

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 roughly, 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
- Eggbeaters 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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