**Meal Prep Questioner** Top of Form

Here is your opportunity to let me know what you and your family prefer in your customized menu. Please check preferences and draw a line through items that you do not like and do not want to see on your menu. Please add comments as this will help me make your menu selections.

Bottom of Form

**MEATS:**
        \_\_ Beef (steak/roasts/ground round)
        \_\_ Pork (chops/roasts/ribs/bacon/ham/ground)
        \_\_ Lamb (chops/stew/ground/roasts)
        \_\_ Chicken (white meat/dark meat/ground/sausage)

Comments:

**FISH/SHELLFISH:**
        \_\_ Fish (mahi mahi, salmon, whitefish, cod)
        \_\_ Shrimp
        \_\_ Scallops
        \_\_ Crab
        \_\_ Lobster
        \_\_ Clams
        \_\_ Tuna

Comments:

**SALADS:**
        \_\_ Fresh Green (choice of greens/lettuces, such as Romaine, red leaf, bibb, Mesclun Greens , spinach, etc.)
        \_\_ Fruit (strawberries, apples, pears, bananas, grapes, oranges, mandarin oranges, kiwi, coconut, pineapple)
        \_\_ Rice (white, wild, brown, coconut, Spanish, arborio)
        \_\_ Pasta

Comments:

**SOUPS:**
        \_\_ Creamed
        \_\_ Hot
        \_\_ Cold
        \_\_ Chunky
        \_\_ Clear
        \_\_ With meat/poultry?

Comments:

**VEGETABLES:**
        \_\_ Green (peas, green beans, spinach, asparagus, peppers, cabbage, pea pods, celery, )
        \_\_ Yellow (corn, wax beans, squash, peppers)
        \_\_ Red (pimento, red cabbage, beets, tomatoes, peppers, sweet potatoes/yams, eggplant) \_\_ White (cauliflower, potatoes, parsnips, water chestnuts, bean sprouts, onions, , leeks)
        \_\_ Beans (black, ranch-style, pinto, kidney, lima, white)
        \_\_ Mushrooms (button, portabella, shitake, woodear, oyster, crimini)

Comments:

**GRAINS:**
        \_\_ Rice
        \_\_ Couscous
        \_\_ Wheat/granola
        \_\_ Corn
        \_\_ Other (identify)

Comments:

**BREADS:**
        \_\_ Wheat
        \_\_ White
        \_\_ Rolls (white or wheat, sour dough, etc.)
        \_\_ Biscuits
        \_\_ Cornbread
        \_\_ Muffins
        \_\_ Tortillas
        \_\_ Breadsticks

Comments:

**SEASONINGS:**
        \_\_ Oregano, sage, rosemary, tarragon, fennel, cumin, cilantro, paprika, parsley, celery, chili powder, curry, nutmeg, cinnamon, basil
        \_\_ Fresh garlic, parsley
        \_\_ Pepper-white, black or red
        \_\_ Salt-regular or Kosher

Comments:

**FATS/OILS:(I generally use avocado oil or olive oil)**
        \_\_ Butter
        \_\_ Canola Oil
        \_\_ Olive Oil
        \_\_ Vegetable Oil
        \_\_ Sunflower Oil

Comments:

**SPECIFICS:**

* List any other food dislikes:
* List any known food allergies:
* Vegetarian or vegan?
* Circle your preference for spicy foods: bland / mild / moderate / very
* Preferred delivery date/time of the week
* Number of people in your family