

Meal Production Summary - 31/07/2025

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	55	28	17	18	82
Beef Chow Mein	37	15	12	5	59
Shepherd's Pie	34	0	15	0	49
Beef Burrito Bowl	48	14	31	0	93
Beef Meatballs	66	13	21	0	100
Lebanese Beef Stew	40	0	0	5	35
Mongolian Beef	90	20	0	13	97
Chicken with Vegetables	35	0	8	0	43
Chicken with Sweet Potato and Beans	52	0	18	0	70
Naked Chicken Parma	75	19	20	0	114
Chicken Pesto Pasta	59	20	23	0	102
Chicken and Broccoli Pasta	64	0	12	0	76
Butter Chicken	47	11	14	5	67
Thai Green Chicken Curry	57	19	0	5	71
Moroccan Chicken	18	0	8	3	23
Steak with Mushroom Sauce	58	13	21	0	92
Creamy Chicken & Mushroom Gnocchi	48	0	3	7	44
Roasted Lemon Chicken & Potatoes	63	32	10	0	105
Beef Lasagna	113	56	28	0	197
Bean Nachos with Rice	10	0	0	0	10
Lamb Souvlaki	71	14	0	16	69
Chicken Fajita Bowl	52	13	0	0	65
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	0	0	0	0	0
Baked Family Lasagna	3	0	0	0	3
Lunch or Dinner Only - 7 Meals	0	1	0	0	1
TOTAL	1195	288	261	77	1667

Daily Production Report - 31/07/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	82	5576	1
Oil	0.7	82	57	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	178	5251	2
Oil	0.7	178	62	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	497	26341	1
Water	95	497	47215	
Salt	1	497	497	
Oil	1.5	497	746	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	23	4140	0
Oil	2	23	46	
Lemon Juice	6	23	138	
Moroccan Chicken Mix	4	23	92	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	150	170	25500	
Oil	4	170	680	
Roast Chicken Mix	4	170	680	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	92	10120	0
Oil	1.5	92	138.0	
Baking Soda	3	92	276	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	69	11178	0
Oil	2	69	138	
Salt	1.5	69	103.5	
Oregano	1.2	69	82.8	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	192	28800	0
Cooking Cream	20	192	3840	
Butter	7	192	1344	
Salt	1.5	192	288.0	
White Pepper	0.5	192	96.0	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	185	119	22015	0
Salt	1	119	119	
White Pepper	0.5	119	59.5	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	183	11590	3
Oil	1	183	61	
Spices Mix	2.5	183	152	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	105	10868	2
Oil	1	105	52	
Salt	1.2	105	63	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	71	4260	0
Salt	1	71	71	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	69	2070	0
Parsley	1.5	69	103.5	
Paprika	0.5	69	34.5	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	205	12300	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	82	0	1
Napoli Sauce	0	82	0	
Crushed Tomatoes	0	82	0	
Beef Stock	0	82	0	
Onion	0	82	0	
Zucchini	0	82	0	
Carrot	0	82	0	
Vegetable Oil	0	82	0	
Salt	0	82	0	
Pepper	0	82	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	59	0	1
Celery	0	59	0	
Carrot	0	59	0	
Cabbage	0	59	0	
Onion	0	59	0	
Oil	0	59	0	
Pepper	0	59	0	
Salt	0	59	0	
Soy Sauce	0	59	0	
Oyster Sauce	0	59	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	49	0	1
Oil	0	49	0	
Carrots	0	49	0	
Capsicum	0	49	0	
Onion	0	49	0	
Mushroom	0	49	0	
Peas	0	49	0	
Tomato Paste	0	49	0	
Beef Stock	0	49	0	
Salt	0	49	0	
Pepper	0	49	0	
Napoli Sauce	0	49	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	93	0	1
Onion	0	93	0	
Capsicum	0	93	0	
Vegetable Oil	0	93	0	
Taco Seasoning	0	93	0	
Salt	0	93	0	
Pepper	0	93	0	
Beef Stock	0	93	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	100	15000	
Onion	10	100	1000	
Parsley	3	100	300	
Salt	1.5	100	150.0	
Pepper	0.2	100	20.0	

Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	35	3395	1
Onion	30	35	1050	
Carrot	30	35	1050	
Potato	30	35	1050	
Peas	30	35	1050	
Oil	2	35	70	
Salt	2.5	35	88	
Pepper	0.5	35	18	
Tomato Paste	20	35	700	
Water	30	35	1050	
Beef Stock	30	35	1050	
Rice	130	35	4550	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	97	97	9409	
Baking Soda	2.5	97	242.5	
Water	10	97	970	
Soy Sauce	5	97	485	
Cornflour	2.5	97	242.5	
Capsicum	37	97	3589	
Onion	37	97	3589	
Rice	130	97	12610	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	43	5805	1
Corn	52	43	2236	
Beans	60	43	2580	
Broccoli	67	43	2881	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	102	13260	
Penne	59	102	6018	
Sundried Tomatoes	24	102	2448	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	67	9380	
Peas	40	67	2680	
Rice	130	67	8710	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	23	4140	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	23	460	
Zucchini	30	23	690	
Red Capsicum	30	23	690	
Garlic	2	23	46	
Oil	2	23	46	
Chickpeas	115	23	2645	
Mix Spices	1.7	23	39.1	
Chicken Stock	50	23	1150	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	197	29550	
Mozzerala Cheese	1750	197	147750	
Napoli Sauce	500	197	98500	
Bolognese	3200	197	630400	

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	114	17100	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	76	9880	
Penne	59	76	4484	
Broccoli	40	76	3040	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	71	9940	
Rice	130	71	9230	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	92	10120	

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	10	800	1
Carrot	25	10	250	
Onion	20	10	200	
Taco Seasoning	1	10	10	
Salt	1.5	10	15	
Pepper	0.5	10	5	
Garlic	2.5	10	25	
Vegetable Oil	1.5	10	15	
Cumin	0.5	10	5	
Crushed Tomato	85	10	850	
Water	41.7	10	417	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	69	9660	1
Potatoes	140	69	9660	

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	65	4875	2
Capsicum	52	65	1690	
Red Onion	52	65	1690	
Salsa	30	65	975	
Rice	130	65	4225	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	44	3300	2
Chicken	80	44	1760	
Sauce	200	44	4400	
Spinach	25	44	550	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	71	497
Coconut Cream	90	71	6390

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	69	1380
Garlic	2	69	138
Salt	1	69	69

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	97	6790
MEATBALLS	120	100	12000
LEMON	50	105	5250
MUSHROOM	100	92	9200
FAJITA SAUCE	33	65	2145
BURRITO SAUCE	43	93	3999

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	93	2000	2
Black Beans	50	93	2325	2
Corn	50	93	2325	2
Rice	130	93	6045	2

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	114	5700
Mozzarella Cheese	40	114	4560

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	24	102	2448

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	110	102	3740	3
Sauce	80	102	2720	3

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	110	71	3905	2
Sauce	90	71	3195	2

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	120	67	4020	2
Sauce	90	67	3015	2

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	150	44	3300	2
Chicken	80	44	1760	2
Sauce	200	44	4400	2
Spinach	25	44	550	2

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	100	76	3800	2
Sauce	100	76	3800	2

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	3395
BEEF TOPSIDE (MONG)	9409
MINCE	15000
TOPSIDE STEAK	10120
LAMB SHOULDER	11178
MORROCAN CHICKEN	4140
ITALIAN CHICKEN	34731
NORMAL CHICKEN	46800
CHICKEN THIGH	25500

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	1050
10MM DICED POTATO (LEBO)	1050
10MM DICED ZUCCHINI	690
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	690
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	2710
5MM MONGOLIAN CAPSICUM	6969
5MM MONGOLIAN ONION	6969
5MM SLICED MUSHROOMS	0
BROCCOLI	5921
CRATED CARROTS	250
CRATED ZUCCHINI	0
LEMON POTATO	21734
ROASTED POTATO	34770
THAI POTATOS	4260
POTATO MASH	28800
SWEET POTATO MASH	22015
SPINACH	1100
RED ONION	2070
PARSLEY	104