

## Meal Production Summary - 06/01/2026

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	187	4	0	191
Beef Chow Mein	136	0	0	136
Shepherd's Pie	138	0	20	118
Beef Burrito Bowl	111	3	0	114
Beef Meatballs	155	0	0	155
Lebanese Beef Stew	0	0	0	0
Mongolian Beef	230	6	0	236
Chicken with Vegetables	49	1	0	50
Chicken with Sweet Potato and Beans	149	0	0	149
Naked Chicken Parma	302	5	0	307
Chicken Pesto Pasta	159	1	0	160
Chicken and Broccoli Pasta	130	0	0	130
Butter Chicken	177	3	0	180
Thai Green Chicken Curry	142	3	0	145
Moroccan Chicken	96	0	0	96
Steak with Mushroom Sauce	170	5	0	175
Creamy Chicken & Mushroom Gnocchi	152	0	0	152
Roasted Lemon Chicken & Potatoes	154	0	0	154
Beef Lasagna	284	0	0	284
Bean Nachos with Rice	0	0	0	0
Lamb Souvlaki	233	0	0	233
Chicken Fajita Bowl	130	4	0	134
Steak On Its Own	0	0	0	0
Chicken On Its Own	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	5	0	0	5
Baked Family Lasagna	17	0	0	17
ON Amino Energy Can	0	1	0	1
<b>TOTAL</b>	<b>3306</b>	<b>36</b>	<b>20</b>	<b>3322</b>

## Daily Production Report - 06/01/2026

### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	191	4075	3
Oil	0.7	191	45	

### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	290	5703	3
Oil	0.7	290	68	

### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	945	8348	6
Water	95	945	14962	
Salt	1	945	158	
Oil	1.5	945	236	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	96	17280	0
Oil	2	96	192	
Lemon Juice	6	96	576	
Moroccan Chicken Mix	4	96	384	

### Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	288	46080	
Oil	4	288	1152	
Roast Chicken Mix	4	288	1152	

### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	175	16275	0
Oil	1.5	175	262.5	
Baking Soda	3	175	525	

### Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	233	37746	0
Oil	2	233	466	
Salt	1.5	233	349.5	
Oregano	0.3	233	69.9	

### Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	330	49500	0
Cooking Cream	20	330	6600	
Butter	7	330	2310	
Salt	1.5	330	495.0	
White Pepper	0.5	330	165.0	

### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	267	53400	0
Salt	1	267	267	
White Pepper	0.5	267	133.5	

### Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	540	11400	9
Oil	1	540	60	
Spices Mix	2.5	540	150	

### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	154	10626	3
Oil	1	154	51	
Salt	1.2	154	62	

### Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	145	8700	0
Salt	1	145	145	

### Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	233	6990	0
Parsley	1.5	233	349.5	
Paprika	0.5	233	116.5	

### Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	374	22440	0

## Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	191	0	3
Napoli Sauce	0	191	0	
Crushed Tomatoes	0	191	0	
Beef Stock	0	191	0	
Onion	0	191	0	
Zucchini	0	191	0	
Carrot	0	191	0	
Vegetable Oil	0	191	0	
Salt	0	191	0	
Pepper	0	191	0	

### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	136	0	2
Celery	0	136	0	
Carrot	0	136	0	
Cabbage	0	136	0	
Onion	0	136	0	
Oil	0	136	0	
Pepper	0	136	0	
Salt	0	136	0	
Soy Sauce	0	136	0	
Oyster Sauce	0	136	0	

### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	118	0	2
Oil	0	118	0	
Carrots	0	118	0	
Capsicum	0	118	0	
Onion	0	118	0	
Mushroom	0	118	0	
Peas	0	118	0	
Tomato Paste	0	118	0	
Beef Stock	0	118	0	
Salt	0	118	0	
Pepper	0	118	0	
Napoli Sauce	0	118	0	

### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	114	0	1
Onion	0	114	0	
Capsicum	0	114	0	
Vegetable Oil	0	114	0	
Taco Seasoning	0	114	0	
Salt	0	114	0	
Pepper	0	114	0	
Beef Stock	0	114	0	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	155	23250	
Onion	10	155	1550	
Parsley	3	155	465	
Salt	1.5	155	232.5	
Pepper	0.2	155	31.0	

### 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	236	23600	
Baking Soda	2.5	236	590.0	
Water	10	236	2360	
Soy Sauce	5	236	1180	
Cornflour	2.5	236	590.0	
Capsicum	37	236	8732	
Onion	37	236	8732	
Rice	130	236	30680	

## 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	160	20800	
Penne	59	160	9440	
Sundried Tomatoes	20	160	3200	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	180	8400	3
Peas	40	180	2400	
Rice	130	180	7800	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	96	17280	

### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	96	1728	
Zucchini	27	96	2592	
Red Capsicum	27	96	2592	
Garlic	1.8	96	172.8	
Oil	1.8	96	172.8	
Chickpeas	103.5	96	9936.0	
Mix Spices	1.53	96	146.88	
Chicken Stock	45	96	4320	

### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	284	42600	
Mozzerala Cheese	1750	284	213000	
Napoli Sauce	500	284	142000	
Bolognese	3200	284	908800	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	149	6705	3
Beans	60	149	2980	

### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	307	46050	

### 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	145	20909.0	
Rice	130	145	18850	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	175	19250	

### 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	233	10873	3
Potatoes	140	233	10873	

### 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	134	6700	3
Capsicum	52	134	2323	
Red Onion	52	134	2323	
Salsa	30	134	1340	
Rice	130	134	5807	

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	152	4560	5
Chicken	80	152	2432	
Sauce	200	152	6080	
Spinach	25	152	760	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7.21	145	1045.45
Coconut Cream	97.85	145	14188.25

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	233	4660
Garlic	1	233	233
Salt	0.2	233	46.6

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	236	16520
MEATBALLS	120	155	18600
LEMON	50	154	7700
MUSHROOM	100	175	17500
FAJITA SAUCE	33	134	4422
BURRITO SAUCE	43	114	4902

### Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	114	2451	2
Black Beans	50	114	2850	2
Corn	50	114	2850	2
Rice	130	114	7410	2

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	307	15350
Mozzarella Cheese	40	307	12280

### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	160	3200

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	160	4280	4
Sauce	80	160	3200	4

### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	145	5576	3
Sauce	92.7	145	4481	3

### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	180	5535	4
Sauce	90	180	4050	4

### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	152	4469	5
Chicken	80	152	2432	5
Sauce	200	152	6080	5
Spinach	25	152	760	5

### 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)	23600
MINCE	23250
TOPSIDE STEAK	16275
LAMB SHOULDER	37746
MORROCAN CHICKEN	17280
ITALIAN CHICKEN	77418
NORMAL CHICKEN	99710
CHICKEN THIGH	46080

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	2592
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	2592
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	3278
5MM MONGOLIAN CAPSICUM	15698
5MM MONGOLIAN ONION	15698
5MM SLICED MUSHROOMS	0
BROCCOLI	8550
CRATED CARROTS	0
CRATED ZUCCHINI	0
LEMON POTATO	31878
ROASTED POTATO	102600
THAI POTATOS	8700
POTATO MASH	49500
SWEET POTATO MASH	53400
SPINACH	3798
RED ONION	6990
PARSLEY	350