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| --- | --- |
| **732●775●FOOD**chefjohn@foodinis.com | Client Assessment FormPlease fill out the form as best as you can. The information you provide will be used to create your customized meals. Once this form is completed we can reserve your cook date and create your first menu. Each entree is a GENEROUS two, four or six portions and will be packaged according to your preference (single or double portions) and labeled with handling and heating instructions. As your Personal Chef my goal is for you to enjoy every meal that is prepared for you. Please do not hesitate to choose a menu item that has one or two ingredients that you do not enjoy, because I can tailor my cooking to your individual preference. I’ll be sure to keep a record of the menu items that you have chosen, and your comments on them, so that you can request an item that I’ve already prepared for you and I’ll know exactly how you liked it! Satisfying your palate is my goal!**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |

Client Name(s): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address:

City/State/Zip: \_\_\_\_\_\_\_ \_\_\_\_\_\_

State:

Zip:

E-Mail: \_\_\_\_\_\_

Cell Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How did you hear about our service? \_\_\_\_\_\_

**Special Requirements for your meals:**

[ ]  Low Fat [ ]  Paleo [ ]  Organic [ ]  No Salt

[ ]  Low Carb [ ]  Vegetarian [ ]  Free Range [ ]  No Dairy

[ ]  Low Salt [ ]  Vegan [ ]  No Alcohol [ ]  Other

*Comments*:

**Special medical concerns:**

[ ] Diabetic [ ]  High Cholesterol [ ]  High Blood Pressure [ ]  Lactose Intolerant

 [ ]  Celiac [ ]  Food Allergy [ ]  Cardiac Condition [ ]  Other

*Comments*:

**Food Sensitivities/Dislikes:**

[ ] Garlic [ ]  Onions [ ]  Peppers [ ]  Mushrooms [ ]  Nuts [ ]  Shell Fish [ ]  Other

Are there any other foods or flavors you dislike? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Global Cuisines you enjoy:**

[ ]  Mexican [ ]  Asian [ ]  Spanish/Mediterranean [ ]  Italian [ ]  French [ ]  Greek [ ]  German [ ]  Indian

*Other Specific Cuisines*:

**How would you like your food to be spiced (when spice is an ingredient ie: Enchiladas):**

[ ]  Bland [ ]  Mild [ ]  Medium [ ]  Hot

**On average, how many times per week do you eat the following foods?**

*Never 1-2 times 3-4 times 5 or more times*

Beef [ ]  [ ]  [ ]  [ ]

Pork [ ]  [ ]  [ ]  [ ]

Chicken [ ]  [ ]  [ ]  [ ]

Turkey [ ]  [ ]  [ ]  [ ]

Seafood [ ]  [ ]  [ ]  [ ]

Pasta [ ]  [ ]  [ ]  [ ]

Lamb [ ]  [ ]  [ ]  [ ]

Veal [ ]  [ ]  [ ]  [ ]

Vegetarian [ ]  [ ]  [ ]  [ ]

Dine out [ ]  [ ]  [ ]  [ ]

Take out [ ]  [ ]  [ ]  [ ]

**What cuts/species of the following meats/fish/seafood do you enjoy?**

Beef [ ]  Ground [ ]  Steaks [ ]  Roast [ ]  Ribs [ ]  Tenderloin/Fillet

*Comments*:

Pork [ ]  Ground [ ]  Chops [ ]  Roast [ ]  Ribs [ ]  Tenderloin/Fillet

*Comments*:

Chicken [ ]  Dark [ ]  White [ ]  Both [ ]  Skin [ ]  No Skin [ ]  Ground

*Comments*:

Turkey [ ]  Dark [ ]  White [ ]  Both [ ]  Skin [ ]  No Skin [ ]  Ground

*Comments*:

Lamb [ ]  Ground [ ]  Chops [ ]  Leg [ ]  Rack [ ]  Shoulder

*Comments*:

Veal [ ]  Ground [ ]  Chops [ ]  Scaloppini [ ]  Shank (osso Bucco)

*Comments*:

Fish/Shellfish

 [ ]  Lobster [ ]  Crab [ ]  Shrimp [ ]  Scallops [ ]  Snapper [ ]  Tuna [ ]  Clams [ ]  Mussels [ ]  Halibut [ ]  Swordfish

 [ ]  Salmon [ ]  Trout [ ]  Tilapia [ ]  Monkfish [ ]  Grouper [ ]  Catfish [ ]  Skate [ ]  Bass [ ]  Porgy [ ]  Turbot [ ]  Branzino [ ]  Scrod [ ]  Cod [ ]  Squid

*Comments*:

Vegetarian

 [ ]  Beans [ ]  Nuts [ ]  Grains [ ]  Bulgur [ ]  Seitan [ ]  Tofu [ ]  Meat & Cheese replacements (ie: Tofurkey)

*Comments*:

Would you like portion control?

[ ]  Yes [ ]  No *Comments*: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

How would you like your entrees to be packaged?

[ ]  Individual Servings (entrée & side together)

[ ]  Two Servings per Container (2 entrées in a container and 2 side dishes in a separate container)

*Comments*:

List any favorite recipes that you have that you would like me to prepare for you:

Any other comments or concerns:

How did you hear about Foodini's Personal Chef Service?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Thank you for taking the time to fill out this assessment form. I look forward to preparing delicious, healthful meals for you for many months to come!

**Chef John Deatcher**

(732) 775-FOOD (3663)

chefjohn@foodinis.com

[www.foodinis.com](http://www.foodinis.com)

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