



Meal Prep – Client Profile

Our Mission is to provide clients the opportunity to reduce the time factor of cooking while pursuing convenient, delicious, and healthier meal selections that will align with their lifestyle goals.

- **Client Name:** _____
- **Start Date:** _____
- **Last Updated:** _____
- **Delivery Address:** _____
- **Contact Number:** _____
- **Email Address:** _____
- **Meal Delivery Frequency:** Daily, Bi-weekly, Once Weekly
- **Diet / Lifestyle Goals:** _____
- **Allergies:** _____
- **Doesn't like:** _____
- **Spice Level:** 1 2 3 4 5
- **Note(s):** _____

Weekly Meal Plan Packages	
Plan Type	Cost
Foodie	Starts at \$150
Chef Designed	Starts at \$300

Highlight the items listed below that you want included in your meal prep

Proteins		
Chicken	Turkey	Beef
Shrimp	Crab	Lobster
Salmon	Cod	Catfish
Trout	Lamb	Goat
Beans		

Complex Carbohydrates**		
Whole Grain Breads & Wraps	Whole Grain Pasta	Brown Rice
Oatmeal	Natural (cane, raw, brown) Sugar	White Quinoa

Simple Carbohydrates**		
Traditional Pasta	White Rice	Yellow Rice

Fruits		
Oranges	Apples	Bananas
Grapes	Pineapple	Cherries
Kiwi	Mango	Strawberry
Apricot	Plums	Peaches
Cantaloupe	Watermelon	Honeydew (green melon)
Raspberries	Blackberries	Blueberries

Vegetables		
Broccoli	Spinach	Kale
Mixed Greens	Green Beans	Haricots Verts
Asparagus	Carrots	Peas
Sautéed Cabbage	Sweet Corn	Grilled Corn
Sweet Potatoes	Red Potatoes	Baked Potatoes
Salad	Zucchini	Yellow Squash
*Beans		

*Beans are categorized in 2 food groups: protein & vegetables

** Complex Carbs=Good | Simple Carbs=Bad

**The difference between simple & complex carbohydrates is in how quickly it is digested and absorbed - as well as its chemical structure.