

## Meal Production Summary - 27/01/2026

Meal	Clean Eats	Made Active	Already Made	Total
Spaghetti Bolognese	213	1	0	214
Beef Chow Mein	105	5	0	110
Shepherd's Pie	156	0	36	120
Beef Burrito Bowl	152	0	0	152
Beef Meatballs	167	2	0	169
Lebanese Beef Stew	0	0	0	0
Mongolian Beef	226	3	0	229
Chicken with Vegetables	63	1	0	64
Chicken with Sweet Potato and Beans	131	0	0	131
Naked Chicken Parma	308	7	0	315
Chicken Pesto Pasta	216	0	0	216
Chicken and Broccoli Pasta	137	0	0	137
Butter Chicken	216	5	0	221
Thai Green Chicken Curry	177	0	0	177
Moroccan Chicken	79	0	0	79
Steak with Mushroom Sauce	212	2	0	214
Creamy Chicken & Mushroom Gnocchi	183	0	0	183
Roasted Lemon Chicken & Potatoes	120	3	0	123
Beef Lasagna	380	11	0	391
Bean Nachos with Rice	0	0	0	0
Lamb Souvlaki	209	5	0	214
Chicken Fajita Bowl	111	2	0	113
Steak On Its Own	0	0	0	0
Chicken On Its Own	0	0	0	0
Family Mac and 3 Cheese Pasta Bake	9	0	0	9
Baked Family Lasagna	29	0	0	29
ON Amino Energy Can	0	2	0	2
<b>TOTAL</b>	<b>3599</b>	<b>49</b>	<b>36</b>	<b>3612</b>

## Daily Production Report - 27/01/2026

### Spaghetti Order

Ingredient	Qty/Meal	Meals	Total	Batches
Spaghetti	64	214	4565	3
Oil	0.7	214	50	

### Penne Order

Ingredient	Qty/Meal	Meals	Total	Batches
Penne	59	353	6942	3
Oil	0.7	353	82	

### Rice Order

Ingredient	Qty/Meal	Meals	Total	Batches
Rice	53	1002	8851	6
Water	95	1002	15865	
Salt	1	1002	167	
Oil	1.5	1002	250	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	180	79	14220	0
Oil	2	79	158	
Lemon Juice	6	79	474	
Moroccan Chicken Mix	4	79	316	

### Chicken Thigh

Ingredient	Qty/Meal	Meals	Total	Batches
Chicken	160	236	37760	
Oil	4	236	944	
Roast Chicken Mix	4	236	944	

### Steak

Ingredient	Qty/Meal	Meals	Total	Batches
Steak	93	214	19902	0
Oil	1.5	214	321.0	
Baking Soda	3	214	642	

### Lamb Marinate

Ingredient	Qty/Meal	Meals	Total	Batches
Lamb Shoulder	162	214	34668	0
Oil	2	214	428	
Salt	1.5	214	321.0	
Oregano	0.3	214	64.2	
Baking Soda	5.27	214	1127.78	

### Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	150	383	57450	0
Cooking Cream	20	383	7660	
Butter	7	383	2681	
Salt	1.5	383	574.5	
White Pepper	0.5	383	191.5	

### Sweet Potato Mash

Ingredient	Qty/Meal	Meals	Total	Batches
Sweet Potato	200	251	50200	0
Salt	1	251	251	
White Pepper	0.5	251	125.5	

### Roasted Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Roasted Potatoes	190	529	11168	9
Oil	1.62	529	95	
Spices Mix	2.5	529	147	

### Roasted Lemon Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potatoes	207	123	12730	2
Oil	2	123	123	
Salt	1.2	123	74	

### Roasted Thai Potatoes

Ingredient	Qty/Meal	Meals	Total	Batches
Potato	60	177	10620	0
Salt	1	177	177	

### Lamb Onion Marinated

Ingredient	Qty/Meal	Meals	Total	Batches
Red Onion	30	214	6420	0
Parsley	1.5	214	321.0	
Paprika	0.5	214	107.0	

### Green Beans

Ingredient	Qty/Meal	Meals	Total	Batches
Green Beans	60	409	24540	0

## Meal Recipes

## Meal Recipes (cont'd)

### Spaghetti Bolognese

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	214	0	3
Napoli Sauce	0	214	0	
Crushed Tomatoes	0	214	0	
Beef Stock	0	214	0	
Onion	0	214	0	
Zucchini	0	214	0	
Carrot	0	214	0	
Vegetable Oil	0	214	0	
Salt	0	214	0	
Pepper	0	214	0	

### Beef Chow Mein

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	110	0	2
Celery	0	110	0	
Carrot	0	110	0	
Cabbage	0	110	0	
Onion	0	110	0	
Oil	0	110	0	
Pepper	0	110	0	
Salt	0	110	0	
Soy Sauce	0	110	0	
Oyster Sauce	0	110	0	

### Shepherd's Pie

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	120	0	2
Oil	0	120	0	
Carrots	0	120	0	
Capsicum	0	120	0	
Onion	0	120	0	
Mushroom	0	120	0	
Peas	0	120	0	
Tomato Paste	0	120	0	
Beef Stock	0	120	0	
Salt	0	120	0	
Pepper	0	120	0	
Napoli Sauce	0	120	0	

### Beef Burrito Bowl

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Beef Mince	0	152	0	2
Onion	0	152	0	
Capsicum	0	152	0	
Vegetable Oil	0	152	0	
Taco Seasoning	0	152	0	
Salt	0	152	0	
Pepper	0	152	0	
Beef Stock	0	152	0	

### Beef Meatballs

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Mince	150	169	25350	
Onion	10	169	1690	
Parsley	3	169	507	
Salt	1.5	169	253.5	
Pepper	0.2	169	33.800000000000004	

### 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	229	22900	
Baking Soda	2.5	229	572.5	
Water	10	229	2290	
Soy Sauce	5	229	1145	
Cornflour	2.5	229	572.5	
Capsicum	37	229	8473	
Onion	37	229	8473	
Rice	130	229	29770	

## Meal Recipes (cont'd)

### Chicken With Vegetables

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	64	4320	2
Corn	50	64	1600	
Beans	60	64	1920	
Broccoli	67	64	2144	

### Chicken Pesto Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	216	28080	
Penne	59	216	12744	
Sundried Tomatoes	20	216	4320	

### Butter Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	140	221	7735	4
Peas	40	221	2210	
Rice	130	221	7182	

### Moroccan Chicken

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	180	79	14220	

### Chickpea Recipe

Ingredient	Qty/Meal	Meals	Total	
Onion	18	79	1422	
Zucchini	27	79	2133	
Red Capsicum	27	79	2133	
Garlic	1.8	79	142.20000000000002	
Oil	1.8	79	142.20000000000002	
Chickpeas	103.5	79	8176.5	
Mix Spices	1.53	79	120.87	
Chicken Stock	45	79	3555	

### Beef Lasagna

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lasange Sheets	150	391	58650	
Mozzerala Cheese	1750	391	293250	
Napoli Sauce	500	391	195500	
Bolognese	3200	391	1251200	

### Chicken with Sweet Potato and Beans

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	135	131	5895	3
Beans	60	131	2620	

### Naked Chicken Parma

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	150	315	47250	

### Chicken and Broccoli Pasta

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	130	137	17810	
Penne	59	137	8083	
Broccoli	40	137	5480	

### Thai Green Chicken Curry

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Chicken	144.2	177	25523.399999999998	
Rice	130	177	23010	

### Steak with Mushroom Sauce

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Topside Steak	110	214	23540	

### 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	0	0	
Carrot	25	0	0	
Onion	20	0	0	
Taco Seasoning	1	0	0	
Salt	1.5	0	0.0	
Pepper	0.5	0	0.0	
Garlic	2.5	0	0.0	
Vegetable Oil	1.5	0	0.0	
Cumin	0.5	0	0.0	
Crushed Tomato	85	0	0	
Water	41.7	0	0.0	

## Meal Recipes (cont'd)

### Lamb Souvlaki

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Lamb Shoulder	140	214	9987	3
Potatoes	140	214	9987	

### 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	113	8475	2
Capsicum	52	113	2938	
Red Onion	52	113	2938	
Salsa	30	113	1695	
Rice	130	113	7345	

### Creamy Chicken & Mushroom Gnocchi

Ingredient	Qty/Meal	Meals	Batch Total	Batch
Gnocchi	150	183	4575	6
Chicken	80	183	2440	
Sauce	200	183	6100	
Spinach	25	183	762	

## Sauces

### Thai Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Green Curry Paste	7.21	177	1276.17
Coconut Cream	97.85	177	17319.45

### Lamb Sauce

Ingredient	Meal Amount	Total Meals	Required Ingredient
Greek Yogurt	20	214	4280
Garlic	1	214	214
Salt	0.2	214	42.800000000000004

## To Pack In Fridge

### Sauces to Prepare

Sauce	Qty	Amt	Total
MONGOLIAN	70	229	16030
MEATBALLS	120	169	20280
LEMON	50	123	6150
MUSHROOM	100	214	21400
FAJITA SAUCE	33	113	3729
BURRITO SAUCE	43	152	6536

### Beef Burrito Mix

Ingredient	Qty	Amt	Total	Batches
Salsa	43	152	2179	3
Black Beans	50	152	2534	3
Corn	50	152	2534	3
Rice	130	152	6587	3

### Parma Mix

Ingredient	Qty	Amt	Total
Napoli Sauce	50	315	15750
Mozzarella Cheese	40	315	12600

### Chicken Pesto Sundried

Ingredient	Qty	Meals	Total
Sundried Tomatos	20	216	4320

## Chicken Mixing

### Pesto

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	107	216	4623	5
Sauce	80	216	3456	5

### Thai

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	115.36	177	5105	4
Sauce	92.7	177	4102	4

### Butter Chicken

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	123	221	5437	5
Sauce	90	221	3978	5

### Gnocchi

Ingredient	Qty/Batch	Amount	Total	Batches
Gnocchi	147	183	4484	6
Chicken	80	183	2440	6
Sauce	200	183	6100	6
Spinach	25	183	763	6

### Broccoli Pasta

Ingredient	Qty/Batch	Amount	Total	Batches
Chicken	102	137	4658	3
Sauce	100	137	4567	3

## Meat Order and Veg Prep

### Meat Order

Meat Type	Amount (g)
CHUCK ROLL (LEBO)	0
BEEF TOPSIDE (MONG)	22900
MINCE	25350
TOPSIDE STEAK	19902
LAMB SHOULDER	34668
MORROCAN CHICKEN	14220
ITALIAN CHICKEN	78030
NORMAL CHICKEN	121420
CHICKEN THIGH	37760

### Veg Prep

Veg Prep	Amount (g)
10MM DICED CARROT	0
10MM DICED POTATO (LEBO)	0
10MM DICED ZUCCHINI	2133
5MM DICED CABBAGE	0
5MM DICED CAPSICUM	2133
5MM DICED CARROTS	0
5MM DICED CELERY	0
5MM DICED MUSHROOMS	0
5MM DICED ONION	3112
5MM MONGOLIAN CAPSICUM	14349
5MM MONGOLIAN ONION	14349
5MM SLICED MUSHROOMS	0
BROCCOLI	9768
CRATED CARROTS	0
CRATED ZUCCHINI	0
LEMON POTATO	25460
ROASTED POTATO	100503
THAI POTATOS	10620
POTATO MASH	57450
SWEET POTATO MASH	50200
SPINACH	4572
RED ONION	6420
PARSLEY	321