

Meal Production Summary - 11/09/2025

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	129	16	11	7	149
Beef Chow Mein	96	7	12	42	73
Shepherd's Pie	47	0	12	14	45
Beef Burrito Bowl	60	11	24	0	95
Beef Meatballs	116	12	21	4	145
Lebanese Beef Stew	51	0	0	3	48
Mongolian Beef	100	27	0	0	127
Chicken with Vegetables	26	13	6	0	45
Chicken with Sweet Potato and Beans	60	0	14	0	74
Naked Chicken Parma	134	17	16	0	167
Chicken Pesto Pasta	78	15	24	0	117
Chicken and Broccoli Pasta	46	0	6	0	52
Butter Chicken	85	8	16	0	109
Thai Green Chicken Curry	71	17	0	0	88
Moroccan Chicken	30	0	13	3	40
Steak with Mushroom Sauce	93	9	21	11	112
Creamy Chicken & Mushroom Gnocchi	76	0	0	0	76
Roasted Lemon Chicken & Potatoes	50	4	13	0	67
Beef Lasagna	178	12	28	0	218
Bean Nachos with Rice	7	0	0	0	7
Lamb Souvlaki	112	5	0	0	117
Chicken Fajita Bowl	71	8	0	0	79
Steak On Its Own	0	4	0	0	4
Chicken On Its Own	0	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	0	0	0	0	0
Baked Family Lasagna	0	0	0	0	0
TOTAL	1716	185	237	84	2054

Daily Production Report - 11/09/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	149	5066	2
Oil	0.7	149	52	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	169	4986	2
Oil	0.7	169	59	

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	40	7200	0
Oil	2	40	80	
Lemon Juice	6	40	240	
Moroccan Chicken Mix	4	40	160	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	146	23360	
Oil	4	146	584	
Roast Chicken Mix	4	146	584	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	116	12760	0
Oil	1.5	116	174.0	
Baking Soda	3	116	348	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	117	18954	0
Oil	2	117	234	
Salt	1.5	117	175.5	
Oregano	1.2	117	140.4	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	257	38550	0
Cooking Cream	20	257	5140	
Butter	7	257	1799	
Salt	1.5	257	385.5	
White Pepper	0.5	257	128.5	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	119	23800	0
Salt	1	119	119	
White Pepper	0.5	119	59.5	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	284	10792	5
Oil	1	284	57	
Spices Mix	2.5	284	142	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	67	6934	2
Oil	1	67	34	
Salt	1.2	67	40	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	88	5280	0
Salt	1	88	88	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	117	3510	0
Parsley	1.5	117	175.5	
Paprika	0.5	117	58.5	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	231	13860	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	149	0	2
Napoli Sauce	0	149	0	
Crushed Tomatoes	0	149	0	
Beef Stock	0	149	0	
Onion	0	149	0	
Zucchini	0	149	0	
Carrot	0	149	0	
Vegetable Oil	0	149	0	
Salt	0	149	0	
Pepper	0	149	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	73	0	1
Celery	0	73	0	
Carrot	0	73	0	
Cabbage	0	73	0	
Onion	0	73	0	
Oil	0	73	0	
Pepper	0	73	0	
Salt	0	73	0	
Soy Sauce	0	73	0	
Oyster Sauce	0	73	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	45	0	1
Oil	0	45	0	
Carrots	0	45	0	
Capsicum	0	45	0	
Onion	0	45	0	
Mushroom	0	45	0	
Peas	0	45	0	
Tomato Paste	0	45	0	
Beef Stock	0	45	0	
Salt	0	45	0	
Pepper	0	45	0	
Napoli Sauce	0	45	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	95	0	1
Onion	0	95	0	
Capsicum	0	95	0	
Vegetable Oil	0	95	0	
Taco Seasoning	0	95	0	
Salt	0	95	0	
Pepper	0	95	0	
Beef Stock	0	95	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	145	21750	
Onion	10	145	1450	
Parsley	3	145	435	
Salt	1.5	145	217.5	
Pepper	0.2	145	29.0	

Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	48	4656	1
Onion	30	48	1440	
Carrot	30	48	1440	
Potato	30	48	1440	
Peas	30	48	1440	
Oil	2	48	96	
Salt	2.5	48	120	
Pepper	0.5	48	24	
Tomato Paste	20	48	960	
Water	30	48	1440	
Beef Stock	30	48	1440	
Rice	130	48	6240	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	97	127	12319	
Baking Soda	2.5	127	317.5	
Water	10	127	1270	
Soy Sauce	5	127	635	
Cornflour	2.5	127	317.5	
Capsicum	37	127	4699	
Onion	37	127	4699	
Rice	130	127	16510	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	45	6075	1
Corn	50	45	2250	
Beans	60	45	2700	
Broccoli	67	45	3015	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	117	15210	
Penne	59	117	6903	
Sundried Tomatoes	20	117	2340	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	109	7630	2
Peas	40	109	2180	
Rice	130	109	7085	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	40	7200	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	40	800	
Zucchini	30	40	1200	
Red Capsicum	30	40	1200	
Garlic	2	40	80	
Oil	2	40	80	
Chickpeas	115	40	4600	
Mix Spices	1.7	40	68.0	
Chicken Stock	50	40	2000	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	218	32700	
Mozzerala Cheese	1750	218	163500	
Napoli Sauce	500	218	109000	
Bolognese	3200	218	697600	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	74	4995	2
Beans	60	74	2220	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	167	25050	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	52	6760	
Penne	59	52	3068	
Broccoli	40	52	2080	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	88	12320	
Rice	130	88	11440	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	112	12320	

Steak On Its Own

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	200	4	800	1

Bean Nachos with Rice

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Drained Beans	80	7	560	1
Carrot	25	7	175	
Onion	20	7	140	
Taco Seasoning	1	7	7	
Salt	1.5	7	10	
Pepper	0.5	7	4	
Garlic	2.5	7	18	
Vegetable Oil	1.5	7	10	
Cumin	0.5	7	4	
Crushed Tomato	85	7	595	
Water	41.7	7	292	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	117	8190	2
Potatoes	140	117	8190	

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	79	5925	2
Capsicum	52	79	2054	
Red Onion	52	79	2054	
Salsa	30	79	1185	
Rice	130	79	5135	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	76	3800	3
Chicken	80	76	2027	
Sauce	200	76	5067	
Spinach	25	76	633	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	88	616
Coconut Cream	95	88	8360

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	117	2340
Garlic	1	117	117
Salt	0.2	117	23.400000000000002

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	127	8890
MEATBALLS	120	145	17400
LEMON	50	67	3350
MUSHROOM	100	112	11200
FAJITA SAUCE	33	79	2607
BURRITO SAUCE	43	95	4085

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	95	2043	2
Black Beans	50	95	2375	2
Corn	50	95	2375	2
Rice	130	95	6175	2

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	167	8350
Mozzarella Cheese	40	167	6680

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	117	2340

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	117	4173	3
Sauce	80	117	3120	3

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	88	4928	2
Sauce	90	88	3960	2

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	109	4469	3
Sauce	90	109	3270	3

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	76	3724	3
Chicken	80	76	2027	3
Sauce	200	76	5067	3
Spinach	25	76	634	3

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	52	2652	2
Sauce	100	52	2600	2

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	4656
BEEF TOPSIDE (MONG)	12319
MINCE	21750
TOPSIDE STEAK	13560
LAMB SHOULDER	18954
MORROCAN CHICKEN	7200
ITALIAN CHICKEN	43758
NORMAL CHICKEN	57460
CHICKEN THIGH	23360

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	1440
10MM DICED POTATO (LEBO)	1440
10MM DICED ZUCCHINI	1200
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	1200
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	3830
5MM MONGOLIAN CAPSICUM	8807
5MM MONGOLIAN ONION	8807
5MM SLICED MUSHROOMS	0
BROCCOLI	5095
CRATED CARROTS	175
CRATED ZUCCHINI	0
LEMON POTATO	13868
ROASTED POTATO	53960
THAI POTATOS	5280
POTATO MASH	38550
SWEET POTATO MASH	23800
SPINACH	1900
RED ONION	3510
PARSLEY	176