

Meal Production Summary - 25/08/2025

Meal	Clean Eats	Made Active	Elite Meals	Already Made	Total
Spaghetti Bolognese	224	8	2	6	228
Beef Chow Mein	105	0	0	21	84
Shepherd's Pie	104	0	0	0	104
Beef Burrito Bowl	116	9	1	0	126
Beef Meatballs	147	7	0	6	148
Lebanese Beef Stew	74	0	0	5	69
Mongolian Beef	262	4	0	0	266
Chicken with Vegetables	41	1	0	0	42
Chicken with Sweet Potato and Beans	77	0	0	0	77
Naked Chicken Parma	292	7	0	0	299
Chicken Pesto Pasta	187	3	0	0	190
Chicken and Broccoli Pasta	98	0	1	0	99
Butter Chicken	184	4	0	0	188
Thai Green Chicken Curry	139	6	0	0	145
Moroccan Chicken	74	0	0	0	74
Steak with Mushroom Sauce	175	3	0	0	178
Creamy Chicken & Mushroom Gnocchi	191	0	0	0	191
Roasted Lemon Chicken & Potatoes	83	9	2	0	94
Beef Lasagna	327	5	2	0	334
Bean Nachos with Rice	12	0	0	0	12
Lamb Souvlaki	186	2	0	0	188
Chicken Fajita Bowl	101	11	0	0	112
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	14	0	0	0	14
Baked Family Lasagna	26	0	0	0	26
TOTAL	3239	79	8	38	3288

Daily Production Report - 25/08/2025

Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	68	228	5168	3
Oil	0.7	228	53	

Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	289	8526	2
Oil	0.7	289	101	

Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	1002	17702	3
Water	95	1002	31730	
Salt	1	1002	334	
Oil	1.5	1002	501	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	74	13320	0
Oil	2	74	148	
Lemon Juice	6	74	444	
Moroccan Chicken Mix	4	74	296	

Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	155	206	31930	
Oil	4	206	824	
Roast Chicken Mix	4	206	824	

Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	110	178	19580	0
Oil	1.5	178	267.0	
Baking Soda	3	178	534	

Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	188	30456	0
Oil	2	188	376	
Salt	1.5	188	282.0	
Oregano	1.2	188	225.6	

Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	326	48900	0
Cooking Cream	20	326	6520	
Butter	7	326	2282	
Salt	1.5	326	489.0	
White Pepper	0.5	326	163.0	

Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	185	181	33485	0
Salt	1	181	181	
White Pepper	0.5	181	90.5	

Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	487	11566	8
Oil	1	487	61	
Spices Mix	2.5	487	152	

Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	94	9729	2
Oil	1	94	47	
Salt	1.2	94	56	

Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	145	8700	0
Salt	1	145	145	

Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	188	5640	0
Parsley	1.5	188	282.0	
Paprika	0.5	188	94.0	

Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	297	17820	0

Meal Recipes

Meal Recipes (cont'd)

Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	228	0	3
Napoli Sauce	0	228	0	
Crushed Tomatoes	0	228	0	
Beef Stock	0	228	0	
Onion	0	228	0	
Zucchini	0	228	0	
Carrot	0	228	0	
Vegetable Oil	0	228	0	
Salt	0	228	0	
Pepper	0	228	0	

Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	84	0	2
Celery	0	84	0	
Carrot	0	84	0	
Cabbage	0	84	0	
Onion	0	84	0	
Oil	0	84	0	
Pepper	0	84	0	
Salt	0	84	0	
Soy Sauce	0	84	0	
Oyster Sauce	0	84	0	

Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	104	0	2
Oil	0	104	0	
Carrots	0	104	0	
Capsicum	0	104	0	
Onion	0	104	0	
Mushroom	0	104	0	
Peas	0	104	0	
Tomato Paste	0	104	0	
Beef Stock	0	104	0	
Salt	0	104	0	
Pepper	0	104	0	
Napoli Sauce	0	104	0	

Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	126	0	1
Onion	0	126	0	
Capsicum	0	126	0	
Vegetable Oil	0	126	0	
Taco Seasoning	0	126	0	
Salt	0	126	0	
Pepper	0	126	0	
Beef Stock	0	126	0	

Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	148	22200	
Onion	10	148	1480	
Parsley	3	148	444	
Salt	1.5	148	222.0	
Pepper	0.2	148	29.6	

Lebanese Beef Stew

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck Diced	97	69	6693	1
Onion	30	69	2070	
Carrot	30	69	2070	
Potato	30	69	2070	
Peas	30	69	2070	
Oil	2	69	138	
Salt	2.5	69	172	
Pepper	0.5	69	34	
Tomato Paste	20	69	1380	
Water	30	69	2070	
Beef Stock	30	69	2070	
Rice	130	69	8970	

Mongolian Beef

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chuck	97	266	25802	
Baking Soda	2.5	266	665.0	
Water	10	266	2660	
Soy Sauce	5	266	1330	
Cornflour	2.5	266	665.0	
Capsicum	37	266	9842	
Onion	37	266	9842	
Rice	130	266	34580	

Meal Recipes (cont'd)

Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	42	5670	1
Corn	50	42	2100	
Beans	60	42	2520	
Broccoli	67	42	2814	

Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	190	24700	
Penne	59	190	11210	
Sundried Tomatoes	20	190	3800	

Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	188	6580	4
Peas	40	188	1880	
Rice	130	188	6110	

Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	74	13320	

Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	20	74	1480	
Zucchini	30	74	2220	
Red Capsicum	30	74	2220	
Garlic	2	74	148	
Oil	2	74	148	
Chickpeas	115	74	8510	
Mix Spices	1.7	74	125.8	
Chicken Stock	50	74	3700	

Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	334	50100	
Mozzerala Cheese	1750	334	250500	
Napoli Sauce	500	334	167000	
Bolognese	3200	334	1068800	

Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	77	5198	2
Beans	60	77	2310	

Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	299	44850	

Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	99	12870	
Penne	59	99	5841	
Broccoli	40	99	3960	

Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	145	20300	
Rice	130	145	18850	

Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	178	19580	

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	12	960	1
Carrot	25	12	300	
Onion	20	12	240	
Taco Seasoning	1	12	12	
Salt	1.5	12	18	
Pepper	0.5	12	6	
Garlic	2.5	12	30	
Vegetable Oil	1.5	12	18	
Cumin	0.5	12	6	
Crushed Tomato	85	12	1020	
Water	41.7	12	500	

Meal Recipes (cont'd)

Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	188	8773	3
Potatoes	140	188	8773	

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	112	8400	2
Capsicum	52	112	2912	
Red Onion	52	112	2912	
Salsa	30	112	1680	
Rice	130	112	7280	

Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	191	4775	6
Chicken	80	191	2547	
Sauce	200	191	6367	
Spinach	25	191	796	

Sauces

Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7	145	1015
Coconut Cream	95	145	13775

Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	188	3760
Garlic	1.5	188	282.0
Salt	0.5	188	94.0

To Pack In Fridge

Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	266	18620
MEATBALLS	120	148	17760
LEMON	50	94	4700
MUSHROOM	100	178	17800
FAJITA SAUCE	33	112	3696
BURRITO SAUCE	43	126	5418

Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	126	1806	3
Black Beans	50	126	2100	3
Corn	50	126	2100	3
Rice	130	126	5460	3

Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	299	14950
Mozzarella Cheese	40	299	11960

Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	190	3800

Chicken Mixing

Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	190	5083	4
Sauce	80	190	3800	4

Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	112	145	5414	3
Sauce	90	145	4350	3

Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	188	5781	4
Sauce	90	188	4230	4

Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	191	4680	6
Chicken	80	191	2547	6
Sauce	200	191	6367	6
Spinach	25	191	796	6

Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	99	5049	2
Sauce	100	99	4950	2

Meat Order and Veg Prep

Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	6693
BEEF TOPSIDE (MONG)	25802
MINCE	22200
TOPSIDE STEAK	19580
LAMB SHOULDER	30456
MORROCAN CHICKEN	13320
ITALIAN CHICKEN	63954
NORMAL CHICKEN	105690
CHICKEN THIGH	31930

Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	2070
10MM DICED POTATO (LEBO)	2070
10MM DICED ZUCCHINI	2220
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	2220
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	5270
5MM MONGOLIAN CAPSICUM	15666
5MM MONGOLIAN ONION	15666
5MM SLICED MUSHROOMS	0
BROCCOLI	6774
CRATED CARROTS	300
CRATED ZUCCHINI	0
LEMON POTATO	19458
ROASTED POTATO	92528
THAI POTATOS	8700
POTATO MASH	48900
SWEET POTATO MASH	33485
SPINACH	4770
RED ONION	5640
PARSLEY	282