

Client Assessment Form

For Preferences and Requirements

Name_____

Phone_____ Date_____

Do best assess your eating habits and style please list favorites whenever possible.

Do enjoy?

Soups or Salads as a main dish? Yes or No Hot Cold

Pastas as an entrée? Yes or No Hot Cold

How much do you like? Range from one to ten (ten being you like very much)

Beef - 1 2 3 4 5 6 7 8 9 10

Favorite Beef dishes:

Pork – 1 2 3 4 5 6 7 8 9 10

Favorite Pork dishes:

Turkey – 1 2 3 4 5 6 7 8 9 10

Favorite Turkey dishes:

Chicken – 1 2 3 4 5 6 7 8 9 10
dishes:

Favorite Chicken

Do you prefer? Skin On or Off

Light or Dark Meat?

Fresh Seafood – 1 2 3 4 5 6 7 8 9 10

Favorite Seafood dishes:

Do you eat Shellfish? Yes or No

Vegetarian/Vegan Entrees: Do you enjoy as main entrée? Yes or No

a. Grains, Beans, Bulgar etc. Favorite Grain and Legume dishes:

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Vegetarian/Vegan entrees continued:

Are you sensitive or really like any of the following:

Nuts:

Cheese: (real, Low fat, Non fat)

Garlic:

Onions:

Bell Peppers: Green or Milder Red, Yellow or Orange Both fine?
Yes or No

Mushrooms: Regular Button Mushrooms? Exotic?

List any other sensitivities:

Are you lactose intolerant?

Are you allergic to anything?

Are there any Fruits, Vegetables, Herbs and Spices that you dislike?

Are there any foods or flavors you just plain dislike?

May I cook with Wine and/ or Liquors? With any
alcoholic substances?

Are there any health, medical or religious issues or situations that need to be addressed?

Are you Diabetic? Do you have a Cardiac Condition of any kind? High Blood Pressure?
High Cholesterol?

Light salt? No Salt? Low fat? No fat?

Any other diet considerations? Atkins? Low fat? Other?

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What Global Cuisines do you enjoy? List favorite dishes:

Mexican or South Western

South American

Thai

Indian

Chinese

Japanese

German

French

Italian

Jewish

Spicy Food Scale (ten being hottest) 1 2 3 4 5 6 7 8 9 10

Do eat rolls with your Entrees? Yes No
Favorite Breads?

Do like to eat tossed salads with entrees?
Favorite Greens?

Do you like Cherry Tomatoes?

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

Please Fax to: Tanya Nunes
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