

Food Questionnaire

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

Notes: _____

POULTRY:

- ☐ Chicken (breasts/thighs/ground/etc.)
- ☐ Turkey (breasts/smoked/ground/scalloped/etc.)
- ☐ Chicken or turkey meatloaf
- ☐ Chicken or turkey and vegetable/pasta casseroles

Notes: _____

FISH/SHELLFISH:

- ☐ Fish (bass, yellowtail, orange roughly, catfish, snapper)
- ☐ Shrimp
- ☐ Scallops
- ☐ Crab
- ☐ Lobster
- ☐ Tuna (canned, in oil or water?)

Notes: _____

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?

Notes: _____

SALAD DRESSINGS:

- ☐ Mayonnaise
- ☐ Ranch
- ☐ Vinaigrette
- ☐ French
- ☐ Oil/vinegar
- ☐ Red wine/vinegar
- ☐ Thousand Island
- ☐ Other (identify)

Notes: _____

SOUPS:

- ☐ Creamed (name type) _____
- ☐ Hot
- ☐ Cold
- ☐ Chunky
- ☐ Clear
- ☐ With meat/poultry?
- ☐ Soups as a main dish?

Notes: _____

VEGETABLES:

- ☐ Green (peas, green beans, spinach, asparagus, peppers, cabbage, pea pods, celery, mustard greens)
- ☐ Yellow (corn, wax beans, squash, peppers)
- ☐ Red (pimiento, 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)

Notes: _____

GRAINS:

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

Notes: _____

BREADS:

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

Notes: _____

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

Notes: _____

FATS/OILS:

- ☐ Butter
- ☐ Margarine
- ☐ Canola Oil
- ☐ Corn Oil
- ☐ Olive Oil
- ☐ Vegetable Oil
- ☐ Sunflower Oil
- ☐ Lard
- ☐ Shortening

Notes: _____

MILK AND MILK PRODUCTS:

- ☐ Cheeses (parmesan, cheddar, Swiss, muenster, fontina, etc.)
- ☐ Milk (skim, 1%, 2%, whole)
- ☐ Cottage cheese
- ☐ Yogurt
- ☐ Sour cream
- ☐ Half and half

Notes: _____

EGGS:

- ☐ Whole
- ☐ Yolks only
- ☐ Whites only
- ☐ Eggbeaters substitute

Notes: _____

OTHER:

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

Notes: _____

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