

# CUSTOM MEALS<sup>LLC</sup>

*Just Add*



*Family & Friends*

## CLIENT ASSESSMENT FORM

*Dear Client: So I can better serve your needs, would you kindly provide me with the following information?*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone – Daytime: \_\_\_\_\_ Evening: \_\_\_\_\_

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

E-mail Address: \_\_\_\_\_

Children's Names and Ages (if living with you): \_\_\_\_\_

Other relatives living with you (such as a parent): \_\_\_\_\_

**Service Requested:**     Weekly                       Bi-Weekly                       Monthly

Entrée Only     Entrée with Side Dishes     Fresh Service     Freezer Friendly Service

Number of Entrées \_\_\_\_\_ Number of Servings \_\_\_\_\_

**How do you like to eat?**     Meats and Potatoes                       Gourmet                       Casseroles

Not Picky                       Low Fat/Low Calorie                       Other \_\_\_\_\_

**Dr.-Recommended Diet**     Low/Cholesterol, Low/No Fat     Low/No Salt/

Sodium Weight Loss (Specific Plan? \_\_\_\_\_)     Other \_\_\_\_\_

If you do eat meat, poultry, etc., would you like an occasional vegetarian meal?     Yes     No

Please specify any medical conditions you or a member of your family have where diet is a serious factor (for example, diabetes, heart disease or high blood pressure): \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



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*On a scale of 0 to 10, with 0 being the absolute none to 10 being no limit, please indicate where you or family members are on a scale:*

**0 to 3 is mild, 4 to 6 is a fair amount of heat, 7 to 10 is quite hot.**

## **Heat/Spiciness**

Name of Family Member

_____	0	1	2	3	4	5	6	7	8	9	10
_____	0	1	2	3	4	5	6	7	8	9	10
_____	0	1	2	3	4	5	6	7	8	9	10
_____	0	1	2	3	4	5	6	7	8	9	10

## **Salt Level**

Name of Family Member

_____	0	1	2	3	4	5	6	7	8	9	10
_____	0	1	2	3	4	5	6	7	8	9	10
_____	0	1	2	3	4	5	6	7	8	9	10
_____	0	1	2	3	4	5	6	7	8	9	10

## **Garlic Level**

Name of Family Member

_____	0	1	2	3	4	5	6	7	8	9	10
_____	0	1	2	3	4	5	6	7	8	9	10
_____	0	1	2	3	4	5	6	7	8	9	10
_____	0	1	2	3	4	5	6	7	8	9	10



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## *Favorite Global Cuisine*

- |  |   |
|--|---|
| <input type="checkbox"/> American/Regional (Southern, New Orleans, etc.)                                   | <input type="checkbox"/> Caribbean/South American |
| <input type="checkbox"/> Indian  | <input type="checkbox"/> Asian/Thai               |
| <input type="checkbox"/> Mediterranean/European<br>(Includes Italian, French, Greek, Spanish, German, etc) | <input type="checkbox"/> Middle Eastern           |
| <input type="checkbox"/> Moroccan  | <input type="checkbox"/> Southwestern/Mexican     |
| <input type="checkbox"/> Other _____   |   |

Which of the following closest describes your food style? (Choose all that apply.)

- |   |  |
|---|--|
| <input type="checkbox"/> Meat and Potatoes/Comfort Food (simple, classic) | <input type="checkbox"/> Gourmet (upscale)   |
| <input type="checkbox"/> Spicy/Adventurous (no limits)                    | <input type="checkbox"/> Health Conscious<br>(no special diet, but<br>conscious of eating right) |

What are your favorite dishes and favorite comfort foods? \_\_\_\_\_

\_\_\_\_\_

What is your favorite fish/seafood? \_\_\_\_\_

\_\_\_\_\_

How do you prefer chicken?

Dark Meat

Off the Bone

White Meat

No Preference

How do you prefer potatoes?

Peeled

With Peel On

No Preference

Type of Rice you prefer?

Brown

White

How well cooked do you like vegetables?

Raw

Medium

Soft

Beef?

Well

Medium-Well

Medium

Medium-Rare

Rare



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What is your favorite cut of beef? \_\_\_\_\_

May I use wine or alcoholic beverages in cooking your selections  Yes  No

Is there anything else I should know about food preferences? \_\_\_\_\_

Do you have any favorite recipes you no longer choose to prepare yourself that I can prepare or that I can modify for your health reasons? \_\_\_\_\_

Would you like meals prepared for you to cook on your outdoor grill?  Yes  No

Do you have a working meat thermometer?  Yes  No

### **Menu Selection Process:**

Choose for Me-Surprise Me  Choose for Me-I'll Approve (Via E-mail)

Choose for Me from Suggested Menu  I Want to Make All Selections

### **How do you want your meals packaged?**

Individually  For Two  Family Style

### **How do you prefer to heat your food?**

Microwave  Oven  Both

### **Cooking and Storage**

Gas Cooktop / # of Burners \_\_\_\_\_  Electric Cooktop / # of Burners \_\_\_\_\_

Cooktop with Grill  Microwave # of Freezers \_\_\_\_\_

Does all cooking and storage equipment work properly?  Yes  No

Please list any indoor pets, their names, and where they will be contained: \_\_\_\_\_

Entry and security system instructions: \_\_\_\_\_

Fuse or breaker box location: \_\_\_\_\_

Location of heat and air conditioning controls: \_\_\_\_\_

May I adjust these controls?  Yes  No

How did you hear about my services? \_\_\_\_\_

*Thank you. I look forward to serving your culinary needs!*



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## ALLERGY AND TASTE PREFERENCES

*Please circle any items you or a family member are allergic to, sensitive to, or do not care for the taste or texture:*

### Vegetables

Artichoke	Asparagus	Beets	Belgium Endive	Bok Choy
Broccoli	Broccoli Rabe	Brussels Sprouts	Cabbage	Carrot
Cauliflower	Celery	Corn	Cucumber	Eggplant
Fennel	Garlic	Ginger	Green Beans	Horseradish
Jicama	Kohlrabi	Leek	Mushroom	Okra
Onion	Parsnip	Pea Pods	Peas	Peppers (Hot)
Peppers (Sweet)	Potato	Pumpkin	Radish	Rhubarb
Rutabaga	Shallot	Squash (Spaghetti)	Squash (Summer)	
Squash (Winter)	Sweet Potato	Tomatillo	Tomato	
Turnip	Water Chestnuts	Zucchini		

### Greens and Lettuces

Arugula	Collard	Endive	Kale	Lettuce
Mustard	Radicchio	Spinach	Swiss Chard	Watercress

### Fruit

Avocado	Apple	Apricot	Banana	Blackberry
Blueberry	Cantaloupe	Cherry	Cranberry	Currants
Dates	Figs	Grapefruit	Grapes	Kiwi
Lemon	Lime	Mango	Orange	Papaya
Peach	Pear	Pineapple	Plum	Prunes
Raisins	Raspberry	Strawberry	Tangerine	Watermelon

### Herbs and Seasonings

Allspice	Anise	Basil	Cardamom	Caraway
Cilantro	Cinnamon	Cloves	Coriander	Cumin
Curry	Dill	Fennel	Ginger	Marjoram
Mint	Mustard	Oregano	Paprika	Parsley
Pepper (Black)	Pepper (Cayenne)	Pepper (White)	Rosemary	Saffron
Sage	Savory	Sesame	Tarragon	Thyme
Vanilla				

### Nuts and Seeds

Almond	Brazil	Cashew	Chestnut	Coconut
Hazel	Macadamia	Peanut	Pecan	Pine Nut
Pistachio	Pumpkin	Sesame	Sunflower	





