



## Personalized Culinary Experiences

### New Client Information

First Name:

Last Name:

Address:

City:

State:

Zip Code:

Email Address:

Phone Number:

Dietary Preferences: please check all items that you WILL eat. If there is an item that you will not eat and it is listed with items that you will eat, please explain in the notes section below.

### Meat/Poultry

- Beef [roasts, steaks, stews, ground]
- Lamb [chops, leg, ground]
- poultry [chicken, turkey, ground]
- pork [chops, ham, sausage, bacon, tenderloins, roasts]
- Game [Bison, Venison, Rabbit, Pheasant Duck]
- vegetarian [tofu, tempeh, lentils, sEitan]
- Offal [Tripe, heart, liver, tongue, kidneys, Brain, Oxtail]

### Fish/Shellfish

- White Fish [cod, flounder, seabass, brAnzino, etc]
- Fish Steaks [swordfish, monkfish, ahi tuna]
- Salmon [grilled, roasted, broiled, smoked]
- Shellfish [shrimp, scallops, lobster, crab, etc]
- Mollusks [oysters, mussels, clams]
- sushi - raw
- sushi - cooked only

### Salad

- Green salads [greek, caesar, house, etc]
- Fruit in salad [strawberries, mango, apple, blueberries, etc]
- chopped salads [Variety of vegetables, grain, seeds, and optional meat]
- vegetable noodle salads
- grain salads
- salads as main course

## Soups/Stews

- pureed [cauliflower soup, asparagus soup, carrot ginger, etc]
- brothy [chicken soup, miso soup, vegetable soup]
- stew
- soup as main course

## Veggies

- Green [broccoli, asparagus, zucchini, peas, green beans, brussels sprouts, celery, broccolini, snap peas]
- yellow [wax beans, summer squash, spaghetti squash, delicata squash, golden beets]
- red [cabbage, beets, tomato, sundried tomato, red bell pepper, sweet potato, carrot, butternut squash, pumpkin]
- white [cauliflower, parsnip, bean sprouts, mushroom, leek, onion, garlic]
- leafy greens [kale, spinach, collards, arugula, watercress, chard, bok choy]
- beans [black beans, white beans, red beans, cranberry beans, chickpeas, soybeans]
- dark [eggplant, capers, olives]

## Fruit

- Berries [Strawberries, Blueberries, raspberries, Blackberries, Grapes, Goji, Acai]
- Stone Fruit [Plum, Peach, Apricot, Nectarine, Cherry, Dates]
- Core Fruit [Apple, Pear]
- Citrus [Lemon, Lime, Orange, Tangerine, Grapefruit, Kumquat]
- Melon [Cantaloupe, Watermelon, Honeydew]
- Tropical [Mango, Papaya, Pineapple, Coconut, Guava, Kiwi, Banana, Pomegranate, Passionfruit, Fig]
- Avocado

## Grains

- brown rice
- white rice
- Black Rice
- farro
- quinoa
- millet
- amaranth
- Buckwheat
- Barley
- Corn
- Pasta/GF pasta
- Oats

## Herbs/Seasonings

- fresh ]herbs [parsley, tarragon, chives, oregano, basil, sage, rosemary, chervil, thyme
- spices [cumin, coriander, cardamom, chili powder, cinnamon, turmeric, ginger]
- seasonings [sea salt, black pepper]
- other [chili powder, paprika, red pepper flakes, white pepper]
- Garlic

## Oils/Vinegar

- olive oil
- grapeseed oil
- avocado oil
- coconut oil
- sesame oil
- balsamic vinegar
- white wine vinegar
- red wine vinegar
- apple cider vinegar

## Eggs

- frittatas
- quiche
- whole egg
- egg white only
- hard-boiled
- soft-boiled
- Poached
- Basted
- Scrambled
- Sunny-Side Up
- Omelet
- Over Easy/Medium/Hard

## Nuts/Seeds

- Almonds
- Brazil Nuts
- Cashews
- Hazelnuts
- Chestnuts
- Macadamia Nuts
- Pecans
- Pistachios
- Peanuts
- Pinenuts
- Chia Seeds
- Pumpkin Seeds
- Sesame Seeds
- Sunflower Seeds
- Hemp Hearts

## Spice level

How spicy do you like your food?

None

Mild

Medium

Hot

## Cuisine preference

- Mexican [tacos, fajitas, burritos, salsa, guacamole]
- Thai [flavor profile: ginger, garlic, shallot, fish sauce, coconut milk, chili, lime]
- Japanese [soy sauce, sesame oil, garlic, lime, scallion]
- Chinese [soy sauce, chili, garlic, ginger, honey, cashew]
- Korean [soy, sesame, chili, sweet]
- Italian [garlic, onion, olive oil, basil, oregano]
- Mediterranean [olive oil, oregano, dill, lemon juice]
- Southern [comfort foods, casseroles, chicken pot pie]
- French [garlic, onion, chervil, chives, tarragon, sauces]
- Indian [coriander, cumin, garlic, ginger, cardamom]
- Other [please list below any favorite cuisines not listed here]

If 'Other' was selected, please explain:

Favorite foods:

Favorite restaurants:

## Food Quality

- Organic proteins
- Organic produce
- Organic products [rice, quinoa, oils, etc]
- Grass-fed meats
- Free-range poultry
- Wild, sustainable fish/shellfish
- Conventionally grown fruits/vegetables
- Conventionally raised proteins/poultry/fish
- Other

If 'Other' was selected, please explain:

## Dietary preferences

- Gluten-free
- Dairy-Free
- Grain-Free
- low carbohydrate
- low sugar
- low sodium
- kosher
- egg free
- nut-free
- Vegetarian
- Vegan
- Keto
- Paleo
- other

If 'Other' was selected, please explain:

Please list any food allergies or intolerances.

Food allergies:

How often would you like service?

Daily

Weekly

Bi-weekly

Monthly

Kitchen equipment

- Gas stove/oven
- Electric stove/oven
- Dishwasher
- Blender
- Cutting boards
- Misc kitchen tools [vegetable peeler, can opener, whisk, spatulas, tongs]
- Soup pot
- Sheet trays for oven baking
- Skillet
- Saucepot
- Mixing bowls
- Grill pans
- Storage Containers
- Other

Please list any other kitchen tools/items if not listed above.

Did I miss anything?

Is there anything else that I should know before starting?