

Meal Planning Intake Questionnaire

Please complete this form to help me better understand your goals, typical diet, lifestyle and preferences. Completing all questions is recommended, but not mandatory.

There is no such thing as "too much information" here. The information you provide will help me create a meal plan best matched to your requirements and preferences

Tell Me About You

Full Name

Age

Height

Current Body Weight

What are your health, lifestyle and dietary goals?

Do you want to see changes in your body weight or composition?

Yes

No

Have you ever followed a diet?

Yes

No

Tell Me About Your Current Lifestyle

Do you do exercise or physical activity	Yes	No
Do you feel your current diet is healthy?	Yes	No
Do you have any digestive issues?	Yes	No

Rate your average daily energy on a scale of 1 to 10

1	2	3	4	5	6	7	8	9	10
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1 = Low Energy, 10 = High Energy

Tell Me About Your Current Diet

How many times do you eat per day?

Describe your typical Breakfast.

Describe your typical Lunch.

Describe your typical Dinner.

Describe your typical Snacks.

How many meals per week do you eat out on average?

- None
- 1 to 2
- 3 to 4
- 4 or more
- Other

If "Other", please specify

If you eat out, what is the most common meal you will eat out for?

Now, Let's Talk About Meal Planning

What is your motivation for seeking out a meal plan?

I'm looking for a:

- 1 week meal plan
- 2 week meal plan
- 1 month meal plan
- 2 month meal plan
- Monthly meal plan subscription (recurring)
- Other

If "Other", please specify

How many meals would you like planned per day?

- | | |
|---|-------------------------------------|
| 1 (Breakfast) | 1 (Lunch) |
| 1 (Dinner) | 2 (Breakfast and Lunch) |
| 2 (Breakfast and Dinner) | 2 (Lunch and Dinner) |
| 3 (Breakfast, Lunch, Dinner) | 4 (Breakfast, Lunch, Dinner, Snack) |
| 5 (Breakfast, Lunch, Dinner + 2 snacks) | |

How many days of meal plan would you like?

3 days

5 days

7 days

Other

If "Other", please specify

How many people would you like your meal plan to feed?

Please note that only one meal plan will be produced based on all of the information provided in this form. If you'd like multiple, different meal plans please submit a separate enquiry form.

Just me

2

3

4

Other

If "Other", please specify

Would you like your meal plan to cater for children?
(Please note, I will follow up with you for more details if you click yes to this)

Yes

No

Do you prefer

Cooking fresh each day

Bulk cooking (2-3 times per week)

Other

If "Other", please specify

What days of the week are you able cook?

Select all that apply

Monday

Wednesday

Friday

Tuesday

Thursday

Saturday

Sunday

Are you okay with eating leftovers?

Yes

No

Are there any foods you or your household will not eat due to sensitivities, allergies, or religious reasons?

Please note that if this meal plan is to cater for more than one person, the entire plan will factor in these dietary requirements/preferences

Do you or your household have any dietary requirements or preferences?

Please note that if this meal plan is to cater for more than one person, the entire plan will factor in these dietary requirements/preferences.

- None
- Pescetarian
- Vegetarian
- Vegan
- Gluten Free
- Dairy Free
- Other

If "Other", please specify

Do you follow, or want to follow a particular diet (i.e. Keto, Meditteranean, Paleo)

Which food prep style best describes you?

- I like to prep food in advance and eat the same meals for a few days
- I want to spend more time cooking and have different meals each day
- I have someone that prepares my meals for me
- Other

If "Other", please specify

Which best describes your food shop spending habits?

This will be factored in when selecting recipe ingredients i.e. type of proteins, grains, fruits, organic products

I eat on a tight budget

I'm happy with a mix of lower cost and premium products

I'd like to eat more premium products

Other

If "Other", please specify

What are some of your/your households favourite foods to eat?

What foods do you/your household dislike

Is there anything you would like to eat more of?

What is your biggest challenge when it comes to planning, shopping, preparing, and eating healthy food as part of your lifestyle?

What kitchen tools do you have available? (Food processor, slow cooker, airfryer, microwave, stove)

Is there anything else you would like to share with me to help in building your meal plan?