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

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City: Zip: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

Daytime Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Evening Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Here is your opportunity to let Chef Boone know what you prefer in your customized menu. Please check preferences and add comments. Cross-out any foods that you DO NOT like and never wish to see.

MEATS:

\_\_ Beef (steak/roasts/ground round)

\_\_ Pork (chops/roasts/ribs/bacon/ham/ground)

\_\_ Veal (stew/ground/scallops)

\_\_ Lamb (chops/stew/ground/roasts)

\_\_ Meatloaf

\_\_ Meat and vegetable/pasta casseroles

Comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

POULTRY:

\_\_ Chicken (breasts/thighs/ground/etc.)

\_\_ Turkey (breasts/smoked/ground/scalloped/etc.)

\_\_ Chicken or turkey meatloaf

\_\_ Chicken or turkey and vegetable/pasta casseroles

\_\_ Duck (breast/thighs/Confit/Foie Gras)

Comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

FISH/SHELLFISH:

\_\_\_ Fish (Anchovies, dover sole, halibut, salmon, striped bass, orange roughly, catfish, snapper, trout, swordfish)

\_\_ Shrimp

\_\_ Scallops

\_\_ Crab

\_\_ Lobster

\_\_ Clams

\_\_ Mussels

\_\_ Tuna (canned, fresh)

Comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

SALADS:

\_\_ Fresh Green (Iceberg lettuces, Romaine, red leaf, Bibb, mixture, spinach, etc.)

\_\_ Fruit

\_\_ Pasta

\_\_ Salads as a main dish?

Comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

SALAD DRESSINGS:

\_\_ Mayonnaise

\_\_ Ranch

\_\_ Vinaigrette

\_\_ French

\_\_ Oil/vinegar

\_\_ Red wine/vinegar

\_\_ Thousand Island

\_\_ Other (identify)

Comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

SOUPS:

\_\_ Creamed (name type) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_ Hot

\_\_ Cold

\_\_ Chunky

\_\_ Clear

\_\_ With meat/poultry?

\_\_ Soups as a main dish?

Comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

VEGETABLES:

\_\_ Green (artichokes, avocado, arugula, Bok choy, broccoli, brussels sprouts, capers, peas, green beans, spinach, asparagus, peppers, celery, snow peas, cucumber, eggplant, endive, green onion, cabbage, mustard greens, kale, okra, olives)

\_\_ Orange (Carrots)

\_\_ Yellow (corn, wax beans, peppers)

\_\_ Red (pimento, red cabbage, beets, tomatoes, peppers, sweet potatoes/yams, radicchio, radish, sun-dried tomatoes)

\_\_ White (cauliflower, potatoes, parsnips, bean sprouts, mushrooms, leeks, hearts of palm, jicama, water chestnuts)

\_\_ Beans (black, ranch-style, pinto, kidney, lima, white, pink, Edamame (soy), fava, garbanzo (chickpeas), lentils, navy, cannellini)

\_\_ Onions (cooked, raw, shallots)

\_\_ Squash (baby squash, summer, yellow, zucchini, acorn, spaghetti, butternut)

Comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

GRAINS:

\_\_ Bran (wheat/oat)

\_\_ Bulgur wheat

\_\_ Granola

\_\_ Millet

\_\_ Oatmeal

\_\_ Orzo

\_\_ Pasta

\_\_ Pita (whole wheat)

\_\_ Potatoes

\_\_ Rice (Brown, white)

\_\_ Couscous

\_\_ Quinoa

\_\_ Wheat (tortilla, flour)

\_\_ Corn (tortilla, kernel, meal)

\_\_ Other (identify)

Comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

FRUITS/BERRIES:

\_\_ Red (Apple (juice, fresh), Cherries, Cranberries, Grapes, strawberries, watermelon)

\_\_ Orange (Apricot, Cantaloupe, Grapefruit, mango, nectarine, orange, papaya, peach)

\_\_ Yellow (Banana, lemon, pear, pineapple)

\_\_ Purple/Blue (Blueberries, Fig, plum, raspberries, black berries)

\_\_ Coconut (flakes, Milk)

\_\_ Dried Fruit (Dates, Fig, plum, raisins, currants)

\_\_ Green (Grapes, Honeydew, Kiwi, lime)

Comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

BREADS:

\_\_ Wheat

\_\_ White

\_\_ Rolls (white or wheat, sour dough, etc.)

\_\_ Biscuits

\_\_ Cornbread

\_\_ Muffins

\_\_ Pancakes

\_\_ Waffles

\_\_ Tortillas

Comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

SEASONINGS/FLAVORS:

Basil, bay leaves, cayenne pepper, Oregano, sage, rosemary, tarragon, fennel, cumin, cilantro, paprika, parsley, celery, chili powder, chili pepper, Cinnamon, cocoa powder, crushed red pepper, curry, dill, parsley, mint, saffron, thyme

\_\_ Fresh garlic, garlic-trace, ginger, Horseradish, Wasabi

\_\_ Sugar (Brown, White)

\_\_ Pepper—white, black or red

\_\_ Salt—regular or Kosher, Sea Salt

\_\_ Barbeque sauce, Marinara Sauce

\_\_ Sweet Sauces

\_\_ Chocolate, Vanilla, Graham Cracker

\_\_ Coffee, Alcohol/Liquors

\_\_ Honey, Maple Syrup, Molasses, Agave Nectar

\_\_ Mayonnaise, Mustard, Ketchup

\_\_ Pickles, Pickled Vegetables

\_\_ Mirin, Miso, Soy sauce, Teriyaki Sauce, Sweet & Sour Sauce

\_\_ Salsa- Fruit, Tomato

\_\_ Smoked

\_\_ Vinegar, Worcestershire

Comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

FATS/OILS:

\_\_ Butter

\_\_ Margarine

\_\_ Oil (Canola, Corn, Olive, Vegetable, Flaxseed, Sunflower, Peanut)

\_\_ Lard

\_\_ Shortening

Comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

MILK AND MILK PRODUCTS:

\_\_ Cheeses (parmesan, cheddar, Swiss, muenster, feta, mozzarella, goat, fontina, soy, etc.)

\_\_ Milk (skim, 1%, 2%, whole)

\_\_ Buttermilk

\_\_ Cottage cheese/Ricotta cheese

\_\_ Cream Cheese

\_\_ Yogurt

\_\_ Sour cream

\_\_ Half and half/ Heavy Cream

Comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

EGGS:

\_\_ Whole

\_\_ Yolks only

\_\_ Whites only

\_\_ Eggbeaters substitute

Comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

OTHER:

\_\_ Tofu (Block, mashed)

\_\_ Tempeh

\_\_ Soy-based meatless products

\_\_ Nuts (pecans, peanuts, peanut butter, pine nuts, walnuts, almonds, macadamia, cashews, Brazil, soy nuts)

\_\_ Seeds (poppy, sesame, pumpkin, sunflower)

Comments: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

List any vegetables or fruits you don’t ever want to see \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

List any other food dislikes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

List any known food allergies VERY IMPORATANT! \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Are you currently on a restricted diet? If yes, describe \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What diet programs, plans, or products have you tried in the past? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you have any history of the following: heart disease or stroke, diabetes, high blood pressure, high?

cholesterol, digestive disorder, depression, sleep disorder, cancer, other describe\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Have you had surgery within the last year? If yes, what type? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Are you pregnant? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Do you exercise? Please describe the types, frequency, and duration\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What do you eat on a typically Day?

Breakfast\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Lunch \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dinner \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Snacks \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

Do you have any favorite recipes that I can prepare for you? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

International cuisine? - Mexican/Indian/Italian/Asian, etc. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What Best describes you’re eating habits? Prefer to try a variety of different meal types / Prefer to find favorites and have many repeats \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Food Preferences: are you on a specialized diet? Low-Cal, Low Carb, Low-Fat, Low-to-no-salt, Vegetarian, Diabetic, Lactose-intolerant, Gluten Free \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Favorite Cookies\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Favorite Dessert\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If married, when is your anniversary? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Family members (names/birthdays) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Notes: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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