

# Sam's Own Good Cooking

Personal Chef Service

Lisbon Falls, Maine 04252

207.310.8636

www.samsown.wordpress.com

## Clients Health Needs & Preferences

There is one form for each member of the family. If all members of the family have the same dietary health, preferences and needs, than only one form will be required per household.

### Contact Information:

Date: \_\_\_\_\_

Name: \_\_\_\_\_ nick name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Home phone: \_\_\_\_\_ Work: \_\_\_\_\_

Mobile: \_\_\_\_\_ Fax: \_\_\_\_\_

E-mail address: \_\_\_\_\_ website: \_\_\_\_\_

Other adults in the household, please indicate the relationship:

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### Children in the household, name and age:

1. \_\_\_\_\_ age: \_\_\_\_\_

2. \_\_\_\_\_ age: \_\_\_\_\_

3. \_\_\_\_\_ age: \_\_\_\_\_

4. \_\_\_\_\_ age: \_\_\_\_\_

5. \_\_\_\_\_ age: \_\_\_\_\_

### Diet preferences:

- Low fat  Low carb  High protein  Diabetic/low sugar  Gluten Free
- Low sodium  Vegan  Lactose Intolerant  Kosher  Low Glycemic
- South Beach  Weight Watchers  Atkins  Organic  Local (20mi, 50mi, 100mi)

Other concerns that need to be addressed: \_\_\_\_\_

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Alcohol restrictions for cooking?  red wine  white wine  sherry  vodka  bourbon  sake  beer  
 brandy  other

**Medical conditions:**

None  Diabetic  Cardiac conditions  High blood pressure  High cholesterol

Other health issues not mentioned above: \_\_\_\_\_

Allergies: \_\_\_\_\_

Intolerances: \_\_\_\_\_

Sensitivities: \_\_\_\_\_

*Commonly asked questions:*

▶ Are you trying to lose weight? \_\_\_\_\_

▶ Are you working with a nutritionist – dietician – doctor – personal trainer

▶ Do you have diet guidelines from a professional that needs to be followed? If so what are they: \_\_\_\_\_

▶ Would you like your portions controlled? If so what food type and to what degree

\* How many times a month do you eat:

\_\_\_ Red meat \_\_\_ Lamb \_\_\_ Turkey \_\_\_ Seafood \_\_\_ Chicken

\_\_\_ Pork \_\_\_ Shrimp \_\_\_ Hamburger \_\_\_ Pasta \_\_\_ Nuts

\_\_\_ Beans \_\_\_ Cheese \_\_\_ Non-fat \_\_\_ Low-fat \_\_\_ Grains

\* Your favorite cuisine:

\_\_\_ French \_\_\_ Italian \_\_\_ Chinese \_\_\_ Thai \_\_\_ Japanese \_\_\_ Greek

\_\_\_ Middle Eastern \_\_\_ Mexican \_\_\_ American Other: \_\_\_\_\_

\* How spicy do you like your food: \_\_\_ Mild \_\_\_ Medium \_\_\_ Hot

\* Do you eat sushi or raw fish: \_\_\_\_\_ hot/cold

\* Do you eat salads daily? With fresh fruit, nuts, cheese, dressing?

\* Do you eat soup hot/cold regularly?

\* Would you like snacks prepared and placed in the refrigerator? If so what type?

\_\_\_\_\_

How often? \_\_\_\_\_

\* Do you like to have bread with your meals? If so, what type of breads/rolls?

\_\_\_\_\_

\* Do you like garlic, shallots, onion? If so, in everything?

\_\_\_\_\_

\_\_\_\_\_

***Favorite Foods:***

*Fish* \_\_\_\_\_ *fish to avoid:* \_\_\_\_\_

*Shellfish* \_\_\_\_\_ *to avoid:* \_\_\_\_\_

*Red meat* \_\_\_\_\_ *to avoid* \_\_\_\_\_

*Poultry* \_\_\_\_\_ *to avoid* \_\_\_\_\_

*Leafy greens* \_\_\_\_\_ *to avoid* \_\_\_\_\_

*Green Veg* \_\_\_\_\_ *to avoid* \_\_\_\_\_

*Fruits* \_\_\_\_\_ *to avoid* \_\_\_\_\_

*Bread* \_\_\_\_\_ *to avoid* \_\_\_\_\_

*Starch* \_\_\_\_\_ *to avoid* \_\_\_\_\_

*Nuts* \_\_\_\_\_ *to avoid* \_\_\_\_\_

*Soup* \_\_\_\_\_ *to avoid* \_\_\_\_\_

*Dessert* \_\_\_\_\_ *to avoid* \_\_\_\_\_

***Favorite Dishes:***

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

***Least favorite dishes:***

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

***Packaging of your entrees and sides:***

*How would you like your entrees and sides packaged?*

*Family style*  *for two people*  *for one person*

*Do you prefer disposable containers \_\_\_\_\_ reusable containers \_\_\_\_\_*

***Inside your home.....***

*Do you have a microwave? \_\_\_\_\_*

*Do you use \_\_\_\_\_*

*Is your stove gas or electric? \_\_\_\_\_*

*Indoor grill? \_\_\_\_\_*

*Do all the components of the stove work? \_\_\_\_ If not what should I know \_\_\_\_\_*

*Do you prefer to reheat in the oven or microwave? \_\_\_\_\_*

*Would you like food marinated and frozen for the grill? \_\_\_\_\_*

*May I see inside your freezer? \_\_\_\_\_ Is there more than one? \_\_\_\_\_*

*Where is your fuse box located \_\_\_\_\_*

*Do you have pets? \_\_\_\_\_ their names: \_\_\_\_\_*

*Please describe ANY security arrangements necessary for me to enter your home*

*Any addition information, concerns, issues that I should know? \_\_\_\_\_*

# Allergy Assessment Form

Please circle or check any items which you believe that you are allergic, sensitive or those tastes and textures you DO NOT care for. (List any other known allergies on reverse.)

Vegetables	Vegetables (Cont'd)	Herb & Seasonings	Seeds
Adzuka	Kale	Allspice,	Cinnamon
Amaranth, Chinese	Kohlrabi	Anise	Pumpkin
Anise	Leek	Basil	Sesame
Artichoke	Lettuce	Borage	Sunflower
Asparagus	Mushroom	Caraway	
Beans, Chinese	Okra	Chervil	<b>Fruits</b>
(Yard-long), Fava beans	Okra, Chinese	Cilantro	Apple
Beans, Green	(Dishcloth gourd Luffa)	Cloves	Apricot
Beet	Olives	Coriander	Banana
Black-eyed Pea	Onion	Cumin	Berries
Bok Choy	Parsnip	Curry	Bilberry
Borage	Pea	Fennel	Blackberry
Broccoli	Pepper (Red/Green)	Ginger	Blueberry
Brussels Sprouts	Potato	Marjoram	Boysenberry
Cabbage	Pumpkin	Mint	Cantaloupe
Cabbage Chinese	Radish	Mustard	Cherry
Carrot	Radish Chinese, (Daikon)	Oregano	Currants
Cauliflower	Rhubarb	Paprika	Fig
Celeriac	Rutabaga	Parsley	Gooseberry
Celery	Sesame	Pepper Black	Grapes
Chayote	Shallots	Pepper Red	Kiwi Fruit
Chicory	Snow Peas	Pepper White	Melon
Chinese Mustard, (Bok Choy)	(Edible-Pod Sugar Snap)	Rosemary	Nectarines
Collard	Soybean Edible	Sage	Peaches
Corn	Spinach	Savory	Pear
Cucumber	Squash	Sesame	Pineapple
Dandelion	Squash Spaghetti	Tarragon	Plum
Eggplant	Squash Summer	Thyme	Plumquot
Endive	Sweet Potato	Vanilla	Pluot
English Pea	Swiss Chard		Quince
Fennel	Taro	<b>Nuts</b>	Raspberry
Garlic	Tomatillo	Almonds	Strawberry
Ginger	Tomato	Brazils	Watermelon
Globe Artichoke	Watercress	Cashews	
Gourds	Zucchini	Chestnuts	<b>Other</b>
Horseradish		Coconuts	Chocolate
Japanese Eggplant		Hazels	Food Coloring
Jerusalem Artichoke		Macadamia Nuts	Iodine
Jicama,		Peanuts	Shellfish
		Pecans	
		Pine Nuts	
		Pistachios,	
		Turnip	
		Walnuts	

*\*\*Justin Liudvinaitis of Sams's Own Good Cooking is not responsible for any information not listed on these sheets. All known health concerns and issues have been recorded and addressed with the client\*\**

*Thank you for choosing Sam's Own Good Cooking for your Personal Chef Service*

*Eat Well*

*Justin Liudvinaitis*

*Proprietor & Chef*

*207.310.8636*

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