

CLIENT ASSESSMENT

CONTACT INFORMATION

Client Name: _____

Phone – home: _____ Phone – cell: _____

Address: _____

Email Address: _____

FOOD PREFERENCES

Please take this opportunity to let me know your preferences for your customized menu. Please check only those foods you like and make any comments you feel would be helpful to me in tailoring your personal menus. Of particular importance are any food sensitivities and dietary requirements you may have.

DO YOU PREFER ORGANIC AND/OR FREE-RANGE?

(Note: this may result in a higher cost for ingredients or occasionally an extra charger for my shopping at several different stores for certain products.) ☐ always ☐ whenever possible ☐ not that particular, some organic is fine

MEAT:

- ☐ Beef ___Steaks ___Ribbs ___Roasts ___Ground ___Stew Beef ___Lean Only
(Do you have a favorite type of steak? _____)
- ☐ Pork ___Chops ___Ribbs ___Tenderloin ___Bacon ___Sausage (☐ sweet ☐ hot or spicy)
- ☐ Veal ___Chops ___Cutlets ___Stew ___Ground Other: _____
- ☐ Lamb ___Chops ___Roast ___Stew ___Ground Other: _____
- ☐ Meatloaf
- ☐ Meat and vegetable/pasta casseroles (i.e., spaghetti w/meatballs, lasagna, stuffed shells, etc.)

How do you like your steak? _____Rare (at your own risk) _____Medium Rare _____Medium _____Well-done_____

Other: _____

(Put initials if necessary for different family member preferences)

Comments:

POULTRY:

- ☐ Chicken ___Whole Roast ___White ___Dark ___Skinless ___Boneless/Skinless ___Either ___Ground
- ☐ Turkey ___Whole Roast ___White ___Dark ___Skinless ___Boneless/Skinless ___Either ___Ground ___Smoked
- ☐ Duck ___Whole Roast ___Breast meat
- ☐ Cornish Game Hen or other: _____
- ☐ Chicken or Turkey Sausage or Bacon

[Type text]

Would you prefer ground turkey or chicken in place of ground beef or pork where possible? Yes ☐ No ☐

FISH / SHELLFISH: Yes ☐ No ☐

Freshwater ☐ Ocean ☐ Mild ☐ Strong ☐ Wild Only ☐

Salmon ☐ Sole ☐ Swordfish ☐ Halibut ☐ Haddock ☐ Tilapia ☐ Tuna (fresh, canned, in water or oil?) ☐

or other, specify: _____

Fish or Clam Chowder ☐

Shellfish allergies? Yes ☐ No ☐

Shrimp ☐ Lobster ☐ Scallops ☐ Clams ☐ Oysters ☐ Mussels ☐

Comments:

SOUPS:

☐ Creamed or bisque type, such as: _____

☐ Hot ☐ Cold ☐ Chunky ☐ Clear ☐ With meat/poultry? ☐ Soup as a main dish?

Comments:

SALADS:

Do you frequently enjoy salads as part of your meal? Yes ☐ No ☐ Salads as a main dish? Yes ☐ No ☐

☐ Fresh green (choice of greens/lettuces, such as Romaine, Red leaf, Boston, Mixed baby, spinach, etc.)

☐ Fruit ☐ Pasta ☐ Bean, lentil, rice, quinoa, or other grains? _____

Preferred Salad Dressings: _____

Comments:

[Type text]

FATS/OILS:

- ☐ Olive oil ☐ Grapeseed Oil ☐ Canola oil ☐ Butter ☐ Margarine ☐ Other: _____
- ☐ Shortening (as in Crisco or Earth Balance, which has no trans-fats)

Comments:

DAIRY PRODUCTS:

- ☐ Real ☐ Low-Fat ☐ Non-Fat ☐ Non-Dairy (such as tofu cheese) ☐ Strong ☐ Mild
- ☐ Cheeses (☐ Parmesan ☐ Cheddar ☐ Swiss ☐ Muenster ☐ Feta ☐ Fontina ☐ Goat, etc. _____)
- ☐ Milk (☐ Skim ☐ 1% ☐ 2% ☐ whole ☐ Cream)

Comments:

EGGS:

- ☐ Whole ☐ Yolks only ☐ Whites only ☐ Egg substitute ☐ Organic ☐ Free-range or Cage-free

Comments:

OTHER:

- ☐ Tofu ☐ Boca Burger-type meals (vegetarian meat substitutes)

Comments:

[Type text]

LIST ANY VEGETABLES OR FRUITS YOU NEVER WANT TO SEE:

LIST ANY OTHER FOOD DISLIKES:

DO YOU LIKE DESSERT?

DO YOU HAVE A GRILL OR BBQ AND WANT MEALS PREPARED FOR COOKING ON IT?
(i.e., grill-ready marinated meats/vegetables/skewers, etc. you'd grill yourself)?

DO YOU HAVE A WOK OR STIR-FRY PAN AND WANT MEALS PREPARED FOR COOKING IN IT?

BREAD OR OTHER BAKED GOODS PREFERENCES:
(i.e., Whole wheat, multi-grain, rye, pita, etc. Do you like muffins, rolls, sweets—cookies, cakes, pies, etc.)

Any other information you feel would be important or useful for me to know:

[Type text]

CLIENT INFORMATION

FOOD CHECKLIST

FILE NAME: _____

Vegetables: Check all that you like, circle any particular favorites, cross off any you *don't like*. If you have additions to the list, please note.

| | | |
|---|--|---|
| <input type="checkbox"/> Artichoke (fresh and hearts) <input type="checkbox"/> Asparagus <input type="checkbox"/> Avocado <input type="checkbox"/> Bamboo shoots <input type="checkbox"/> Beets <input type="checkbox"/> Bok choy <input type="checkbox"/> Broccoli <input type="checkbox"/> Brussell sprouts <input type="checkbox"/> Cabbage: __green __purple __napa __savoy <input type="checkbox"/> Carrots <input type="checkbox"/> Cauliflower <input type="checkbox"/> Celery <input type="checkbox"/> Celery root (celeriac) <input type="checkbox"/> Corn: __baby __sweet __white __yellow __frozen <input type="checkbox"/> Cucumber (English, pickling, regular) <input type="checkbox"/> Eggplant <input type="checkbox"/> Fava beans <input type="checkbox"/> Fennel <input type="checkbox"/> Fiddleheads <input type="checkbox"/> Green beans, regular <input type="checkbox"/> Green beans, French <input type="checkbox"/> Green beans, wax or yellow | <input type="checkbox"/> Greens: __turnip __collard __mustard __dandelion <input type="checkbox"/> Jicama <input type="checkbox"/> Kale (regular, dinosaur) <input type="checkbox"/> Lettuce: __Romaine __Boston __Iceberg __Baby greens __Mâche __Red Leaf __Green Leaf __Frisée __Radicchio <input type="checkbox"/> Lima beans <input type="checkbox"/> Mushrooms: __white button __portabella __shitake __crimini Other _____ <input type="checkbox"/> Onions: __leeks __red __yellow __scallions __shallots __sweet <input type="checkbox"/> Parsnips <input type="checkbox"/> Peas: __English __snow peas __sugar snap __frozen <input type="checkbox"/> Peppers: __green __red __orange __yellow __Italian __chipotle __jalapeño __poblano __serrano __habaero <input type="checkbox"/> Radishes <input type="checkbox"/> Rutabaga | <input type="checkbox"/> Squash: __acorn __butternut __summer (zucchini, yellow) __spaghetti <input type="checkbox"/> Spinach ____ (raw, cooked, frozen) <input type="checkbox"/> Sprouts: __alfalfa __bean __radish <input type="checkbox"/> Swiss Chard (green, red) <input type="checkbox"/> Tomatillos <input type="checkbox"/> Tomatoes (cherry, plum, Holland heirloom, canned) <input type="checkbox"/> Turnips <input type="checkbox"/> Water chestnuts Other: _____ |
|---|--|---|

Fruits & Nuts: Check all that you like, circle any particular favorites, cross off any you *don't like*. If you have any additions to the list, please note them.

| | | |
|--|---|---|
| <input type="checkbox"/> Apple <input type="checkbox"/> Apricot (fresh, dried) <input type="checkbox"/> Banana <input type="checkbox"/> Berries: __blackberries __blueberries __cranberries __raspberries __strawberries <input type="checkbox"/> __Cherries (fresh, dried) <input type="checkbox"/> Citrus: __orange __lemon __lime __grapefruit (pink, white) __tangerine <input type="checkbox"/> Currants <input type="checkbox"/> Figs (fresh, dried) <input type="checkbox"/> Galia melon <input type="checkbox"/> Grapes __red __green | <input type="checkbox"/> Kiwi <input type="checkbox"/> Mango <input type="checkbox"/> Melon __cantaloupe __honeydew __watermelon __other: _____ <input type="checkbox"/> Nectarine <input type="checkbox"/> Papaya <input type="checkbox"/> Peaches (yellow, white) <input type="checkbox"/> Pear (Bartlett, Bosc, etc.) <input type="checkbox"/> Pineapple <input type="checkbox"/> Plum <input type="checkbox"/> Pomegranate <input type="checkbox"/> Prunes <input type="checkbox"/> Raisins <input type="checkbox"/> Star fruit <input type="checkbox"/> Watermelon Other: _____ | Nuts: <input type="checkbox"/> Almonds <input type="checkbox"/> Cashews <input type="checkbox"/> Filberts (or Hazelnuts) <input type="checkbox"/> Macadamia <input type="checkbox"/> Pecans <input type="checkbox"/> Peanuts <input type="checkbox"/> Pepitas (pumpkin seeds) <input type="checkbox"/> Pine Nuts (pignoli) <input type="checkbox"/> Sunflower Seeds <input type="checkbox"/> Walnuts Other: _____ |
|--|---|---|

[Type text]

Starches: Check all that you like, circle any particular favorites, cross off any you don't like.

| | | |
|--|---|--|
| BEANS: <input type="checkbox"/> Chili <input type="checkbox"/> Black <input type="checkbox"/> Canellini <input type="checkbox"/> Garbanzo (chick peas) <input type="checkbox"/> Great Northern <input type="checkbox"/> Kidney <input type="checkbox"/> Lentils (French, green, yellow) <input type="checkbox"/> Navy <input type="checkbox"/> Pinto <input type="checkbox"/> Refried GRAINS: <input type="checkbox"/> Barley <input type="checkbox"/> Bulgur wheat <input type="checkbox"/> Couscous <input type="checkbox"/> Kasha <input type="checkbox"/> Quinoa <input type="checkbox"/> Spelt <input type="checkbox"/> White Flour <input type="checkbox"/> Whole Wheat Flour Other: _____ | PASTA: <input type="checkbox"/> Whole wheat <input type="checkbox"/> Brown rice pasta <input type="checkbox"/> Regular <input type="checkbox"/> Spinach <input type="checkbox"/> Angel hair <input type="checkbox"/> Egg noodles <input type="checkbox"/> Eggless noodles <input type="checkbox"/> Fettuccini <input type="checkbox"/> Lasagna <input type="checkbox"/> Linguine <input type="checkbox"/> Macaroni <input type="checkbox"/> Orzo <input type="checkbox"/> Penne or Ziti <input type="checkbox"/> Ravioli (cheese, meat, pesto, seafood, etc.) <input type="checkbox"/> Rotini <input type="checkbox"/> Shells <input type="checkbox"/> Spaghetti <input type="checkbox"/> Tortellini Other: _____ | POTATOES: <input type="checkbox"/> Red <input type="checkbox"/> Yukon Gold <input type="checkbox"/> New <input type="checkbox"/> Fingerling <input type="checkbox"/> Russet <input type="checkbox"/> Purple <input type="checkbox"/> Sweet <input type="checkbox"/> Yams RICE: <input type="checkbox"/> White (long grain, short grain) <input type="checkbox"/> Brown (long grain, short grain) <input type="checkbox"/> Arborio <input type="checkbox"/> Basmati <input type="checkbox"/> Jasmine <input type="checkbox"/> Pilaf <input type="checkbox"/> Risottos OTHER: <input type="checkbox"/> Stuffing |
|--|---|--|

Seasonings, Flavors, Textures:

SALT: Yes ☐ Sea Salt ☐ Light salt ☐ No added salt ☐

GARLIC: Yes ☐ No ☐ a little ☐ medium ☐ I LOVE GARLIC! ☐

SPICY (Hot): Yes ☐ No ☐ a little ☐ medium ☐ I LOVE SPICY! ☐

Textures? Are there any food textures you find unpleasant? _____

Wine/Alcohol: OK to use ☐ Not OK ☐ (Some recipes call for cooking with wine; alcohol burns off for the most part.)

Please indicate which flavorings you enjoy and cross out those you don't care for.

| | | |
|--|--|---|
| HERBS & SPICES: <input type="checkbox"/> Allspice <input type="checkbox"/> Anise <input type="checkbox"/> Basil <input type="checkbox"/> Bay leaf <input type="checkbox"/> Capers <input type="checkbox"/> Caraway <input type="checkbox"/> Cardamon <input type="checkbox"/> Celery seed <input type="checkbox"/> Chili powder <input type="checkbox"/> Cilantro <input type="checkbox"/> Cinnamon <input type="checkbox"/> Cloves <input type="checkbox"/> Cumin <input type="checkbox"/> Curry <input type="checkbox"/> Cayenne pepper <input type="checkbox"/> Dill <input type="checkbox"/> Fennel seed | <input type="checkbox"/> Ginger (root or powder) <input type="checkbox"/> Lemon grass <input type="checkbox"/> Marjoram <input type="checkbox"/> Mint <input type="checkbox"/> Mustard seed or powder <input type="checkbox"/> Nutmeg <input type="checkbox"/> Oregano <input type="checkbox"/> Parsley <input type="checkbox"/> Paprika <input type="checkbox"/> Peppercorns <input type="checkbox"/> Poppy seed <input type="checkbox"/> Rosemary <input type="checkbox"/> Saffron <input type="checkbox"/> Savory <input type="checkbox"/> Sesame seed <input type="checkbox"/> Tarragon | <input type="checkbox"/> Turmeric <input type="checkbox"/> Vanilla OTHER: <input type="checkbox"/> BBQ sauce <input type="checkbox"/> Dijon mustard <input type="checkbox"/> Honey <input type="checkbox"/> Horseradish <input type="checkbox"/> Olives (black, green, stuffed, kalamata, herbed, etc.) <input type="checkbox"/> Pickles (Dill, Kosher, Sour, B&B) <input type="checkbox"/> Roasted peppers <input type="checkbox"/> Soy Sauce <input type="checkbox"/> Tamari <input type="checkbox"/> Wasabi Other: _____ |
|--|--|---|

CUSINES YOU ENJOY:

American ☐ Asian ☐ Cajon/Creole ☐ Caribbean ☐ French ☐ Greek ☐ Home-style ☐ Italian ☐

☐ Mediterranean ☐ Mexican ☐ Southwestern ☐ Other: _____

[Type text]