

Jen's Personal Chef Service

Creating dining experiences exclusively for you!

5209 Mile Course Walk

Virginia Beach, VA 23455

New Client Questionnaire

Date: _____

Client: _____

Please circle Y for items that are acceptable and no if you do not wish to have items in this category prepared. Please X-out any individual items you do not want prepared. Add comments where appropriate.

MEATS:

Y N Beef (steak/roasts/ground round)

Y N Pork (chops/roasts/ribs/bacon/ham/ground, sausage)

Y N Veal (stew/ground/scallops)

Y N Lamb (chops/stew/ground/roasts)

Comments: _____

POULTRY:

Y N Chicken (breasts/thighs/ground/sausage)

Y N Turkey (breasts/smoked/ground/sausage)

Comments: _____

FISH/SHELLFISH:

Y N Fish (bass, tuna, halibut, catfish, swordfish, tilapia, snapper, salmon-farmed or fresh)

Y N Shrimp

Y N Clams (no shell)

Y N Scallops

Y N Crab

Comments: _____

Would you like meals prepared that you would later cook on your grill or BBQ? **Y N**

SALADS:

Y N Fresh Green Lettuces (Romaine, spinach, escarole, red leaf, mixture, spinach, etc.)

Y N Fruit (cranberries, blueberries, raspberries, mango, kiwi, raisins, currants, figs, prunes, oranges, lemons, limes, etc)

Y N Salads as a main dish?

Comments: _____

SALAD DRESSINGS:

Y N Mayonnaise (based)

Y N Mustard (based)

Y N Ranch

Y N Vinaigrette

Y N French

Y N Oil/vinegar

Y N Red wine/vinegar

Y N Thousand Island

Y N Other (identify): _____

Comments: _____

SOUPS:

Y N Creamed (name type): _____

Y N Hot

Y N Cold

Y N Chunky

Y N Red meat/poultry

Y N Soups as a main dish?

Comments _____

VEGETABLES: Please X-out those items you do not want prepared.

Green (eggplant, peas, green beans, broccoli, spinach, asparagus, green bell peppers, Poblano chile peppers, Anaheim peppers, jalapeno, cabbage, celery, Swiss chard, escarole, kale, Brussel sprouts)

Yellow (corn, wax beans, squash, yellow bell peppers)

Red (red cabbage, beets, tomatoes, red bell peppers, sweet potatoes/yams)

White (cauliflower, potatoes, water chestnuts, bean sprouts, onions, mushrooms, leeks)

Beans (black, ranch-style, pinto, kidney, lima, fava, white, cannellini)

Comments: _____

GRAINS / PASTA:

Y N Rice – (white/brown)

Y N Pasta (white, wheat, low-carb)

Y N Couscous

Y N Cornmeal

Y N Other (identify): _____

BREADS:

Y N Wheat

Y N White

Y N Cornbread

Y N Muffins

Y N Tortillas (corn / flour)

Do you like to have bread or rolls served with your meals? Y N

Comments: _____

SEASONINGS: Please X-out those items you do not want prepared.

Dried/Fresh Herbs: Oregano, sage, rosemary, tarragon, fennel, cumin, cilantro, paprika, parsley, curry, chili powder, celery salt, dill, garlic powder, marjoram, saffron, turmeric, File gumbo, garam masala

Fresh: garlic, parsley, cilantro, basil, sage, mint, tarragon, thyme, ginger

Pepper: white, black or red pepper flakes, cayenne

Salt: regular or kosher

Other (identify): _____

Comments: _____

FATS/OILS:

Y N Butter

Y N Canola Oil

Y N Sesame Oil

Y N Corn Oil

Y N Olive Oil (extra light, light, extra virgin)

Y N Vegetable Oil

Y N Sunflower Oil

Comments: _____

MILK AND MILK PRODUCTS:

Y N Cheeses (Parmesan, cheddar, Swiss, Fontina, Asiago, ricotta, mozzarella, mascarpone_

Y N Milk (skim, 1%, 2%, whole)

Y N Yogurt (light / regular)

Y N Sour cream (light/regular)

Y N Half and half

Comments: _____

EGGS:

Y N Whole

Y N Yolks only

Y N Whites only

Y N Eggbeaters substitute

Comments: _____

OTHER:

Y N Tofu

Y N Nuts (pecans, peanuts, pine, walnuts, almonds, cashews, etc.)

Comments: _____

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

List any other food dislikes _____

Overall Diet by Choice: Includes Red Meat (Beef, Veal,)

Excludes Red Meat

Mostly Vegetarian (Includes Fish)

Ovo-Lacto Vegetarian (Includes Dairy and Eggs)

Vegan

High Protein, Low Carbohydrate

Weight Loss

Dr. Recommended Diet: Low Cholesterol, Low Fat

Low Sodium

Diabetic

Celiac Disease

Weight Loss (Specific Plan Type: _____)

If you do eat meat, poultry, etc., would you like an occasional vegetarian meal? _____

Please specify any medical conditions you have where diet is a serious factor (for example, diabetes, heart disease or other heart condition, high blood pressure): _____

Which of the following closest describes your food style? (Mark all that apply with an X.)

Meat and Potatoes / Comfort Food (simple, classic)

Gourmet (upscale)

Spicy / Adventurous

Health Conscious (no special diet, but conscious of eating right)

Rate your preference for spicy foods – bland / mild / moderate / very spicy

What are your favorite dishes? _____

Do you have any favorite recipes that I can prepare for you? _____

(Please make photocopies and attach to the back of the questionnaire.)

Favorite Cuisines: Italian / Mexican / Indian / Asian, etc. _____

Thank you for completing this questionnaire! It will help ensure the best possible experience with my services!

Jennifer J Switzer

Owner and Personal Chef

Allergy Assessment

Mark any items which you believe that you are allergic, sensitive or those tastes and textures you DO NOT care for.

Vegetables	Vegetables (Cont'd)	Herbs (Cont'd)	Nuts (Cont'd)
Amaranth	Kale	Anise	Walnuts
Anise	Kohlrabi	Basil	
Artichoke	Leek	Borage	Seeds
Asparagus	Lettuce	Caraway	Pumpkin
Beans, Adzuki	Mushroom	Chervil	Sesame
Beans, Green	Okra	Cilantro	Sunflower
Beans, Chinese	Okra, Chinese	Cinnamon	
Beans, Fava	Olives	Cloves	Fruits
Black-eyed Pea	Onion	Coriander	Apple
Beet	Parsnip	Cumin	Apricot
Bok Choy	Pea	Curry	Banana
Borage	Bell Pepper	Fennel	Berries
Broccoli	Potato	Ginger	Bilberry
Brussels Sprouts	Pumpkin	Marjoram	Blackberry
Cabbage	Radish	Mint	Blueberry
Cabbage, Chinese	Radish, Chinese	Mustard	Boysenberry
Carrot	Daikon	Oregano	Cantaloupe
Cauliflower	Rhubarb	Paprika	Cherry
Celeriac	Rutabaga	Parsley	Currants
Celery	Sesame	Pepper, Red	Fig
Chayote	Shallots	Pepper, Black	Grapes
Chicory	Snow Peas	Pepper, White	Melon
Chinese Mustard	Edible-Pod	Rosemary	Nectarines
Bok Choy	Sugar Snap	Sage	Gooseberry
Collard	Soybean, Edible	Savory	Kiwi Fruit
Corn	Spinach	Sesame	Peaches
Cucumber	Squash	Tarragon	Pear
Dandelion	Squash, Spaghetti	Thyme	Pineapple

Eggplant	Squash, Summer	Vanilla	Plum
Endive	Sweet Potato	Nuts	Pluot
English Pea	Swiss Chard	Almonds	Plumquot
Fennel	Taro	Brazils	Plumquot
Garlic	Tomatillo	Cashews	Quince
Ginger	Tomato	Chestnuts	Raspberry
Globe Artichoke	Turnip	Coconuts	Strawberry
Gourds	Watercress	Hazels	Watermelon
Horseradish	Zucchini	Macadamia Nuts	Other
Japanese Eggplant	Herb & Seasonings	Peanuts	Chocolate
Jerusalem Artichoke	Allspice	Pecans	Food Coloring
Jicama		Pine Nuts	Iodine
		Pistachios	Shellfish