



Client Interview/Food Questionnaire

name _____

This is your opportunity to let us know details about your likes/dislikes and your current goals.

Do you enjoy as a main entrée? **Soups** yes no **Salads** yes no **Pastas** yes no **Casseroles** yes no

Other Ingredients/Flavors

I like **Meat** **Poultry** **Fish** **Vegetables** **Fruits** **Cuisines** **Flavors**

I dislike **beef** **chicken** _____ **mexican** _____

(see attached list) **pork** **turkey** _____ **thai** _____

lamb **game hen** _____ **chinese** _____

veal **duck** _____ **japanese** _____

_____ **french** _____

_____ **italian** _____

_____ **other** _____

How many times per month do you enjoy: **Beef** _____ **Pork** _____ **Lamb** _____ **Poultry** _____ **Fish/Shellfish** _____ **Vegetarian** _____

What cut or kind do you enjoy: steaks chops chops chicken salmon grains

roasts roasts leg of turkey tuna beans

(check what you LIKE ground ribs shank light snapper polenta

strike through what you DISLIKE) burgers bacon other dark halibut pastas

grass fed ham _____ other shrimp bulgur

other sausage _____ crab quinoa

_____ other scallops rice

_____ other brown

_____ white

_____ other

Do you have any food-specific health concerns? **Lactose Intolerance** yes no **Other Food Sensitivities** yes no **Food Allergies** yes no

Please list _____ Please list _____

Do you have health conditions that food choice/preparation can affect? **Diabetes** yes no **Heart Condition** yes no **High Blood Pressure** yes no **High Cholesterol** yes no **Other Health Concerns** yes no

low salt low fat _____

no salt no fat _____

Are you concerned about

Trying to Gain Weight	Trying to Lose Weight	Portion Control	Particular Diet
<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	_____

What is your preference for

Alcohol	Spiciness	Breads	Salads	Favorite Recipes
<input type="checkbox"/> OK to use in cooking	I like my food <input type="checkbox"/> bland <input type="checkbox"/> mild <input type="checkbox"/> medium <input type="checkbox"/> hot <input type="checkbox"/> laser <input type="checkbox"/> incredibly painful	With my meal I like <input type="checkbox"/> rustic breads <input type="checkbox"/> rolls <input type="checkbox"/> tortillas <input type="checkbox"/> whole wheat <input type="checkbox"/> white <input type="checkbox"/> other	<input type="checkbox"/> love a salad with every meal <input type="checkbox"/> occasionally like a salad <input type="checkbox"/> lettuce is only for rabbits	<input type="checkbox"/> I have some I'd like you to use

How would you like your meals packaged

Portion Size

individually
 for two
 family style

Tell me about your kitchen

Stove	Oven	Microwave	Refrigerator Space	Freezer Space
<input type="checkbox"/> gas <input type="checkbox"/> electric <input type="checkbox"/> all burners are functioning	<input type="checkbox"/> gas <input type="checkbox"/> electric <input type="checkbox"/> functioning/accurate	<input type="checkbox"/> works	<input type="checkbox"/> one shelf available for fresh-serve items	<input type="checkbox"/> one-two shelves available for frozen items

What is your preference for reheating your meals?

Stovetop	Oven	Microwave	Grill	Slow Cooker
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Anything else I should know? _____

Food List to Reference

Vegetables		Herbs and Seasonings	NUTS
Artichoke		Allspice	Almond
Asparagus		Anise	Brazil
Beans, Green	Kale	Basil	Cashew
Beans, dry	Kohlrabi	Borage	Chestnut
Beet	Leek	Carraway	Coconut
Black-eyed pea	Lettuce	Chervil	Hazel
Bok choy	Mushroom	Cilantro	
Borage	Okra	Cinnamon	Fruits
Broccoli	Olives	Cloves	Apple
Brussels sprouts	Onion	Coriander	Apricot
Cabbage	Pea	Cumin	Banana
Carrot	Pepper	Curry	Berries
Cauliflower Celery	(red/green)	Fennel	Bilbery
Chayote	Potato	Ginger	Blackberry
Chicory	Pumpkin	Marjoram	Blueberry
Collard	Radish	Mint	Boysenberry
Corn	Shallots	Mustard	Cherry
Cucumber		Oregano	Cucumber
Eggplant		Paprika	Currants
Fennel		Parsley	Fig
Garlic		Peppers	Grapes
Ginger	Soybean, edible	Pepper, black	Melon
Japanese eggplant	Spinach	Pepper, white	Nectarines
	Squash	Rosemary	
	Squash, spaghetti	Sage	Kiwi
	Squash, summer	Savory	Peach
	Sweet potato	Sesame	Pear
	Swiss chard	Tarragon	Pineapple
	Taro	Thyme	Plum
	Tomatillo	Vanilla	Pluot
	Tomato	Pumpkin	Plumquot
	Turnip		Quince
	Watercress		Raspberry
	Zucchini	Sesame	Strawberry
		Sunflower	Watermelon