

Meal Production Summary - 17/11/2025

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	162	4	0	166
Beef Chow Mein	78	2	0	80
Shepherd's Pie	114	0	0	114
Beef Burrito Bowl	129	5	0	134
Beef Meatballs	157	1	0	158
Lebanese Beef Stew	0	0	0	0
Mongolian Beef	222	4	0	226
Chicken with Vegetables	65	0	0	65
Chicken with Sweet Potato and Beans	101	0	0	101
Naked Chicken Parma	302	5	0	307
Chicken Pesto Pasta	254	1	0	255
Chicken and Broccoli Pasta	156	0	0	156
Butter Chicken	181	1	0	182
Thai Green Chicken Curry	177	6	0	183
Moroccan Chicken	80	0	0	80
Steak with Mushroom Sauce	244	0	0	244
Creamy Chicken & Mushroom Gnocchi	166	0	0	166
Roasted Lemon Chicken & Potatoes	150	1	0	151
Beef Lasagna	471	3	0	474
Bean Nachos with Rice	19	0	0	19
Lamb Souvlaki	211	2	0	213
Chicken Fajita Bowl	101	3	0	104
Steak On Its Own	0	0	0	0
Chicken On Its Own	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	4	0	0	4
Baked Family Lasagna	15	0	0	15
ON Amino Energy Can	0	7	0	7
TOTAL	3559	45	0	3604

Daily Production Report - 17/11/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	166	5312	2
Oil	0.7	166	58	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	411	6062	4
Oil	0.7	411	72	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	928	24592	2
Water	95	928	44080	
Salt	1	928	464	
Oil	1.5	928	696	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	80	14400	0
Oil	2	80	160	
Lemon Juice	6	80	480	
Moroccan Chicken Mix	4	80	320	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	255	40800	
Oil	4	255	1020	
Roast Chicken Mix	4	255	1020	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	244	22692	0
Oil	1.5	244	366.0	
Baking Soda	3	244	732	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	213	34506	0
Oil	2	213	426	
Salt	1.5	213	319.5	
Oregano	1.2	213	255.6	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	402	60300	0
Cooking Cream	20	402	8040	
Butter	7	402	2814	
Salt	1.5	402	603.0	
White Pepper	0.5	402	201.0	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	215	43000	0
Salt	1	215	215	
White Pepper	0.5	215	107.5	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	520	10978	9
Oil	1	520	58	
Spices Mix	2.5	520	144	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	151	10419	3
Oil	1	151	50	
Salt	1.2	151	60	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	183	10980	0
Salt	1	183	183	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	213	6390	0
Parsley	1.5	213	319.5	
Paprika	0.5	213	106.5	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	410	24600	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	166	0	2
Napoli Sauce	0	166	0	
Crushed Tomatoes	0	166	0	
Beef Stock	0	166	0	
Onion	0	166	0	
Zucchini	0	166	0	
Carrot	0	166	0	
Vegetable Oil	0	166	0	
Salt	0	166	0	
Pepper	0	166	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	80	0	1
Celery	0	80	0	
Carrot	0	80	0	
Cabbage	0	80	0	
Onion	0	80	0	
Oil	0	80	0	
Pepper	0	80	0	
Salt	0	80	0	
Soy Sauce	0	80	0	
Oyster Sauce	0	80	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	114	0	2
Oil	0	114	0	
Carrots	0	114	0	
Capsicum	0	114	0	
Onion	0	114	0	
Mushroom	0	114	0	
Peas	0	114	0	
Tomato Paste	0	114	0	
Beef Stock	0	114	0	
Salt	0	114	0	
Pepper	0	114	0	
Napoli Sauce	0	114	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	134	0	2
Onion	0	134	0	
Capsicum	0	134	0	
Vegetable Oil	0	134	0	
Taco Seasoning	0	134	0	
Salt	0	134	0	
Pepper	0	134	0	
Beef Stock	0	134	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	158	23700	
Onion	10	158	1580	
Parsley	3	158	474	
Salt	1.5	158	237.0	
Pepper	0.2	158	31.6	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	226	22600	
Baking Soda	2.5	226	565.0	
Water	10	226	2260	
Soy Sauce	5	226	1130	
Cornflour	2.5	226	565.0	
Capsicum	37	226	8362	
Onion	37	226	8362	
Rice	130	226	29380	

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	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	65	4388	2
Corn	50	65	1625	
Beans	60	65	1950	
Broccoli	67	65	2178	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	255	33150	
Penne	59	255	15045	
Sundried Tomatoes	20	255	5100	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	182	6370	4
Peas	40	182	1820	
Rice	130	182	5915	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	80	14400	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	80	1440	
Zucchini	27	80	2160	
Red Capsicum	27	80	2160	
Garlic	1.8	80	144.0	
Oil	1.8	80	144.0	
Chickpeas	103.5	80	8280.0	
Mix Spices	1.53	80	122.4	
Chicken Stock	45	80	3600	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	474	71100	
Mozzerala Cheese A	1750	474	355500	
Napoli Sauce	500	474	237000	
Bolognese	3200	474	1516800	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	101	6818	2
Beans	60	101	3030	

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	156	20280	
Penne	59	156	9204	
Broccoli	40	156	6240	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	183	26388.6	
Rice	130	183	23790	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	244	26840	

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	19	1520	1
Carrot	25	19	475	
Onion	20	19	380	
Taco Seasoning	1	19	19	
Salt	1.5	19	28	
Pepper	0.5	19	10	
Garlic	2.5	19	48	
Vegetable Oil	1.5	19	28	
Cumin	0.5	19	10	
Crushed Tomato	85	19	1615	
Water	41.7	19	792	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	213	9940	3
Potatoes	140	213	9940	

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	104	7800	2
Capsicum	52	104	2704	
Red Onion	52	104	2704	
Salsa	30	104	1560	
Rice	130	104	6760	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	166	4980	5
Chicken	80	166	2656	
Sauce	200	166	6640	
Spinach	25	166	830	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7.21	183	1319.43
Coconut Cream	97.85	183	17906.55

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	213	4260
Garlic	1	213	213
Salt	0.2	213	42.6

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	226	15820
MEATBALLS	120	158	18960
LEMON	50	151	7550
MUSHROOM	100	244	24400
FAJITA SAUCE	33	104	3432
BURRITO SAUCE	43	134	5762

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	134	1921	3
Black Beans	50	134	2234	3
Corn	50	134	2234	3
Rice	130	134	5807	3

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	255	5100

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	255	4548	6
Sauce	80	255	3400	6

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	183	5278	4
Sauce	92.7	183	4242	4

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	182	5597	4
Sauce	90	182	4095	4

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	166	4881	5
Chicken	80	166	2656	5
Sauce	200	166	6640	5
Spinach	25	166	830	5

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	156	3978	4
Sauce	100	156	3900	4

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	22600
MINCE	23700
TOPSIDE STEAK	22692
LAMB SHOULDER	34506
MORROCAN CHICKEN	14400
ITALIAN CHICKEN	72369
NORMAL CHICKEN	122460
CHICKEN THIGH	40800

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	2160
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	2160
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	3400
5MM MONGOLIAN CAPSICUM	13770
5MM MONGOLIAN ONION	13770
5MM SLICED MUSHROOMS	0
BROCCOLI	10594
CRATED CARROTS	475
CRATED ZUCCHINI	0
LEMON POTATO	31257
ROASTED POTATO	98793
THAI POTATOS	10980
POTATO MASH	60300
SWEET POTATO MASH	43000
SPINACH	4146
RED ONION	6390
PARSLEY	320