

Client & Kitchen Interview

Name: _____ Phone: _____ Date: _____

Address: _____ Zip: _____

EMERGENCY NUMBERS: Office _____ Mobile _____ Fax _____

E-Mail: _____ Do You Use? YES _____ NO _____

Family Members: _____ Names: _____

Family Birthdays (and children's ages): _____

First Cooking Date and Service: _____

Do you plan to be home the day(s) I cook? _____

Please advise me of any security system and information (key?) necessary for me to gain access to your home. Any code necessary? _____

Nearby Neighbor? _____

Do you have pets? Name(s): _____

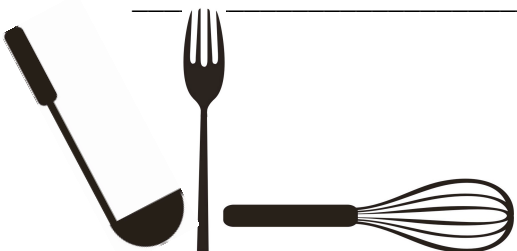
Can they have treats? _____ Go outside? _____

Where will they be on cheffing day? _____

May I adjust your thermostat? _____ Where is it located? _____

Where is your circuit breaker box? _____

Favorite Restaurants & Meals: _____



Special Needs & Preferences

Do you have any medical conditions that need to be addressed?

Diabetes___ High Cholesterol___ High Blood Pressure___ Other_____

Do you want foods cooked with: Salt___ Light Salt___ No Salt___

Low-Fat___ No Fat___ Other_____

Does anyone have any food allergies I need to know about?_____

Anyone lactose intolerant? No___ Yes___ (Can you have ANY dairy?)_____

Are there any flavorings/seasonings/spices/cuisines you don't care for?_____

What is your 'garlic level'? None___ Light___ Medium___ Plenty!_____

Are there any food textures you find unpleasant or prefer?_____

Some recipes may include alcohol. Is it okay for me to use in your cooking?_____

Do you like nuts in Main Dishes, Sides or Salads? Yes___ No___

Anything in these categories you don't like?

Veggies_____

Meats_____

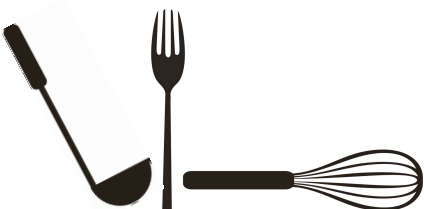
Fish/Seafood_____

Fruits_____

Other_____

Rating the following from 1-8, with 1 as your favorite. Beef___ Chicken___

Fish___ Lamb___ Pork___ Shellfish___ Turkey___ Veal___



Special Needs & Preferences (continued)

Circle your poultry preferences: White Dark Either
 With Skin Without Skin Either

Fish/Shellfish preferences: _____

May I substitute fish in a recipe in order to offer freshest choice on shopping day? _____

When preparing steak dishes, how do you like yours cooked? _____

Do you like Vegetarian Entrees? Yes _____ No _____

Do you like Soups? Yes _____ No _____

What International Cuisines do you enjoy?

Asian _____ French _____ Italian _____ Southwestern/Mexican _____ Mediterranean _____

Latin/Caribbean _____ Indian _____ Thai _____ Continental _____ Cajun/Creole _____

Other: _____

When preparing spicy foods, what is your preference?

Bland _____ Mild _____ Medium _____ Hot _____ Really, really Hot _____

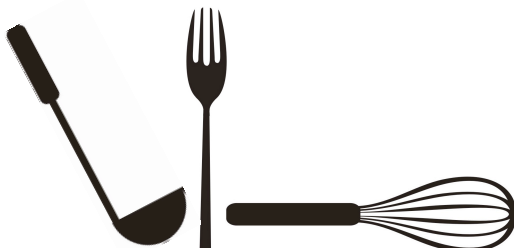
Do you like to have salads with your meals? Yes _____ No _____

Do you have a preference for particular greens? _____

What kind of salad dressings do you prefer? _____

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

Would you like meals left in your crockpot for dinner on cheffing day? Yes _____ No _____



Kitchen & Packaging

What appliances do you have/may I use?

Microwave_____ Crockpot_____ Size?_____ Gas Stove_____

Electric Stove_____ # Burners?_____ Ovens (how many?)_____ Convection_____

Food Processor_____ Stand Mixer_____ Hand Mixer_____ Gas Grill_____

What freezer space do you have available for storage?_____

What are your container preferences?

Vacuum sealed bags_____

Reusable plastic containers_____

Pyrex_____

Foil Wrap and/or Pans _____

Please tell me how you would prefer your entrees/sides packaged?

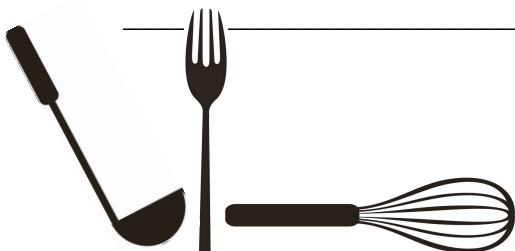
Single Servings*_____ Double Servings _____

Sides Separate? Yes_____ No_____

* This packaging option incurs an additional fee per cookdate.

How did you hear about my service?_____

Other Comments/Concerns?_____



Food Preferences

Double check any favorites, single check what you like and cross off any you do not eat.
Feel free to add others not listed.

CHILIS & PEPPERS

- Ancho Pepper
- Cayenne
- Chili Powder
- Chipotle Pepper
- Paprika
- Paprika, Smoked
- Pepper (white, black)
- Pepper, Red
- Pepper, Szechuan

HERBS

- Basil
- Bay Leaves
- Chervil
- Chives
- Cilantro
- Dill
- Lemongrass
- Marjoram
- Mint
- Oregano
- Parsley
- Rosemary
- Sage
- Savory
- Spearment
- Tarragon
- Thyme

SPICES

- Adobo
- Allspice
- Anise

- Caraway
- Cardamom
- Celery Seed
- Chinese Five Spice Powder
- Cinnamon
- Cloves
- Coriander
- Cumin
- Curry Powder
- Fennel
- Galangal
- Garam Masala
- Mustard
- Nutmeg
- Old Bay Seasoning
- Poppy Seeds
- Saffron
- Star Anise
- Tandoori Seasoning
- Turmeric

OTHER SEASONINGS & ADDITIONS

- Arrowroot
- Black Olives
- Capers
- Dried Fruits
- Garlic
- Ginger
- Green Olives
- Horseradish
- Juniper Berry
- Ponzu Sauce
- Raisins

- Sesame Seeds
- Soy Sauce
- Wasabi
- Worcestershire Sauce

STARCHES & VEGETABLES

- Artichoke
- Arugula
- Asparagus
- Avocado
- Bamboo Shoots
- Beans
 - Black Beans
 - Black-Eyed Peas
 - Butter Beans
 - Chick Peas (Garbanzos)
 - Fava Beans
 - Green
 - Great Northern
 - Kidney
 - Lentils
 - Navy
 - Pinto
 - Wax
- Beets
- Belgian Endive
- Bok Choy
- Broccoli
- Broccoli Rabe
- Brussels Sprouts
- Cabbage (red or green)
- Carrots
- Cauliflower



