



Food Questionnaire

Name _____ Date _____

Here is your opportunity to let me know what you prefer in your customized menu.

- check mark items you like
- *circle* items that are family favorites
- *cross out* any foods that you *don't like* and never wish to see
- mark any item with an **A** if it is an allergen
- Include comments where necessary, be as detailed as possible

List any known food allergies (*if more than two, please provide chef with a detailed list of allergies*)

List any other health conditions, dietary needs, interest in nutrition, (diabetic, weight loss program, etc)

____ Vegetarian _____ Vegan

MEATS: _____prefer organic

___ Beef (steak/roasts/ground round)

___ Pork (chops/roasts/ribs/bacon/ham/ground)

___ Veal (stew/ground/scallops)

___ Lamb (chops/stew/ground/roasts)

___ Meatloaf

___ Sausage

___ Meat and vegetable/pasta casseroles

Comments

VEGETABLES: ___ prefer organic

- ___ Green (peas, green beans, broccoli, spinach, asparagus, peppers, cabbage, pea pods, green onions, celery, arugula, swiss chard, edamame)
- ___ Yellow (corn, wax beans, squash, peppers)
- ___ Red (pimento, red cabbage, beets, tomatoes, peppers, carrots, sweet potatoes/yams)
- ___ White (cauliflower, potatoes, parsnips, water chestnuts, bean sprouts, onions, turnips, mushrooms, leeks)
- ___ Beans (black, pinto, kidney, lima, white, pink, chick peas, lentils)
- ___ Other (eggplant, zucchini, olives, capers, artichoke hearts, avocado)

Comments:

GRAINS/Pasta: ___prefer organic

- ___ Rice
- ___ Couscous
- ___ Quinoa
- ___ Wheat/granola
- ___ Barley
- ___ Corn
- ___ Polenta
- ___ Pasta (Preferred type/brand_____)
- ___ Other (identify)

Comments:

HERBS/SEASONINGS: ___prefer organic

___ Oregano, sage, basil, rosemary, tarragon, fennel, cumin, cilantro, paprika, parsley, celery, chili powder, thyme, chive, curry, ginger, cinnamon, nutmeg, dill

___ Fresh garlic

___ Pepper—white, black or red

___ Salt—regular/ Kosher/ Sea salt

Comments:

FATS/OILS: ___prefer organic

___ Butter (salted, unsalted?)

___ Margarine

___ Canola Oil

___ Olive Oil

___ Coconut Oil

___ Grapeseed Oil

___ Sunflower Oil

___ Peanut Oil

Comments:

EGGS: ___prefer organic

___ Whole

___ Yolks only

___ Whites only

___ Eggbeaters substitute

Comments:

MILK AND MILK PRODUCTS: ___prefer organic

Mark any item with LF if you prefer a LowFat option or FF for FatFree.

- ___ Cheeses (parmesan, cheddar, swiss, mozzarella, goat, feta, muenster, blue, fontina, monterey jack)
- ___ Milk (skim, 1%, 2%, whole)
- ___ Cottage cheese
- ___ Yogurt
- ___ Sour cream
- ___ Half and half
- ___ Cream
- ___ Other (milk substitutes: _____)

Comments:

OTHER:

- ___ CrockPot/Slow Cooker meals
- ___ Tofu
- ___ Soy-based meatless products
- ___ Nuts (pecans, peanuts, peanut butter, macadamias, walnuts, halzenuts, almonds, cashews, Brazil, pine nuts etc.)

Comments:

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

List any other food dislikes

Rate your preference for spicy foods - *bland/mild/moderate/very*

Is it ok to use alcohol in your meals? YES NO MAYBE, explain

Preferred Supermarket(s): _____

International cuisine:

Mexican/MiddleEastern/Italian/Asian/Jewish/Indian, other:

Do you prefer home-style or gourmet meals? Or both?

Top 5 Favorite Meals:

- 1.
- 2.
- 3.
- 4.
- 5.

How do you want your food packaged? Tupperware, glassware, _____

Any additional comments:
