4410	4
Chicken	80	120	2400	4
Sauce	200	120	6000	4
Spinach	25	120	750	4

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	89	4539	2
Sauce	100	89	4450	2

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	3104
BEEF TOPSIDE (MONG)	17945
MINCE	17550
TOPSIDE STEAK	11440
LAMB SHOULDER	17010
MORROCAN CHICKEN	4860
ITALIAN CHICKEN	44217
NORMAL CHICKEN	73060
CHICKEN THIGH	22940

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	960
10MM DICED POTATO (LEBO)	960
10MM DICED ZUCCHINI	810
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	810
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	2850
5MM MONGOLIAN CAPSICUM	10641
5MM MONGOLIAN ONION	10641
5MM SLICED MUSHROOMS	0
BROCCOLI	6106
CRATED CARROTS	225
CRATED ZUCCHINI	0
LEMON POTATO	15524
ROASTED POTATO	52250
THAI POTATOS	5760
POTATO MASH	33150
SWEET POTATO MASH	28675
SPINACH	3000
RED ONION	3150
PARSLEY	158