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## MY PERSONAL CHEF

Food Questionnaire for \_\_\_\_\_

Here is your opportunity to let us know what you prefer in your customized menu. Please check preferences and draw a line through items that you do not like and do not want to see on your menu. Please add comments as this will help me make 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)
- Meat loaf
- Meat and vegetable/pasta casseroles

Comments:

### POULTRY:

- Chicken (white meat/dark meat/ground/sausage)
- Turkey (white meat/dark meat/smoked/ground/scalloped/etc.)
- Turkey meat loaf
- Chicken or turkey and vegetable/pasta casseroles

Comments:

### FISH/SHELLFISH:

- Fish (bass, mahi mahi, orange roughly, catfish, salmon, whitefish, trout, cod)
- Shrimp
- Scallops
- Crab
- Lobster
- Clams
- Tuna (canned, in oil or water?)

Comments:

### SALADS:

- Fresh Green (choice of greens/lettuces, such as Romaine, red leaf, bibb, mesclun mix, spinach, etc.)
- Fruit (strawberries, apples, pears, bananas, grapes, oranges, mandarin oranges, kiwi, coconut, pineapple)
- Rice (white, wild, brown, coconut, Spanish, arborio)
- Pasta
- Salads as a main dish?

Comments:

### SALAD DRESSINGS:

- Mayonnaise (real, Miracle Whip, light mayo, light Miracle Whip)

- Ranch (regular or low fat?)
- Vinaigrette (Apple Cider, Balsamic, Herbed, Raspberry Mustard)
- French
- Oil/vinegar
- Red wine/vinegar
- Thousand Island
- Other (identify)
- Chef Michael's own creations

Comments:

**SOUPS:**

- Creamed
- Hot
- Cold
- Chunky
- Clear
- With meat/poultry?
- Soups as a main dish?

Comments:

**VEGETABLES:**

- Green (peas, green beans, spinach, asparagus, peppers, cabbage, pea pods, celery, )
- Yellow (corn, wax beans, squash, peppers)
- Red (pimento, red cabbage, beets, tomatoes, peppers, sweet potatoes/yams, eggplant)
- White (cauliflower, potatoes, parsnips, water chestnuts, bean sprouts, onions, , leeks)
- Beans (black, ranch-style, pinto, kidney, lima, white)
- Mushrooms (button, portabella, shitake, woodear, oyster, crimini)

Comments:

**GRAINS:**

- Rice
- Couscous
- Wheat/granola
- Corn
- Other (identify)

Comments:

**BREADS:**

- Wheat
- White
- Rolls (white or wheat, sour dough, etc.)
- Biscuits
- Cornbread
- Muffins
- Tortillas
- Breadsticks

Comments:

**SEASONINGS:**

- Oregano, sage, rosemary, tarragon, fennel, cumin, cilantro, paprika,

parsley, celery, chili powder, curry, nutmeg, cinnamon, basil

- Fresh garlic, parsley
- Pepper-white, black or red
- Salt-regular or Kosher

Comments:

**FATS/OILS:(We recommend olive oil and canola oil)**

- Butter
- Margarine
- Canola Oil
- Corn Oil
- Olive Oil
- Vegetable Oil
- Sunflower Oil
- Lard
- Shortening
- Fat free butter spray

Comments:

**MILK AND MILK PRODUCTS:**

- Cheeses (parmesan, cheddar, swiss, muenster, fontina, etc.)(low fat or regular?)
- Milk (skim, 1%, 2%, whole)
- Cottage cheese
- Yogurt
- Sour cream(regular, low fat or fat free?)
- Half and half

Comments:

**EGGS:**

- Whole
- Yolks only
- Whites only
- Eggbeaters substitute

Comments:

**OTHER:**

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

Comments:

**SPECIFICS:**

- List any vegetables or fruits that you do not want to see:
- List any other food dislikes:
- List any known food allergies:
- Circle your preference for spicy foods: bland / mild / moderate / very
- Bread preferences:
- Do you have any favorite recipes that I can prepare for you?
- Do you have a barbecue and want meals prepared for cooking on it?

- Do you have a wok and want meals prepared for cooking in it?
- International cuisine? Mexican / Curries / Italian / Greek / Thai / Chinese
- Do you have any food items that you **really** enjoy and would like to have often?