

Food Questionnaire

Your Name:

Your Email:

Your Home Number:

Your Cell Number:

Your Address:

To best meet your meal needs, please fill out this survey to the best of your knowledge. The more information you can give me about you and your family's eating habits, the better I can design a meal plan specifically for you.

Please check your preferences and add comments. Circle any foods that you like and cross out foods that you do not like.

1. Meatless Meals -vegetarian/tofu/meat substitutes
2. Soups - main dish - cold? hot? chunky? clean? creamed? with meat? vegetarian
3. Salads - main dish?
4. Side Salads - rice/pasta/fruit/jello
5. Pasta - entree? hot? cold?
6. Beef - steak/roasts/ground/ribs
7. Pork - roasts/chops/ground/ribs/bacon
8. Lamb - chops/stew/ground
9. Chicken - white/dark/ground
10. Turkey - light/dark, smoked, ground
11. Fish
12. Shrimp and Shellfish
13. Tuna - canned -oil? water?

14. Tuna Casserole
15. Meatloaf -
16. Spaghetti and Meatballs
17. Macaroni and Cheese
18. Beans and Grains - quinoa/bugler/barley, couscous
19. Nuts - walnuts/cashews/almonds/hazelnuts/peanuts
20. Cheese
21. Eggs - whole/yolks only/whites only/egg substitutes/egg beaters

List any any fruits that you do not wish to see.

List any other food dislikes.

List any known food allergies.

Rate your preference to spicy foods - bland/mild/moderate/hot

Bread preferences

Do you have any favorite recipes that I can prepare for you? Please attach.

Do you have a barbecue and want meals prepared for cooking on it?

International Cuisine? Mexican/Italian/Thai/Indian/Mediterranean/English/Korean/Japanese/Chinese

Spices (please circle the ones that you like and cross out the ones you don't)

oregano, sage, rosemary, tarragon, fennel, cumin, cilantro, paprika, parsley, celery, chili powder, Cheyenne, garlic, pepper, salt, cinnamon, nutmeg, allspice, ginger

add any additional spices you want to mention: _____

Fats/Oils (please circle the ones that you like and cross out the ones you don't)

butter, margarine, canola oil, corn oil, veggie oil, olive oil, sunflower oil, almond oil, hazelnut oil, nut oils, lard, vegetable shortening

add any additional fats that you want to mention: _____

Vegetables (please circle the ones that you like and cross out the ones you don't)

peas, green beans, spinach, asparagus, peppers, cabbage, pea pods, celery, mustard greens, collard greens, corn, wax beans, squash, pimento, red cabbage, beets, tomatoes, sweet potatoes, yams, cauliflower, broccoli, white potatoes, parsnips, water chestnuts, bean sprouts, onions, mushrooms, leeks, cucumber, carrots, Italian squash, alfalfa sprouts, ginger, avocado

add any additional veggies that you want to mention: _____

Salad Dressing (please circle the ones you like and cross out the ones you don't)

mayonnaise, ranch, vinaigrette, french, oil and vinegar, red wine and vinegar, thousand island, chinese chicken salad, honey mustard, blue cheese

add any additional salad dressings that you want to mention: _____

Diary/Milk/Cheese (please circle the ones that you like and cross out the ones you don't)

parmesan, jack, cheddar, swiss, muenster, fontina, mozzarella, brie, 1% milk, 2% milk, whole milk, soy milk, almond milk, rice milk, cottage cheese, sour cream, yogurt, cream, half and half, powdered milk, coconut milk

add any additional dairy items that you want to mention: _____

Family Members/Portion Sizes (please fill out the chart below)

	gender	age	light eater	medium	large portion
you					
your spouse					
child #1					
child #2					
child #3					
child #4					
child #5					

Please list here any additional information that will help me in designing meals for your family.
