



Personal Chef Service
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Client Interview/Food Questionnaire

_____ name

Your opportunity to let me know details about you and food, including your kitchen and how much you like/dislike spending *any* time on food preparation.

Do you enjoy as a main entrée? **Soups** yes no **Salads** yes no **Pastas** yes no **Casseroles** yes no

Other Ingredients/Flavors

I like **Meat** **Poultry** **Fish** **Vegetables** **Fruits** **Cuisines** **Flavors**

I dislike (see attached list) beef chicken _____ _____ _____ _____ _____ _____
 pork turkey _____ _____ _____ _____ _____ _____
 lamb game hen _____ _____ _____ _____ _____ _____
 veal duck _____ _____ _____ _____ _____ _____
 _____ _____ _____ _____ _____ _____
 _____ _____ _____ _____ _____ _____
 _____ _____ _____ _____ _____ _____
 _____ _____ _____ _____ _____ _____
 _____ _____ _____ _____ _____ _____
 _____ _____ _____ _____ _____ _____

How many times per month do you enjoy: **Beef** _____ **Pork** _____ **Lamb** _____ **Poultry** _____ **Fish/Shellfish** _____ **Vegetarian** _____

What cut or kind do you enjoy: steaks chops chops chicken salmon grains
 roasts roasts leg of turkey tuna beans
 (check what you LIKE ground ribs shank light snapper polenta
 strike through what you DISLIKE) burgers bacon other dark halibut pastas
 grass fed ham _____ other shrimp bulgur
 other sausage _____ crab quinoa
 _____ other _____ scallops rice
 other _____ other brown
 _____ white
 _____ other

Do you have any food-specific health concerns? **Lactose Intolerance** yes no **Other Food Sensitivities** yes no **Food Allergies** yes no
 Please list _____ Please list _____

Do you have health conditions that food choice/preparation can affect? **Diabetes** yes no **Heart Condition** yes no **High Blood Pressure** yes no **High Cholesterol** yes no **Other Health Concerns** yes no
 low salt low fat
 no salt no fat

Are you concerned about

Trying to Gain Weight	Trying to Lose Weight	Portion Control	Particular Diet
<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	<input type="checkbox"/> yes <input type="checkbox"/> no	_____

What is your preference for

Alcohol	Spiciness	Breads	Salads	Favorite Recipes
<input type="checkbox"/> OK to use in cooking	I like my food <input type="checkbox"/> bland <input type="checkbox"/> mild <input type="checkbox"/> medium <input type="checkbox"/> hot <input type="checkbox"/> laser <input type="checkbox"/> incredibly painful	With my meal I like <input type="checkbox"/> rustic breads <input type="checkbox"/> rolls <input type="checkbox"/> tortillas <input type="checkbox"/> whole wheat <input type="checkbox"/> white <input type="checkbox"/> other	<input type="checkbox"/> love a salad with every meal <input type="checkbox"/> occasionally like a salad <input type="checkbox"/> lettuce is only for rabbits	<input type="checkbox"/> I have some I'd like you to use

How would you like your meals packaged

Portion Size	Containers
<input type="checkbox"/> individually <input type="checkbox"/> for two <input type="checkbox"/> family style	<input type="checkbox"/> semi-disposable (\$15 charge per visit) <input type="checkbox"/> reusable (pyrex or corningware) \$100 deposit required

Tell me about your kitchen

Stove	Oven	Microwave	Refrigerator Space	Freezer Space
<input type="checkbox"/> gas <input type="checkbox"/> electric <input type="checkbox"/> all burners are functioning	<input type="checkbox"/> gas <input type="checkbox"/> electric <input type="checkbox"/> functioning/accurate	<input type="checkbox"/> works	<input type="checkbox"/> one shelf available for fresh-serve items	<input type="checkbox"/> one-two shelves available for frozen items

What is your preference for reheating your meals?

Stovetop	Oven	Microwave	Grill	Slow Cooker
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Anything else I should know?

Pets names	Alarm System code	Family at Home on Cook Days
_____	_____	_____

Food List to Reference

Vegetables		Herbs and Seasonings	Nuts
Amaranth, Chinese	Jerusalem artichoke	Allspice	Almond
Anise	Jicama	Anise	Brazil
Artichoke	Kale	Basil	Cashew
Asparagus	Kohlrabi	Borage	Chestnut
Beans, Green	Leek	Carraway	Coconut
Beans, dry	Lettuce	Chervil	Hazel
Beet	Mushroom	Cilantro	
Black-eyed pea	Okra	Cinnamon	Fruits
Bok choy	Olives	Cloves	Apple
Borage	Onion	Coriander	Apricot
Broccoli	Parsnip	Cumin	Banana
Brussels sprouts	Pea	Curry	Berries
Cabbage	Pepper (red/green)	Fennel	Bilbery
Cabbage, Chinese	Potato	Ginger	Blackberry
Cantaloupe	Pumpkin	Marjoram	Blueberry
Carrot	Radish	Mint	Boysenberry
Cauliflower	Radish, daikon	Mustard	Cherry
Celery	Rhubarb	Oregano	Cucumber
Chayote	Rutabaga	Paprika	Currants
Chicory	Shallots	Parsley	Fig
Collard	Snow peas (edible pod)	Pepper, red	Grapes
Corn	Soybean, edible	Pepper, black	Melon
Cucumber	Spinach	Pepper, white	Nectarines
Dandelion	Squash	Rosemary	Gooseberry
Eggplant	Squash, spaghetti	Sage	Kiwi
Endive	Squash, summer	Savory	Peach
English pea	Sweet potato	Sesame	Pear
Fennel	Swiss chard	Tarragon	Pineapple
Garlic	Taro	Thyme	Plum
Ginger	Tomatillo	Vanilla	Pluot
Globe artichoke	Tomato		Plumquot
Gourds	Turnip	Seeds	Quince
Horseradish	Watercress	Pumpkin	Raspberry
Japanese eggplant	Zucchini	Sesame	Strawberry
		Sunflower	Watermelon