



New Client Food Questionnaire

Name: _____

Address: _____

Phone number :(H) _____ C _____

E Mail: _____

Children/ages: _____

Date: _____

Food Allergies or Intolerances:

Medical Conditions relating to food that I need to be aware of:
(i.e.: celiac disease, diverticulitis)

MEAL PREPARATION

What are your preferred methods of meal preparation?

Here is your opportunity to let me know what you prefer in your customized menu. Please check preferences and add comments. *Circle* any foods that you don't like and never wish to see.

- Separate meats and side dishes
- Casseroles
- Stews
- Stir fry
- Soups (Hot Cold)
- Salads, Quiches
- Pasta dishes Meat prepped for grill/broil

PREFERRED SPICINESS

mild moderate very spicy

INTERNATIONAL CUISINES

Italian Greek Middle Eastern/Moroccan

Indian Asian (Thai, Chinese, etc.) Mexican/Southwest

MEATS:

- Beef (steak/roasts/ground round
- Veal (stew/ground/scallops)
- Lamb (chops/stew/ground/roasts)
- Meatloaf
- Meat and vegetable/pasta casseroles
- Light or dark meat
- Duck
- Chicken (breasts/thighs/ground/etc.)
- Turkey (breasts/smoked/ground/scalloped/etc.)
- Chicken or turkey meatloaf
- Chicken or turkey and vegetable/pasta casseroles

Comments: _____

SEAFOOD:

- Fish (bass, yellowtail, orange roughly, catfish, snapper, sole, salmon)
- Shrimp
- Scallops
- Crab
- Lobster
- Clams, oysters, mussels

Comments: _____

MILK AND MILK PRODUCTS:

- Cheeses (parmesan, cheddar, swiss, muenster, fontina, etc.)
Do you have a favorite? Name: _____
- Milk (skim, 1%, 2%, whole)
- Cottage cheese, feta, ricotta, goat cheese
- Yogurt
- Sour cream
- Half & Half ,Heavy Cream
- Goat Milk
- Goat Cheese, hard or soft Goat yogurt
- Eggs Yolks only Whites only Eggbeaters substitute

Comments: _____

SOY DAIRY/ OTHER PROTEINS

- Silk
- Soy sour cream
- Soy cheeses
- Soy yogurt
- Other soy-based
- Tofu
- Seitan
- Nuts (pecans, peanuts, walnuts, almonds, cashews, Brazil, etc.)
- Quinoa

Comments: _____

CARBS:

- Pasta
- Rice (favorite?) _____
- Corn
- Millet
- Buckwheat
- Other (tabbouleh ,barley) _____
- Home made GF bread
- Cornbread
- Bread-white __ Bread-wheat
- Muffins
- Pancakes
- Waffles
- Corn Tortillas
- Flour Tortillas

Comments: _____

VEGETABLES:

- broccoli
- peas
- snow peas
- green beans
- spinach
- brussel sprouts
- asparagus
- kale
- cabbage
- peapods
- celery
- mustard greens __ collard greens
- okra
- corn
- wax beans
- zucchini and summer squash,
- squash (Winter, Acorn, Butternut, Spaghetti)
- peppers – sweet (green, red, yellow , orange)
- pimento
- red cabbage
- beets
- tomatoes
- peppers - hot
- sweet potatoes/yams
- cauliflower
- potatoes
- parsnips
- turnips
- carrots
- water chestnuts
- bean sprouts
- onions (white, yellow, brown, red, green, scallions, pearl,)
- leeks
- mushrooms,
- eggplant
- avocado
- Beans - black __ pinto __ kidney __ Lima __ white __ pink __
- Other: _____

Comments: _____

FRUITS:

- Berries
- Citrus
- Apples
- Mango
- Dried fruits

Comments: _____

SALADS:

- Fresh Greens (choice of lettuces - romaine, red leaf, baby green mix, spring mix, spinach,etc.)
- Fruit
- Rice
- Pasta

Comments: _____

SALAD DRESSINGS:

- Mayonnaise
- Ranch
- Vinaigrette
- French
- Oil/vinegar
- Red wine/vinegar
- Thousand Island
- Other (identify)

Comments: _____

SEASONINGS:

- Herbs – any you don't like?
- Spices – any you don't like?
(ie. Oregano, sage, rosemary, tarragon, fennel, cumin, cilantro, paprika, parsley,
Celery, chili powder)
- Fresh garlic, ,
- onions,
- olives
- capers,
- horseradish,
- mustard
- peppercorns
- pepper
- salt

Comments: _____

FATS/OILS:

- Butter
- Olive Oil
- Canola
- Peanut Oil
- Coconut Oil

Comments _____

OTHER:

- Tempeh
- Miso

Comments: _____

SWEETENERS:

- Honey
- Agave Nectar
- Maple Syrup
- Stevia
- Fructose

Comments: _____

List any other food dislikes _____

Do you have any favorite recipes? _____

Additional Comments: _____
