

## Client Assessment Form

Name: \_\_\_\_\_ Date: \_\_\_\_\_  
Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Do you enjoy soup or salads as a main dish?     Yes     No  
Do you enjoy pastas as entrees?                 Yes     No  
Do you enjoy vegetarian/vegan entrees?        Yes     No

Are you lactose intolerant?                         Yes     No  
Do you have any food allergies? (If yes, list below)     Yes     No

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

Any medical conditions or diet preferences?     Yes     No  
Check all that apply:     Diabetic     Cardiac Condition     High Blood Pressure  
                                  High Cholesterol     Light Salt     No Salt  
                                  Low Fat     No Fat     Gluten Free

Preferred Portion Size:  
 Generous                                         Measured

How would you prefer your entrees packaged?  
 Individual             For two     Family Style

Do you prefer disposable or reusable containers?  
 Disposable             Reuseable

What appliance are you going to use to heat your food?  
 Microwave             Oven

Would you like meals to be prepared for you to cook on your barbecue grill?  
 Yes                         No

Do you have any favorite recipes you no longer choose to prepare yourself that I can prepare for you?  
Please list: \_\_\_\_\_

What global cuisines do you enjoy?     Mexican     Thai     French  
    African     Italian     Chinese  
Spicy food scale (check all you enjoy):     Bland     Mild     Medium  
    Hot             Very Hot

## Food Questionnaire

Here is your opportunity to select preferences for your customized menu. Please check preferences and add comments. Circle any foods you do not like, and do not wish to see in your menu selections.

### 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

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

### FISH/SHELLFISH:

- Fish (bass, yellowtail, orange roughly, catfish, snapper)
- Shrimp
- Scallops
- Crab
- Lobster
- Tuna (canned, in oil or water)

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

**VEGETABLES:**

- Green (peas, green beans, spinach, asparagus, peppers, cabbage, pea pods, celery, mustard greens)
- Yellow (corn, wax beans, squash, peppers)
- Red (pimento, red cabbage, beets, tomatoes, peppers, sweet potatoes/yams)
- White (cauliflower, potatoes, parsnips, water chestnuts, bean sprouts, onions, mushrooms, leeks)
- Beans (black, ranch-style, pinto, kidney, lima, white, pink)

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

**GRAINS:**

- Rice (\*GF)
- Couscous
- Quinoa (\*GF)
- Wheat/Granola
- Corn (\*GF)
- Other (identify)

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

**SEASONINGS: (*Choose ones to avoid*)**

- Oregano, sage, rosemary, tarragon, fennel, cumin, cilantro, paprika, parsley, celery, chili powder
- Fresh Garlic, Parsley
- Pepper—white, black or red
- Salt—regular or Kosher

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



**CHEF ELLEN**

**FATS/OILS:**

- Butter
- Margarine
- Canola Oil
- Corn Oil
- Olive Oil
- Vegetable Oil
- Sunflower Oil
- Lard
- Shortening

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

**MILK AND MILK PRODUCTS:**

- Cheeses (parmesan, cheddar, swiss, blue, goat, etc.)
- Milk
- Almond Milk
- Coconut Milk
- Soy Milk
- Rice Milk

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

**EGGS:**

- Whole
- Yolks only
- Whites only
- Eggbeaters substitute

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

**OTHER:**

- Tofu
- Soy-based meatless products
- Nuts (pecans, peanuts, walnuts, almonds, cashews, Brazil, etc.)

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

**Notes:**

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