

Appetites by RJ  
6615 Harford Road  
Baltimore, MD 21214



## *New Client Questionnaire*

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

Client: \_\_\_\_\_

Please circle Y for items that are acceptable and no if you do not wish to have items in this category prepared. Please X-out any individual items you do not want prepared. Add comments where appropriate.

### MEATS:

Y N Beef (steak/roasts/ground round)

Y N Pork (chops/roasts/ribs/bacon/ham/ground, sausage)

Y N Veal (stew/ground/scallops)

Y N Lamb (chops/stew/ground/roasts)

Comments: \_\_\_\_\_

### POULTRY:

Y N Chicken (breasts/thighs/ground/sausage)

Y N Turkey (breasts/smoked/ground/sausage)

Comments: \_\_\_\_\_

**FISH/SHELLFISH:**

**Y N** Fish (bass, tuna, halibut, catfish, swordfish, tilapia, snapper, salmon-farmed or fresh)

**Y N** Shrimp

**Y N** Clams (no shell)

**Y N** Scallops

**Y N** Crab

Comments: \_\_\_\_\_

Would you like meals prepared that you would later cook on your grill or BBQ? **Y N**

**SALADS:**

**Y N** Fresh Green Lettuces (Romaine, spinach, escarole, red leaf, mixture, spinach, etc.)

**Y N** Fruit (cranberries, blueberries, raspberries, mango, kiwi, raisins, currants, figs, prunes, oranges, lemons, limes, etc)

**Y N** Salads as a main dish?

Comments: \_\_\_\_\_

**SALAD DRESSINGS:**

**Y N** Mayonnaise (based)

**Y N** Mustard (based)

**Y N** Ranch

**Y N** Vinaigrette

**Y N** French

**Y N** Oil/vinegar

**Y N** Red wine/vinegar

**Y N** Thousand Island

**Y N** Other (identify): \_\_\_\_\_

Comments: \_\_\_\_\_

**SOUPS:**

Y N Creamed (name type): \_\_\_\_\_

Y N Hot

Y N Cold

Y N Chunky

Y N Red meat/poultry

Y N Soups as a main dish?

Comments \_\_\_\_\_

**VEGETABLES: Please X-out those items you do not want prepared.**

**Green** (eggplant, peas, green beans, broccoli, spinach, asparagus, green bell peppers, Poblano chile peppers, Anaheim peppers, jalapeno, cabbage, celery, Swiss chard, escarole, kale, Brussel sprouts)

**Yellow** (corn, wax beans, squash, yellow bell peppers)

**Red** (red cabbage, beets, tomatoes, red bell peppers, sweet potatoes/yams)

**White** (cauliflower, potatoes, water chestnuts, bean sprouts, onions, mushrooms, leeks)

**Beans** (black, ranch-style, pinto, kidney, lima, fava, white, cannellini)

Comments: \_\_\_\_\_

**GRAINS / PASTA:**

Y N Rice – (white/brown)

Y N Pasta (white, wheat, low-carb)

Y N Couscous

Y N Cornmeal

Y N Other (identify): \_\_\_\_\_

**BREADS:**

Y N Wheat

Y N White

Y N Cornbread

Y N Muffins

Y N Tortillas (corn / flour)

Do you like to have bread or rolls served with your meals? Y N

Comments: \_\_\_\_\_

**SEASONINGS: Please X-out those items you do not want prepared.**

**Dried/Fresh Herbs:** Oregano, sage, rosemary, tarragon, fennel, cumin, cilantro, paprika, parsley, curry, chili powder, celery salt, dill, garlic powder, marjoram, saffron, turmeric, File gumbo, garam masala

**Fresh:** garlic, parsley, cilantro, basil, sage, mint, tarragon, thyme, ginger

**Pepper:** white, black or red pepper flakes, cayenne

**Salt:** regular or kosher

**Other (identify):** \_\_\_\_\_

Comments: \_\_\_\_\_

**FATS/OILS:**

Y N Butter

Y N Canola Oil

Y N Sesame Oil

Y N Corn Oil

Y N Olive Oil (extra light, light, extra virgin)

Y N Vegetable Oil

Y N Sunflower Oil

Comments: \_\_\_\_\_

**MILK AND MILK PRODUCTS:**

**Y N** Cheeses (Parmesan, cheddar, Swiss, Fontina, Asiago, ricotta, mozzarella, mascarpone\_

**Y N** Milk (skim, 1%, 2%, whole)

**Y N** Yogurt (light / regular)

**Y N** Sour cream (light/regular)

**Y N** Half and half

Comments: \_\_\_\_\_

**EGGS:**

**Y N** Whole

**Y N** Yolks only

**Y N** Whites only

**Y N** Eggbeaters substitute

Comments: \_\_\_\_\_

**OTHER:**

**Y N** Tofu

**Y N** Nuts (pecans, peanuts, pine, walnuts, almonds, cashews, etc.)

Comments: \_\_\_\_\_

List any vegetables or fruits you don't ever want to see \_\_\_\_\_

List any other food dislikes \_\_\_\_\_

Overall Diet by Choice:  Includes Red Meat (Beef, Veal,)

Excludes Red Meat

Mostly Vegetarian (Includes Fish)

Ovo-Lacto Vegetarian (Includes Dairy and Eggs)

Vegan

High Protein, Low Carbohydrate

Weight Loss

Dr. Recommended Diet:  Low Cholesterol, Low Fat

Low Sodium

Diabetic

Celiac Disease

Weight Loss (Specific Plan Type: \_\_\_\_\_)

If you do eat meat, poultry, etc., would you like an occasional vegetarian meal? \_\_\_\_\_

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

Which of the following closest describes your food style? (Mark all that apply with an X.)

Meat and Potatoes / Comfort Food (simple, classic)

Gourmet (upscale)

Spicy / Adventurous

Health Conscious (no special diet, but conscious of eating right)

Rate your preference for spicy foods – bland / mild / moderate / very spicy

What are your favorite dishes? \_\_\_\_\_

Do you have any favorite recipes that I can prepare for you? \_\_\_\_\_

(Please make photocopies and attach to the back of the questionnaire.)

Favorite Cuisines: Italian / Mexican / Indian / Asian, etc. \_\_\_\_\_

Thank you for completing this questionnaire! It will help ensure the best possible experience with my

NAME: \_\_\_\_\_

DELIVERY ADDRESS: \_\_\_\_\_

\_\_\_\_\_

CONTACT NUMBER: \_\_\_\_\_

## Allergy Assessment

Mark any items which you believe that you are allergic, sensitive or those tastes and textures you DO NOT care for.

Vegetables	Vegetables (Cont'd)	Herbs (Cont'd)	Nuts (Cont'd)
Amaranth	Kale	Anise	Walnuts
Anise	Kohlrabi	Basil	
Artichoke	Leek	Borage	<b>Seeds</b>
Asparagus	Lettuce	Caraway	Pumpkin
Beans, Adzuki	Mushroom	Chervil	Sesame
Beans, Green	Okra	Cilantro	Sunflower
Beans, Chinese	Okra, Chinese	Cinnamon	
Beans, Fava	Olives	Cloves	<b>Fruits</b>
Black-eyed Pea	Onion	Coriander	Apple
Beet	Parsnip	Cumin	Apricot
Bok Choy	Pea	Curry	Banana
Borage	Bell Pepper	Fennel	Berries
Broccoli	Potato	Ginger	Bilberry
Brussels Sprouts	Pumpkin	Marjoram	Blackberry
Cabbage	Radish	Mint	Blueberry
Cabbage, Chinese	Radish, Chinese	Mustard	Boysenberry
Carrot	Daikon	Oregano	Cantaloupe
Cauliflower	Rhubarb	Paprika	Cherry
Celeriac	Rutabaga	Parsley	Currants
Celery	Sesame	Pepper, Red	Fig
Chayote	Shallots	Pepper, Black	Grapes
Chicory	Snow Peas	Pepper, White	Melon
Chinese Mustard	Edible-Pod	Rosemary	Nectarines
Bok Choy	Sugar Snap	Sage	Gooseberry
Collard	Soybean, Edible	Savory	Kiwi Fruit
Corn	Spinach	Sesame	Peaches
Cucumber	Squash	Tarragon	Pear
Dandelion	Squash, Spaghetti	Thyme	Pineapple



Eggplant	Squash, Summer	Vanilla	Plum
Endive	Sweet Potato	<b>Nuts</b>	Pluot
English Pea	Swiss Chard	Almonds	Plumquot
Fennel	Taro	Brazils	Plumquot
Garlic	Tomatillo	Cashews	Quince
Ginger	Tomato	Chestnuts	Raspberry
Globe Artichoke	Turnip	Coconuts	Strawberry
Gourds	Watercress	Hazels	Watermelon
Horseradish	Zucchini	Macadamia Nuts	<b>Other</b>
Japanese Eggplant	<b>Herb &amp; Seasonings</b>	Peanuts	Chocolate
Jerusalem Artichoke	Allspice	Pecans	Food Coloring
Jicama		Pine Nuts	Iodine
		Pistachios	Shellfish