

Meal Production Summary - 20/11/2025

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	113	18	20	0	151
Beef Chow Mein	69	8	17	0	94
Shepherd's Pie	71	0	14	0	85
Beef Burrito Bowl	70	25	34	0	129
Beef Meatballs	85	25	13	0	123
Lebanese Beef Stew	0	0	0	0	0
Mongolian Beef	125	19	0	0	144
Chicken with Vegetables	45	8	2	0	55
Chicken with Sweet Potato and Beans	58	0	14	0	72
Naked Chicken Parma	147	28	15	0	190
Chicken Pesto Pasta	90	10	16	0	116
Chicken and Broccoli Pasta	51	0	14	0	65
Butter Chicken	123	11	18	0	152
Thai Green Chicken Curry	83	21	0	0	104
Moroccan Chicken	47	0	11	0	58
Steak with Mushroom Sauce	84	11	10	0	105
Creamy Chicken & Mushroom Gnocchi	82	0	6	0	88
Roasted Lemon Chicken & Potatoes	71	12	12	0	95
Beef Lasagna	197	17	30	0	244
Bean Nachos with Rice	8	0	0	0	8
Lamb Souvlaki	143	9	0	0	152
Chicken Fajita Bowl	90	30	0	0	120
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	6	0	0	0	6
ON Amino Energy Can	0	7	0	0	7
TOTAL	1858	259	246	0	2363

Daily Production Report - 20/11/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	151	4832	2
Oil	0.7	151	53	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	181	5340	2
Oil	0.7	181	63	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	751	19902	2
Water	95	751	35672	
Salt	1	751	376	
Oil	1.5	751	563	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	58	10440	0
Oil	2	58	116	
Lemon Juice	6	58	348	
Moroccan Chicken Mix	4	58	232	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	215	34400	
Oil	4	215	860	
Roast Chicken Mix	4	215	860	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	105	9765	0
Oil	1.5	105	157.5	
Baking Soda	3	105	315	

Lamb Marinade

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	152	24624	0
Oil	2	152	304	
Salt	1.5	152	228.0	
Oregano	1.2	152	182.4	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	228	34200	0
Cooking Cream	20	228	4560	
Butter	7	228	1596	
Salt	1.5	228	342.0	
White Pepper	0.5	228	114.0	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	157	31400	0
Salt	1	157	157	
White Pepper	0.5	157	78.5	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	342	10830	6
Oil	1	342	57	
Spices Mix	2.5	342	142	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	95	9832	2
Oil	1	95	48	
Salt	1.2	95	57	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	104	6240	0
Salt	1	104	104	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	152	4560	0
Parsley	1.5	152	228.0	
Paprika	0.5	152	76.0	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	232	13920	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	151	0	2
Napoli Sauce	0	151	0	
Crushed Tomatoes	0	151	0	
Beef Stock	0	151	0	
Onion	0	151	0	
Zucchini	0	151	0	
Carrot	0	151	0	
Vegetable Oil	0	151	0	
Salt	0	151	0	
Pepper	0	151	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	94	0	2
Celery	0	94	0	
Carrot	0	94	0	
Cabbage	0	94	0	
Onion	0	94	0	
Oil	0	94	0	
Pepper	0	94	0	
Salt	0	94	0	
Soy Sauce	0	94	0	
Oyster Sauce	0	94	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	85	0	2
Oil	0	85	0	
Carrots	0	85	0	
Capsicum	0	85	0	
Onion	0	85	0	
Mushroom	0	85	0	
Peas	0	85	0	
Tomato Paste	0	85	0	
Beef Stock	0	85	0	
Salt	0	85	0	
Pepper	0	85	0	
Napoli Sauce	0	85	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	129	0	1
Onion	0	129	0	
Capsicum	0	129	0	
Vegetable Oil	0	129	0	
Taco Seasoning	0	129	0	
Salt	0	129	0	
Pepper	0	129	0	
Beef Stock	0	129	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	123	18450	
Onion	10	123	1230	
Parsley	3	123	369	
Salt	1.5	123	184.5	
Pepper	0.2	123	24.6	

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	144	14400	
Baking Soda	2.5	144	360.0	
Water	10	144	1440	
Soy Sauce	5	144	720	
Cornflour	2.5	144	360.0	
Capsicum	37	144	5328	
Onion	37	144	5328	
Rice	130	144	18720	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	55	7425	1
Corn	50	55	2750	
Beans	60	55	3300	
Broccoli	67	55	3685	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	116	15080	
Penne	59	116	6844	
Sundried Tomatoes	20	116	2320	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	152	7093	3
Peas	40	152	2027	
Rice	130	152	6587	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	58	10440	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	58	1044	
Zucchini	27	58	1566	
Red Capsicum	27	58	1566	
Garlic	1.8	58	104.4	
Oil	1.8	58	104.4	
Chickpeas	103.5	58	6003.0	
Mix Spices	1.53	58	88.74	
Chicken Stock	45	58	2610	

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	72	4860	2
Beans	60	72	2160	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	190	28500	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	65	8450	
Penne	59	65	3835	
Broccoli	40	65	2600	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	104	14996.8	
Rice	130	104	13520	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	105	11550	

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	8	640	1
Carrot	25	8	200	
Onion	20	8	160	
Taco Seasoning	1	8	8	
Salt	1.5	8	12	
Pepper	0.5	8	4	
Garlic	2.5	8	20	
Vegetable Oil	1.5	8	12	
Cumin	0.5	8	4	
Crushed Tomato	85	8	680	
Water	41.7	8	334	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	152	10640	2
Potatoes	140	152	10640	

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	120	9000	2
Capsicum	52	120	3120	
Red Onion	52	120	3120	
Salsa	30	120	1800	
Rice	130	120	7800	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	88	4400	3
Chicken	80	88	2347	
Sauce	200	88	5867	
Spinach	25	88	733	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7.21	104	749.84
Coconut Cream	97.85	104	10176.4

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	152	3040
Garlic	1	152	152
Salt	0.2	152	30.400000000000002

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	144	10080
MEATBALLS	120	123	14760
LEMON	50	95	4750
MUSHROOM	100	105	10500
FAJITA SAUCE	33	120	3960
BURRITO SAUCE	43	129	5547

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	129	1849	3
Black Beans	50	129	2150	3
Corn	50	129	2150	3
Rice	130	129	5590	3

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	190	9500
Mozzarella Cheese	40	190	7600

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	116	2320

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	116	4138	3
Sauce	80	116	3094	3

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	104	4000	3
Sauce	92.7	104	3214	3

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	152	4674	4
Sauce	90	152	3420	4

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	88	4312	3
Chicken	80	88	2347	3
Sauce	200	88	5867	3
Spinach	25	88	734	3

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	65	3315	2
Sauce	100	65	3250	2

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	14400
MINCE	18450
TOPSIDE STEAK	9765
LAMB SHOULDER	24624
MORROCAN CHICKEN	10440
ITALIAN CHICKEN	48501
NORMAL CHICKEN	68250
CHICKEN THIGH	34400

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	1566
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	1566
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	2434
5MM MONGOLIAN CAPSICUM	11568
5MM MONGOLIAN ONION	11568
5MM SLICED MUSHROOMS	0
BROCCOLI	6285
CRATED CARROTS	200
CRATED ZUCCHINI	0
LEMON POTATO	19664
ROASTED POTATO	64980
THAI POTATOS	6240
POTATO MASH	34200
SWEET POTATO MASH	31400
SPINACH	2200
RED ONION	4560
PARSLEY	228