Food Preference Questionnaire

Please print and complete the following food preference questionnaire.

Prepared For:____________________

Here is your opportunity to let us know what you prefer in your customized menu. Please check preferences and add comments. Circle any foods that you don't like and never wish to see.

MEATS:
__ Beef (steak/roasts/ground round)
__ Pork (chops/roasts/ribs/bacon/ham/ground)
__ Veal (stew/ground/scallops)
__ Lamb (chops/stew/ground/roasts)
__ Meatloaf
__ Meat and vegetable/pasta casseroles

Comments:

POULTRY:
__ Chicken (breasts/thighs/ground/etc.)
__ Turkey (breasts/smoked/ground/scalloped/etc.)
__ Chicken or turkey meatloaf
__ Chicken or turkey and vegetable/pasta casseroles

Comments:
FISH/SHELLFISH:
__ Fish (bass, yellowtail, orange roughy, catfish, snapper)
__ Shrimp
__ Scallops
__ Crab
__ Lobster
__ Tuna (canned, in oil or water?)

Comments:

SALADS:
__ Fresh Green (choice of greens/lettuces, such as Romaine, red leaf, bibb, mixture, spinach, etc.)
__ Fruit
__ Rice
__ Pasta
__ Jello
__ Salads as a main dish?

Comments:

SALAD DRESSINGS:
__ Mayonnaise
__ Ranch
__ Vinaigrette
__ French
__ Oil/vinegar
__ Red wine/vinegar
__ Thousand Island
__ Other (identify)

Comments:
SOUPS:
___ Creamed (name type: )
___ 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, mustard greens)
___ Yellow (corn, wax beans, squash, peppers)
___ Red (pimento, red cabbage, beets, tomatoes, peppers, sweet potatoes/yams)
___ White (cauliflower, potatoes, parsnips, water chestnuts, bean sprouts, onions, mushrooms, leeks)
___ Beans (black, ranch-style, pinto, kidney, lima, white, pink)

Comments:

GRAINS:
___ Rice
___ Couscous
___ Quinoa
___ Wheat/granola
___ Corn
___ Other (identify)

Comments:
BREADS:
- Wheat
- White
- Rolls (white or wheat, sour dough, etc.)
- Biscuits
- Cornbread
- Muffins
- Pancakes
- Waffles
- Tortillas

Comments:

SEASONINGS:
- Oregano, sage, rosemary, tarragon, fennel, cumin, cilantro, paprika, parsley, celery, chili powder
- Fresh garlic, parsley
- Pepper, white, black or red
- Salt, regular or Kosher

Comments:

FATS/OILS:
- Butter
- Margarine
- Canola Oil
- Corn Oil
- Olive Oil
- Vegetable Oil
- Sunflower Oil
- Lard
- Shortening

Comments:
MILK AND MILK PRODUCTS:
__ Cheeses (parmesan, cheddar, swiss, muenster, fontina, etc.)
__ Milk (skim, 1%, 2%, whole)
__ Cottage cheese
__ Yogurt
__ Sour cream
__ Half and half

Comments:

EGGS:
__ Whole
__ Eggbeater substitute
__ Yolks only
__ Whites only

Comments:

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

Comments:

List any vegetables or fruits you don't ever want to see ____________

______________________________

List any other food dislikes: ____________________________

______________________________

______________________________

______________________________
Rate 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, etc.

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Please contact me at by calling 734-341-0188

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