

It's Dinner Thyme Personal Chef Service
Food Questionnaire

Getting to Know Your Tastes

Name: _____

Date: _____

1. What kind of meats would you like to have your meals prepared with:
 - Beef
 - Chicken (white meat, dark meat, both)
 - Turkey
 - Pork
 - White Fish (such as Sea Bass, Orange Roughy, and Tilapia)
 - Fish Steaks (such as Tuna, Salmon, and Swordfish)
 - Shellfish (including Shrimp, Scallops)
 - Bacon or Turkey Bacon

2. Do you enjoy meatless meals, such as Vegetarian Chili, Pasta Primavera?
 - Yes
 - No

3. Do you enjoy meaty soups/stews/chowders/chili as a main dish?
 - Yes
 - No

4. Do you enjoy salads as a main dish? Or side dish only?
 - Yes
 - No

5. What type of salad dressing would you prefer?
 - Mayonnaise, Ranch, Vinaigrette, French, Oil/Vinegar, Garlic and Thousand Island

6. Do you enjoy pasta style dinners?
 - Yes
 - No

7. What kind of side dishes would you prefer with a meal?

- White Potatoes
- Red Skin Potatoes
- Yukon Gold Potatoes
- Sweet Potatoes or Yams
- Vegetables
- Rice
- Beans

8. Do you enjoy breakfast-style dinners, such as quiche or frittata?

- Yes
- No

9. Which of the following vegetables do you enjoy?

- Asparagus
- Green Beans
- Broccoli
- Carrots
- Bell Peppers
- Mushrooms
- Artichokes
- Corn
- Olives
- Dark Leafy Greens (such as Kale, Swiss Chard, Collard Greens)
- Cauliflower
- Zucchini, Summer Squash
- Eggplant
- Spinach
- Brussels Sprouts
- Tomatoes
- Snow Peas
- Others:

10. Are there any fruit you do not like, or would not like me to cook with?

11. Do you have any food allergies (such as an allergy to peanuts) or health problem or restrictions? List all:
12. Do you like spicy food? If so, how spicy?
- Not Spicy at All (but keep the flavor)
 - Mildly Spicy
 - Medium Spicy
 - Hot
 - Very Hot
13. In the summer, do you have a barbecue and want meals prepared for cooking on it?
- Yes
 - No
13. Do you have a crock pot? If so, would you like some meals prepared in it?
- Yes
 - No
14. Is it okay to cook with wine or other alcohol (such as vodka, beer, sherry)?
- Yes
 - No
15. Do you drink wine with dinner?
- Yes
 - No
 - On occasion
16. Are there any dog and/or cat family members?
- Yes
 - No
17. Bathroom location that's closest to the kitchen?

18. Arrival time in the home will be between 8:00 and 10:00. Departure time will be between 3:30 and 4:30.
19. Discuss entrance details. (Key left under mat? Alarm system? Lock up when leaving?)
20. Make sure fridge/freezer has plenty of room for entrees by the cook date.
21. First cook date:
22. Schedule:
 - Weekly
 - Bi-weekly
 - Monthly

Additional comments/notes