



Food Questionnaire

Client:

Date:

****Please circle the acceptable items and add comments where appropriate.***

MEATS:

- Y/N Beef (steak/roasts/ground round/short ribs)
- Y/N Pork (chops/roasts/ribs/bacon/ham/ground/sausage)
- Y/N Lamb (chops/stew/ground/roasts)
- Y/N Organic if available

Comments: _____

POULTRY:

- Y/N Chicken (breasts/thighs/ground/sausage)
- Y/N Turkey (breasts/smoked/ground/sausage)
- Y/N Cornish hens

Comments: _____

FISH/SHELLFISH:

- Y/N Fish (bass, tuna, halibut, catfish, swordfish, tilapia, snapper, cod, salmon-farmed or wild)
- Y/N Shrimp/Prawns
- Y/N Clams (no shell or in shell)
- Y/N Scallops
- Y/N Crab

Comments: _____

SALADS: Please X-out those items you do not want prepared.

- Y/N Fresh Green Lettuces (Romaine, spinach, escarole, red leaf, mixture, spinach, etc.)
- Y/N Fruit (cranberries, blueberries, raspberries, mango, kiwi, raisins, currants, figs, prunes, oranges, lemons, limes, etc)
- Y/N Salads as main dishes?

Comments: _____

SALAD DRESSINGS:

- Y/N Mayonnaise (based)
- Y/N Mustard (based)
- Y/N Olive oil/vinegar vinaigrette
- Y/N Balsamic vinegar
- Y/N Thousand Island
- Y/N Other (identify)

Comments: _____

SOUPS:

- Y/N Creamed (name type) _____
- Y/N Hot
- Y/N Cold
- Y/N Beans
- Y/N Meat/Poultry?
- Y/N Soups as a main dish

Comments _____

VEGETABLES: Please cross-out those items you do not want prepared:

- **Green** (eggplant, peas, green beans, broccoli, spinach, asparagus, green bell peppers, Poblano chile peppers, Anaheim peppers, jalapeno, serrano, habanero chile, cabbage, leeks, celery, Swiss chard, escarole, kale, Brussel sprouts, snow peas, green onions)
- **Yellow** (corn, wax beans, zucchini squash, acorn squash, spaghetti squash, butternut squash yellow/orange bell peppers)
- **Red** (red cabbage, beets, tomatoes, red bell peppers, sweet potatoes/yams, red onions)
- **White** (cauliflower, potatoes, water chestnuts, bean sprouts, onions, mushrooms)
- **Beans** (black, pinto, kidney, lima, fava, white, cannellini)

Comments: _____

PASTA/RICE:

- Y/N Rice: Basmati/Jasmine/Long/Short Grain – (white/brown)
 - Y/N Pasta: (white, wheat, low-carb)
 - Y/N Couscous
 - Y/N Quinoa
- Comments: _____

BREADS / GRAINS:

Y/N Bread (white-wheat)

Y/N Pocket bread (white-wheat)

Y/N Flat Bread (white-wheat)

Y/N Bread loaf (garlic bread / sour dough / sweet / wheat / whole grain / Artisan

Y/N Cornbread

Y/N Tortillas (corn / flour / wheat)

Comments: _____

SEASONINGS: Please X-out those items you do not want in your recipes

- **Spices:** oregano, sage, rosemary, thyme, sesame seeds, tarragon, fennel, cumin, cilantro, paprika, parsley, curry, turmeric, garam masala, coriander, chili powder, chipotle, celery salt, dill, garlic powder, marjoram, saffron, , file gumbo)

Other: _____

- **Pepper-** (white, black or red pepper flakes, cayenne, Salt - regular or kosher)

- **Fresh Herbs:** (garlic, parsley, cilantro, basil, sage, mint, tarragon, thyme, ginger, dill, other. Comments: _____)

FATS/OILS:

Y/N Butter / Unsalted-Regular

Y/N Canola Oil

Y/N Sesame Oil

Y/N Olive Oil (extra light, light, extra virgin)

Y/N Vegetable Oil

Y/N Sunflower Oil

Comments: _____

DIARY PRODUCTS:

Y/N Cheeses (Parmesan, cheddar, Swiss, fontina, asiago, ricotta, mozzarella, mascarpone, gorgonzola, blue cheese)

Y/N Milk (skim, 1%, 2%, whole

Y/N Yogurt (light / regular)

Y/N Sour cream (light/regular)

Y/N Cream (light/heavy)

Y/N Lactose free if available

Comments: _____

EGGS:

Y/N Whole

Y/N Yolks only

Y/N Whites only

Y/N Eggbeaters substitute

Comments: _____

OTHER:

Y/N Tofu

Y/N Nuts (pecans, peanuts, pine, walnuts, almonds, cashews, etc.)

Comments: _____

Preferences:

Y/N Organic meat/vegetable & canned goods products preferred _____

List any vegetables or fruits you don't ever want to see _____

List any other food dislikes _____

List any known food allergies _____

Lactose / Gluten Y/N _____

Rate your preference for spicy foods – bland / mild / moderate/very _____

Do you have any favorite recipes that I can prepare for you? Cuisine: Italian / Mexican / Indian / Asian / Mediterranean / Moroccan, other: _____

Kitchen Area and Equipment: *Please circle answer where applicable*

- Access to kitchen – (front/side door, back door, garage, stairs (Y/N) _____
- BBQ Grill **Y/N** - Propane tanks **Y/N** - Plumbed gas **Y/N**
- Electric or gas range, single or double ovens, counter space, microwave, steam oven
- House pets? (Cat(s) / Dog(s) / Bird(s) _____
- Determine available space in refrigerator to accommodate meals, is there a secondary refrigerator **Y/N** _____

*** Thank you for taking the time to fill out this questionnaire, it will be immensely helpful in assisting us in creating your custom meal plan service....*