

Meal Production Summary - 16/10/2025

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	220	25	25	0	270
Beef Chow Mein	123	7	27	0	157
Shepherd's Pie	120	0	24	0	144
Beef Burrito Bowl	147	24	35	0	206
Beef Meatballs	174	21	26	0	221
Lebanese Beef Stew	14	0	0	0	14
Mongolian Beef	207	13	0	0	220
Chicken with Vegetables	60	16	6	0	82
Chicken with Sweet Potato and Beans	117	0	20	0	137
Naked Chicken Parma	308	42	37	0	387
Chicken Pesto Pasta	196	16	28	0	240
Chicken and Broccoli Pasta	108	0	18	0	126
Butter Chicken	168	24	37	0	229
Thai Green Chicken Curry	152	30	0	0	182
Moroccan Chicken	85	0	13	0	98
Steak with Mushroom Sauce	185	4	29	0	218
Creamy Chicken & Mushroom Gnocchi	170	0	16	0	186
Roasted Lemon Chicken & Potatoes	136	4	12	0	152
Beef Lasagna	362	47	43	0	452
Bean Nachos with Rice	33	0	0	0	33
Lamb Souvlaki	227	7	0	0	234
Chicken Fajita Bowl	142	8	0	0	150
Steak On Its Own	0	5	0	0	5
Chicken On Its Own	0	5	0	0	5
Family Mac and 3 Cheese Pasta Bake	7	0	0	0	7
Baked Family Lasagna	11	0	0	0	11
TOTAL	3472	298	396	0	4166

Daily Production Report - 16/10/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	270	4320	4
Oil	0.7	270	47	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	366	7198	3
Oil	0.7	366	85	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	1191	21041	3
Water	95	1191	37715	
Salt	1	1191	397	
Oil	1.5	1191	596	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	98	17640	0
Oil	2	98	196	
Lemon Juice	6	98	588	
Moroccan Chicken Mix	4	98	392	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	302	48320	
Oil	4	302	1208	
Roast Chicken Mix	4	302	1208	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	223	20739	0
Oil	1.5	223	334.5	
Baking Soda	3	223	669	

Lamb Marinade

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	234	37908	0
Oil	2	234	468	
Salt	1.5	234	351.0	
Oregano	1.2	234	280.8	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	439	65850	0
Cooking Cream	20	439	8780	
Butter	7	439	3073	
Salt	1.5	439	658.5	
White Pepper	0.5	439	219.5	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	281	56200	0
Salt	1	281	281	
White Pepper	0.5	281	140.5	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	621	11799	10
Oil	1	621	62	
Spices Mix	2.5	621	155	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	152	10488	3
Oil	1	152	51	
Salt	1.2	152	61	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	182	10920	0
Salt	1	182	182	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	234	7020	0
Parsley	1.5	234	351.0	
Paprika	0.5	234	117.0	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	437	26220	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	270	0	3
Napoli Sauce	0	270	0	
Crushed Tomatoes	0	270	0	
Beef Stock	0	270	0	
Onion	0	270	0	
Zucchini	0	270	0	
Carrot	0	270	0	
Vegetable Oil	0	270	0	
Salt	0	270	0	
Pepper	0	270	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	157	0	2
Celery	0	157	0	
Carrot	0	157	0	
Cabbage	0	157	0	
Onion	0	157	0	
Oil	0	157	0	
Pepper	0	157	0	
Salt	0	157	0	
Soy Sauce	0	157	0	
Oyster Sauce	0	157	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	144	0	2
Oil	0	144	0	
Carrots	0	144	0	
Capsicum	0	144	0	
Onion	0	144	0	
Mushroom	0	144	0	
Peas	0	144	0	
Tomato Paste	0	144	0	
Beef Stock	0	144	0	
Salt	0	144	0	
Pepper	0	144	0	
Napoli Sauce	0	144	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	206	0	2
Onion	0	206	0	
Capsicum	0	206	0	
Vegetable Oil	0	206	0	
Taco Seasoning	0	206	0	
Salt	0	206	0	
Pepper	0	206	0	
Beef Stock	0	206	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	221	33150	
Onion	10	221	2210	
Parsley	3	221	663	
Salt	1.5	221	331.5	
Pepper	0.2	221	44.2	

Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	14	1358	1
Onion	30	14	420	
Carrot	30	14	420	
Potato	30	14	420	
Peas	30	14	420	
Oil	2	14	28	
Salt	2.5	14	35	
Pepper	0.5	14	7	
Tomato Paste	20	14	280	
Water	30	14	420	
Beef Stock	30	14	420	
Rice	130	14	1820	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	100	220	22000	
Baking Soda	2.5	220	550.0	
Water	10	220	2200	
Soy Sauce	5	220	1100	
Cornflour	2.5	220	550.0	
Capsicum	37	220	8140	
Onion	37	220	8140	
Rice	130	220	28600	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	82	5535	2
Corn	50	82	2050	
Beans	60	82	2460	
Broccoli	67	82	2747	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	240	31200	
Penne	59	240	14160	
Sundried Tomatoes	20	240	4800	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	229	8015	4
Peas	40	229	2290	
Rice	130	229	7442	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	98	17640	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	98	1960	
Zucchini	30	98	2940	
Red Capsicum	30	98	2940	
Garlic	2	98	196	
Oil	2	98	196	
Chickpeas	115	98	11270	
Mix Spices	1.7	98	166.6	
Chicken Stock	50	98	4900	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	452	67800	
Mozzerala Cheese	1750	452	339000	
Napoli Sauce	500	452	226000	
Bolognese	3200	452	1446400	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	137	6165	3
Beans	60	137	2740	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	387	58050	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	126	16380	
Penne	59	126	7434	
Broccoli	40	126	5040	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	182	25480	
Rice	130	182	23660	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	218	23980	

Steak On Its Own

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	200	5	1000	1

Bean Nachos with Rice

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Drained Beans	80	33	2640	1
Carrot	25	33	825	
Onion	20	33	660	
Taco Seasoning	1	33	33	
Salt	1.5	33	50	
Pepper	0.5	33	16	
Garlic	2.5	33	82	
Vegetable Oil	1.5	33	50	
Cumin	0.5	33	16	
Crushed Tomato	85	33	2805	
Water	41.7	33	1376	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	234	10920	3
Potatoes	140	234	10920	

Chicken On Its Own

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken Breast	200	5	1000	1

Chicken Fajita Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken Thigh	150	150	7500	3
Capsicum	52	150	2600	
Red Onion	52	150	2600	
Salsa	30	150	1500	
Rice	130	150	6500	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	186	4650	6
Chicken	80	186	2480	
Sauce	200	186	6200	
Spinach	25	186	775	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	182	1274
Coconut Cream	95	182	17290

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	234	4680
Garlic	1	234	234
Salt	0.2	234	46.800000000000004

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	220	15400
MEATBALLS	120	221	26520
LEMON	50	152	7600
MUSHROOM	100	218	21800
FAJITA SAUCE	33	150	4950
BURRITO SAUCE	43	206	8858

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	206	2215	4
Black Beans	50	206	2575	4
Corn	50	206	2575	4
Rice	130	206	6695	4

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	387	19350
Mozzarella Cheese	40	387	15480

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	240	4800

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	240	5136	5
Sauce	80	240	3840	5

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	182	5096	4
Sauce	90	182	4095	4

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	229	5634	5
Sauce	90	229	4122	5

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	186	4557	6
Chicken	80	186	2480	6
Sauce	200	186	6200	6
Spinach	25	186	775	6

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	126	4284	3
Sauce	100	126	4200	3

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	1358
BEEF TOPSIDE (MONG)	22000
MINCE	33150
TOPSIDE STEAK	21739
LAMB SHOULDER	37908
MORROCAN CHICKEN	17640
ITALIAN CHICKEN	93483
NORMAL CHICKEN	125190
CHICKEN THIGH	48320

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	420
10MM DICED POTATO (LEBO)	420
10MM DICED ZUCCHINI	2940
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	2940
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	5250
5MM MONGOLIAN CAPSICUM	15940
5MM MONGOLIAN ONION	15940
5MM SLICED MUSHROOMS	0
BROCCOLI	10534
CRATED CARROTS	825
CRATED ZUCCHINI	0
LEMON POTATO	31464
ROASTED POTATO	117990
THAI POTATOS	10920
POTATO MASH	65850
SWEET POTATO MASH	56200
SPINACH	4650
RED ONION	7020
PARSLEY	351