



Date: _____

ONE: General Information

Full Name: _____

Primary Address: _____

Best Contact Number: _____ Email Address: _____

TWO: Culinary Experience Information

Type of Event (Birthday, Weekly Meal Prep, Private Party) _____

Event Address: _____

How Many Guests? _____ How Many Days Would Our Services Be Needed? _____

If this is a private residence, will you be using their china, glassware, flatware, etc _____

Family Style, Plated, or Buffet _____ Is this in a gated community? (Yes/No) _____

THREE: Health

What are your main personal health concerns, allergies, food goals, or health goals?



Any fruits and vegetables that you dislike?

Do you prefer soy, plant based, or no preference?

Would you like portion control on all your meals?

Yes _____ No _____

Are you lactose intolerant?

Yes _____ No _____

Are you gluten free, vegetarian, or pescatarian?

Yes _____ Which One _____

FOUR: Diet & Food Details

Are you on a low-salt, no-salt, low-fat, no-fat

diet? Yes _____ No _____

Details: _____

Do you have any of the following? (*diabetic, high-blood pressure, high-cholesterol, or cardiac condition*)

Yes _____ No _____

What global cuisines do you enjoy?

Mexican _____ Caribbean _____ Spanish _____

Italian _____ Thai _____ Southern _____

Other _____

What's your spice tolerance level?

From 1-10, mild being ONE and TEN being incredibly spicy, what tolerance level do you have? _____

Would you like salad with your entrees?

Yes _____ No _____

Are you a fan of tomatoes?

Yes _____ No _____

If you have a grill, would you like meals prepared on your grill?

Yes _____ No _____



FIVE: Food Selections & Groups (*choose what you can have*)

Meats

Beef (Optional)

Steak: Tenderloin, NY Strip, Flank

Roast

Ground Beef

Short Ribs

Stew

Lamb: chop, stew, ground, roasts

Yes _____ No _____ Which _____

Veal: scallopini, ground, stew

Yes _____ No _____ Which _____

Chicken

Boneless skinless breast

Bone in, skin on breast

Thigh, legs, dark meat

Ground

Sausage: beef, chicken, turkey, pork

Yes _____ No _____ Which _____

Fish

Salmon

Tilapia

Cod

Mahi Mahi

Halibut

Tuna Steak



Turkey

Breast

Ground

Cutlets

Pork

Roast

Ground

BBQ Ribs

Pulled Pork

Chop

ShellFish

Shrimp

Scallops

Crab

Clams, calamari - seafood mix

Salad

Mixed Greens, arugula, spinach, kale

Rice based salad

Pasta based salad

Salad Dressing

Vinaigrette - Italian, balsamic, herb, citrus

Mayo based - ranch, blue cheese, thousand island

Vegan mayo

Light, no oil

Soups

Creamed

With meat or poultry

Vegetable

Beans - lentil, etc

Soup as a main dish?

Yes _____ No _____



Grains & Potatoes

White rice

Brown rice

Barley

Couscous

Polenta

Quinoa

Whole wheat pasta

Pasta regular

Filled pasta - ravioli, tortellini, lasagna

White potato

Sweet Potato

Cheeses

Asiago

Cheddar

Feta

Ricotta

Goat Cheese

Gorgonzola

Mozzarella

Vegan Cheese

Vegetables

List any vegetables you do NOT like

(turnips, onion, etc)

Beans

Black eyed-peas

Cannelloni, white beans

Garbanzo, chickpeas

Kidney, red beans

Lentils

Lima

Green peas

Pinto

Non-Dairy Products

Coconut

Soy

Almond

Cashew Milk



Dairy Products

Milk & Eggs

Yogurt

Cream Cheese

Sour Cream

Miscellaneous Foods

Olives

Black

Green

Kalamata

Other Items

Capers

Jalapenos

Artichoke hearts

Nuts & Seeds

Do you like to see nuts and seeds in a dish? Yes _____ No _____

List any nuts and seeds that you love (if applicable)



SIX: Personal Profile Questions *(so we know a little about you)*

List your favorite restaurants: List your top 3 favorite restaurants (Optional)

List any foods you really love?

List any foods you really dislike?: ie: Liver, Mayo, etc

List your 3 favorite places to shop for food?

Do you prefer organic, conventional, or a mix for your foods?

SEVEN: Kitchen Information *(so we know where we're working)*

Do you have a basic set of pots and pans?

Yes _____ No _____

Do you have sheet pans and mixing bowls?

Yes _____ No _____

List the following items that you have here?

*(salt, pepper, butter, parchment paper, zip lock bags, tin foil) ===== **HERE** ===== >*