

Meal Production Summary - 22/01/2026

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	94	18	11	0	123
Beef Chow Mein	58	8	9	0	75
Shepherd's Pie	51	0	10	0	61
Beef Burrito Bowl	79	14	22	0	115
Beef Meatballs	121	13	12	0	146
Lebanese Beef Stew	0	0	0	0	0
Mongolian Beef	109	15	0	0	124
Chicken with Vegetables	39	8	3	0	50
Chicken with Sweet Potato and Beans	59	0	11	0	70
Naked Chicken Parma	162	24	24	0	210
Chicken Pesto Pasta	118	24	17	0	159
Chicken and Broccoli Pasta	86	0	12	0	98
Butter Chicken	112	17	9	0	138
Thai Green Chicken Curry	111	18	0	0	129
Moroccan Chicken	47	0	16	0	63
Steak with Mushroom Sauce	115	8	13	0	136
Creamy Chicken & Mushroom Gnocchi	100	0	4	0	104
Roasted Lemon Chicken & Potatoes	95	7	16	0	118
Beef Lasagna	199	23	19	0	241
Bean Nachos with Rice	0	0	0	0	0
Lamb Souvlaki	117	7	0	0	124
Chicken Fajita Bowl	59	3	0	0	62
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
ON Amino Energy Can	0	5	0	0	5
TOTAL	1944	212	208	0	2364

Daily Production Report - 22/01/2026

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	123	3936	2
Oil	0.7	123	43	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	257	7582	2
Oil	0.7	257	90	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	643	8520	4
Water	95	643	15271	
Salt	1	643	161	
Oil	1.5	643	241	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	63	11340	0
Oil	2	63	126	
Lemon Juice	6	63	378	
Moroccan Chicken Mix	4	63	252	

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	136	12648	0
Oil	1.5	136	204.0	
Baking Soda	3	136	408	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	124	20088	0
Oil	2	124	248	
Salt	1.5	124	186.0	
Oregano	0.3	124	37.2	
Baking Soda	5.27	124	653.48	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	282	42300	0
Cooking Cream	20	282	5640	
Butter	7	282	1974	
Salt	1.5	282	423.0	
White Pepper	0.5	282	141.0	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	131	26200	0
Salt	1	131	131	
White Pepper	0.5	131	65.5	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	334	10577	6
Oil	1.62	334	90	
Spices Mix	2.5	334	139	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	118	12213	2
Oil	2	118	118	
Salt	1.2	118	71	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	129	7740	0
Salt	1	129	129	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	124	3720	0
Parsley	1.5	124	186.0	
Paprika	0.5	124	62.0	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	256	15360	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	123	0	2
Napoli Sauce	0	123	0	
Crushed Tomatoes	0	123	0	
Beef Stock	0	123	0	
Onion	0	123	0	
Zucchini	0	123	0	
Carrot	0	123	0	
Vegetable Oil	0	123	0	
Salt	0	123	0	
Pepper	0	123	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	75	0	1
Celery	0	75	0	
Carrot	0	75	0	
Cabbage	0	75	0	
Onion	0	75	0	
Oil	0	75	0	
Pepper	0	75	0	
Salt	0	75	0	
Soy Sauce	0	75	0	
Oyster Sauce	0	75	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	61	0	1
Oil	0	61	0	
Carrots	0	61	0	
Capsicum	0	61	0	
Onion	0	61	0	
Mushroom	0	61	0	
Peas	0	61	0	
Tomato Paste	0	61	0	
Beef Stock	0	61	0	
Salt	0	61	0	
Pepper	0	61	0	
Napoli Sauce	0	61	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	115	0	1
Onion	0	115	0	
Capsicum	0	115	0	
Vegetable Oil	0	115	0	
Taco Seasoning	0	115	0	
Salt	0	115	0	
Pepper	0	115	0	
Beef Stock	0	115	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	146	21900	
Onion	10	146	1460	
Parsley	3	146	438	
Salt	1.5	146	219.0	
Pepper	0.2	146	29.200000000000003	

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	124	12400	
Baking Soda	2.5	124	310.0	
Water	10	124	1240	
Soy Sauce	5	124	620	
Cornflour	2.5	124	310.0	
Capsicum	37	124	4588	
Onion	37	124	4588	
Rice	130	124	16120	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	50	6750	1
Corn	50	50	2500	
Beans	60	50	3000	
Broccoli	67	50	3350	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	159	20670	
Penne	59	159	9381	
Sundried Tomatoes	20	159	3180	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	138	6440	3
Peas	40	138	1840	
Rice	130	138	5980	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	63	11340	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	63	1134	
Zucchini	27	63	1701	
Red Capsicum	27	63	1701	
Garlic	1.8	63	113.4	
Oil	1.8	63	113.4	
Chickpeas	103.5	63	6520.5	
Mix Spices	1.53	63	96.39	
Chicken Stock	45	63	2835	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	241	36150	
Mozzerala Cheese	1750	241	180750	
Napoli Sauce	500	241	120500	
Bolognese	3200	241	771200	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	70	4725	2
Beans	60	70	2100	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	210	31500	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	98	12740	
Penne	59	98	5782	
Broccoli	40	98	3920	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	129	18601.8	
Rice	130	129	16770	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	136	14960	

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	124	8680	2
Potatoes	140	124	8680	

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	62	4650	2
Capsicum	52	62	1612	
Red Onion	52	62	1612	
Salsa	30	62	930	
Rice	130	62	4030	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	104	5200	3
Chicken	80	104	2773	
Sauce	200	104	6933	
Spinach	25	104	867	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7.21	129	930.09
Coconut Cream	97.85	129	12622.65

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	124	2480
Garlic	1	124	124
Salt	0.2	124	24.8

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	124	8680
MEATBALLS	120	146	17520
LEMON	50	118	5900
MUSHROOM	100	136	13600
FAJITA SAUCE	33	62	2046
BURRITO SAUCE	43	115	4945

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	115	2473	2
Black Beans	50	115	2875	2
Corn	50	115	2875	2
Rice	130	115	7475	2

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	210	10500
Mozzarella Cheese	40	210	8400

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	159	3180

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	159	4254	4
Sauce	80	159	3180	4

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	129	4961	3
Sauce	92.7	129	3987	3

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	138	5658	3
Sauce	90	138	4140	3

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	104	5096	3
Chicken	80	104	2774	3
Sauce	200	104	6934	3
Spinach	25	104	867	3

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	98	4998	2
Sauce	100	98	4900	2

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	12400
MINCE	21900
TOPSIDE STEAK	12648
LAMB SHOULDER	20088
MORROCAN CHICKEN	11340
ITALIAN CHICKEN	50490
NORMAL CHICKEN	81640
CHICKEN THIGH	28800

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	1701
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	1701
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	2594
5MM MONGOLIAN CAPSICUM	7812
5MM MONGOLIAN ONION	7812
5MM SLICED MUSHROOMS	0
BROCCOLI	7270
CRATED CARROTS	0
CRATED ZUCCHINI	0
LEMON POTATO	24426
ROASTED POTATO	63456
THAI POTATOS	7740
POTATO MASH	42300
SWEET POTATO MASH	26200
SPINACH	2600
RED ONION	3720
PARSLEY	186