

**Food Questionnaire**

Name: \_\_\_\_\_

Email: \_\_\_\_\_

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**Let us know what you prefer in your personalized menu. Please check your preferences.**

Are you lactose intolerant? \_\_\_\_\_

May I cook with wine and/or liquors? With any alcoholic substances? \_\_\_\_\_

Are there any conditions or situations that need to be addressed? \_\_\_\_\_

Are you diabetic? \_\_\_\_\_

Do you have a cardiac condition? High blood pressure? High cholesterol? \_\_\_\_\_

Light salt? No salt? Low fat? No fat? \_\_\_\_\_

Are you trying to loose weight? Would you like portion control? \_\_\_\_\_

Do you like to eat breads or rolls with your entrees? What are your favorites? \_\_\_\_\_

How would you prefer your entrees packaged? Individual, for two, family style. \_\_\_\_\_

Would you like meals prepared for you to cook on your BBQ? \_\_\_\_\_

Would you prefer meals that are fully cooked? Or food that you cook yourself? \_\_\_\_\_

Would you prefer to use microwave or oven/stovetop for reheating? \_\_\_\_\_

**List any international cuisine you are interested in  
(Thai, Vietnamese, Italian, Greek, etc.):**

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**List any favorite recipes that you no longer choose to prepare yourself  
that I can prepare for you:**

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**Meats**

Beef (steak, roast, ground round)

Pork (chops, roast, ribs, bacon, ham, sausage, ground) —

Veal (stew, ground, scallops) —

Lamb (chops, stew, ground, roasts) —

Meat and vegetable/pasta casseroles —

*Comments about meats:*

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**Poultry**

Chicken (breast, whole, thighs, ground) —

Turkey (breast, whole, smoked, ground) —

Duck (breast, whole, skin-on) —

Skin-on, skinless, bone-in, boneless —

*Comments about poultry:*

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**Fish & Shellfish**

Fish (bass, salmon, yellowtail, orange roughy, catfish, snapper) —

Shrimp —

Scallops —

Crab —

Lobster —

*Comments about fish & shellfish:*

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**Vegetables**

Green (peas, green beans, spinach, asparagus, peppers, cabbage, pea pods, celery, greens) —

Yellow (corn, wax beans, squash, peppers) —

White (cauliflower, potatoes, parsnips, water chestnuts, bean sprouts, onions, mushrooms, leeks) —

Beans (black, pinto, kidney, lima, white, pink, garbanzo) —

*Comments about vegetables:*

**Soups**

Creamed	--
Hot	--
Cold	--
Chunky	--
Clear	--
With meat/poultry	--
Soup as a main dish	--

*Comments about soups:*

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**Fruits**

Citrus (lemon, lime, orange, grapefruit)	--
Apple	--
Banana	--
Grapes	--
Tomato	--

*Comments about fruits:*

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**Salads**

Fresh greens (baby greens, romaine, mixed greens, spinach)	--
Fruit	--
Rice	--
Pasta	--
Vegetable	--
Pasta	--

*Comments about salads:*

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**Grains and Starches**

Rice (brown, white, wild)	--
Couscous	--
Quinoa	--
Wheat/Granola	--
Corn	--
Pasta	--
Potato	--

*Comments about grains & starches:*

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**Seasonings**

Oregano	--
Sage	--
Rosemary	--
Thyme	--
Cumin	--
Fennel	--
Cilantro/Coriander	--
Paprika	--
Red Pepper	--
Curry	--
Dill	--
Ginger	--
Lemongrass	--
Chili Powder	--
Fresh garlic	--
Parsley	--
Pepper	--
Salt	--

*Comments about seasonings:*

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**Fats & Oils**

Butter	--
Olive Oil	--
Vegetable Oil	--
Peanut Oil	--
Canola Oil	--
Sesame Oil	--
Grapeseed Oil	--

*Comments on fats & oils:*

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**Other foods**

Tofu	--
Soy-based meatless products	--
Nuts	--

*Comments about other foods:*

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**Milk & Milk Products**

Cheese (parmesan, cheddar, gouda, swiss, feta, etc.) —

Milk (skim, 1%, 2%, whole) —

Cottage cheese —

Yogurt —

Heavy cream —

Half & half —

*Comments about milk & milk products:*

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**List food dislikes:**

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**List food allergies:**

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**Rate your preference for spicy foods:**

Bland  Mild

Moderate  Very