



Stress-free entertaining...Stress-free everyday dining...It's Exquisite!

At Exquisite Eats I am dedicated to delivering the best possible service to you. To assist me in exceeding your expectations I will need some information from you. Please fill in the information below to the best of your ability. This information will help me design a custom menu for you.

Contact Information:

Name:

Address:

Home #:

Cell #:

Work #:

Email:

Birthdays:

(I like to bake a special treat for anyone celebrating a birthday in your household so please list name/month/day.)

What concerns do you have about your current eating habits?

Why do you want to hire a personal chef, describe your typical needs.

What would be a typical meal?

Is anyone lactose intolerant?

Is anyone diabetic?

Does anyone have High Blood Pressure?

Does anyone have High Cholesterol?

Are there any medical conditions / allergies pertaining to your diet? Yes No

If yes, please explain.

Are you on a diet or are you following a specific eating plan / style? Yes No

If yes, please explain.

What is your spice level? Bland Well Seasoned Moderate Mild Very Spicy

What is your Hot Level? Boring Mild Medium Hot Super Hot

What do you consider spicy?

What is your garlic level? None Light Medium All a recipe calls for

Do you want your food cooked with Salt Light Salt No Salt Salt Substitute

Are there any flavorings/seasonings/spices/cuisines you do not care for?

Do you like nuts in main dishes, sides or salads? Yes No

How do you like your vegetables cooked? Crisp Tender Mush

Do you like to eat salads with your meals? Yes No

Do you enjoy salads as a main entree? Yes No



Do you have a preference for particular greens? Iceberg Romaine Mesclun Mix
Red Leaf Bibb Spinach

What salad dressings do you prefer?
 Would you like me to purchase them for you? Yes No

Do you like soups? Hearty Cream Broth Chowder
 Do you eat seafood? Yes No

How would you like steak cooked? Rare Medium Well
 What is your preference for Vegetarian Entrees? Occasionally Frequently Never

Do you have a grocery store preference?
 How would you like your entrees/sides packaged? Single Double Family Style

Where will you leave your containers for me?
 Are you willing to do any food preparation such as bake a casserole, boil pasta or grill meat?

Kitchen Information

Is your stove Gas Electric
 Do you have a broiler Yes No
 Do you have a broiler pan Yes No
 Are all burners functioning? Yes No
 Is the oven temperature accurate? Yes No

Do you know how to change the power settings on your microwave? Yes No
 (This will be important when heating your meals. I can show you how if necessary.)
 Is it all right to use your kitchen equipment if necessary? Yes No

Now the Fun Part - Check the foods you enjoy!!

Proteins

Beef Pork Veal Lamb Chicken Turkey Duck
Fish Shellfish Tofu
Boneless Skinless No preference

Comments/Concerns:

Fish/Shellfish comments/concerns:

Cheese

Cheddar Swiss Monterey Jack Pepper Jack Blue Cheese Goat
Gouda Feta Mozzarella Provolone Parmesan Brie
Smoked Ricotta Cream Cheese Cottage Cheese

Fruits and Veggies:

<input type="checkbox"/> Refried Bean	<input type="checkbox"/> Artichokes	<input type="checkbox"/> Asparagus	<input type="checkbox"/> Bamboo Shoots	<input type="checkbox"/> Beets
<input type="checkbox"/> Carrots	<input type="checkbox"/> Black Bean	<input type="checkbox"/> Broccoli	<input type="checkbox"/> Brussell Sprouts	<input type="checkbox"/> Cabbage
<input type="checkbox"/> Eggplant <input type="checkbox"/> Fennel	<input type="checkbox"/> Cauliflower	<input type="checkbox"/> Celery	<input type="checkbox"/> Cucumber	<input type="checkbox"/> Corn
<input type="checkbox"/> Leeks <input type="checkbox"/> Lentils	<input type="checkbox"/> Garbanzo Beans	<input type="checkbox"/> Green Beans	<input type="checkbox"/> Green Onions	<input type="checkbox"/> Kidney Beans
<input type="checkbox"/> Hot Peppers	<input type="checkbox"/> Mushrooms	<input type="checkbox"/> Onions	<input type="checkbox"/> Peas	<input type="checkbox"/> Bell Peppers
<input type="checkbox"/> Sugar Snap Peas	<input type="checkbox"/> Potatoes	<input type="checkbox"/> Radishes	<input type="checkbox"/> Shallots	<input type="checkbox"/> Spinach
<input type="checkbox"/> White Beans	<input type="checkbox"/> Snow Peas	<input type="checkbox"/> Olives	<input type="checkbox"/> Sweet Potatoes	<input type="checkbox"/> Water Chestnuts
<input type="checkbox"/> Avocado <input type="checkbox"/> Banana	<input type="checkbox"/> Squash	<input type="checkbox"/> Zucchini	<input type="checkbox"/> Apples	<input type="checkbox"/> Apricots
<input type="checkbox"/> Cranberries	<input type="checkbox"/> Blackberries	<input type="checkbox"/> Blueberries	<input type="checkbox"/> Cantaloupe	<input type="checkbox"/> Cherries
<input type="checkbox"/> Mandarin Oranges	<input type="checkbox"/> Grapefruit	<input type="checkbox"/> Grapes	<input type="checkbox"/> Honeydew	<input type="checkbox"/> Kiwi
<input type="checkbox"/> Pineapple	<input type="checkbox"/> Mango	<input type="checkbox"/> Oranges	<input type="checkbox"/> Peaches	<input type="checkbox"/> Pears
<input type="checkbox"/> Tangerines	<input type="checkbox"/> Plums	<input type="checkbox"/> Prunes	<input type="checkbox"/> Raisins	<input type="checkbox"/> Raspberries
	<input type="checkbox"/> Tomato	<input type="checkbox"/> Strawberries		



Spices and Seasonings:

- | | | | | | |
|-----------------------------------|------------------------------------|------------------------------------|---------------------------------------|-------------------------------------|--------------------------------------|
| <input type="checkbox"/> Cumin | <input type="checkbox"/> Cilantro | <input type="checkbox"/> Oregano | <input type="checkbox"/> Sage | <input type="checkbox"/> Rosemary | <input type="checkbox"/> Thyme |
| <input type="checkbox"/> Dill | <input type="checkbox"/> Coriander | <input type="checkbox"/> Paprika | <input type="checkbox"/> Lemongrass | <input type="checkbox"/> Red Pepper | <input type="checkbox"/> Curry |
| <input type="checkbox"/> Pepper | <input type="checkbox"/> Garlic | <input type="checkbox"/> Basil | <input type="checkbox"/> Chili Powder | <input type="checkbox"/> Saffron | <input type="checkbox"/> Parsley |
| <input type="checkbox"/> Clove | <input type="checkbox"/> Capers | <input type="checkbox"/> Cinnamon | <input type="checkbox"/> Nutmeg | <input type="checkbox"/> Wasabi | <input type="checkbox"/> Mint |
| <input type="checkbox"/> Honey | <input type="checkbox"/> Tarragon | <input type="checkbox"/> Teriyaki | <input type="checkbox"/> Mole | <input type="checkbox"/> Coconut | <input type="checkbox"/> Mustard |
| <input type="checkbox"/> Sherry | <input type="checkbox"/> Hoisin | <input type="checkbox"/> Soy Sauce | | | <input type="checkbox"/> Horseradish |
| <input type="checkbox"/> Sesame | <input type="checkbox"/> Chipotle | | | | <input type="checkbox"/> Tamarind |
| <input type="checkbox"/> Balsamic | | | | | |

I would like to personally thank the person that referred you to me. How did you hear about my service?

Directions to your home

First Cooking Date

Frequency

Thank you for your time!! I look forward to being your Personal Chef!

