



199 Kingsbrook Avenue, Ann Arbor, MI 48103 - 610-207-9091 - roy@zchef.net

personal chef services
Client Profile

Date: ____/____/____ Client: _____

Check Y for items that are acceptable. Check N if you do not wish to have items in this category prepared.
Please place a ☒ behind 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 (anchovies, sardines, bass, tuna, halibut, catfish, flounder, monkfish, swordfish, tilapia, snapper, salmon-farmed or fresh)
Y	N	Shrimp
Y	N	Clams (no shell, in shell)
Y	N	Scallops
Y	N	Crab
Y	N	Lobster

Comments: _____

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	Vinaigrettes
Y	N	French	Y	N	Oil/Vinegar	Y	N	Ranch
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: Place an ☒ behind those items you do not want prepared.

Green (eggplant, Anaheim peppers, peas, jalapeño, green beans, cabbage, broccoli, celery, spinach, Swiss chard, asparagus, escarole, green bell peppers, kale, poblano chili peppers, 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:

BREADS:

Y	N	Rice – (white/brown)	Y	N	Wheat	Y	N	Muffins
Y	N	Pasta (white, wheat, low-carb)	Y	N	White	Y	N	Tortillas (corn / flour)
Y	N	Couscous	Y	N	Cornbread			
Y	N	Cornmeal	Y	N	Do you like bread or rolls with your meals?			
Y	N	Other (identify): _____						

Comments: _____

SEASONINGS: Place an ☒ behind 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

Comments: _____

Other (identify): _____

FATS	Y	N	Butter	Y	N	Canola Oil	Y	N	Sesame Oil	Y	N	Corn Oil
OILS:	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, gouda, manchego, havarti, cream cheese, goat)			
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	Whites only
Y	N	Yolks only	Y	N	Eggbeaters substitute

Comments: _____

Y	N	Tofu	OTHER:		
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 ✓)

☐ Meat and Potatoes / Comfort Food (simple, classic)	☐ Gourmet (upscale)
☐ Health Conscious (no special diet, but conscious of eating right)	☐ Spicy / Adventurous

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? _____

Favorite Cuisines: Italian / Mexican / Indian / Asian, etc. _____

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

Roy Zettlemoyer
Personal Chef

Allergy Assessment

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

Vegetables

Amaranth
Anise
Artichoke
Asparagus
Beans, Adzuki
Beans, Green
Beans, Chinese
Beans, Fava
Black-eyed Pea
Beet
Bok Choy
Borage
Broccoli
Brussels Sprouts
Cabbage
Cabbage, Chinese
Carrot
Cauliflower
Celeriac
Celery
Chayote

Chicory
Chinese Mustard
Bok Choy
Collard
Corn

Cucumber
Dandelion
Eggplant
Endive
English Pea
Fennel
Garlic
Ginger
Globe Artichoke
Gourds
Horseradish
Japanese Eggplant
Jerusalem Artichoke
Jicama

Vegetables (Cont'd)

Kale
Kohlrabi
Leek
Lettuce
Mushroom
Okra
Okra, Chinese
Olives
Onion
Parsnip
Pea
Bell Pepper
Potato
Pumpkin
Radish
Radish, Chinese
Daikon
Rhubarb
Rutabaga
Sesame
Shallots

Snow Peas
Edible-Pod
Sugar Snap
Soybean, Edible
Spinach

Squash
Squash, Spaghetti
Squash, Summer
Sweet Potato
Swiss Chard
Taro
Tomatillo
Tomato
Turnip
Watercress
Zucchini

Herbs

Allspice
Anise
Basil
Borage
Caraway
Chervil
Cilantro
Cinnamon
Cloves
Coriander
Cumin
Curry
Fennel
Ginger
Marjoram
Mint
Mustard
Oregano
Paprika
Parsley
Pepper, Red
Pepper, Black

Pepper, White
Rosemary
Sage
Savory
Sesame

Tarragon
Thyme
Vanilla
Nuts
Almonds
Brazil
Cashews
Chestnuts
Coconuts
Hazels
Macadamia Nuts
Peanuts
Pecans
Pine Nuts
Pistachios

Nuts (Cont'd)

Walnuts

Seeds
Pumpkin
Sesame
Sunflower

Fruits

Apple
Apricot
Banana
Berries
Blackberry
Blueberry
Boysenberry
Cantaloupe
Cherry
Currants
Fig
Grapes
Grapefruit
Melon
Nectarines
Gooseberry
Kiwi Fruit
Oranges
Mangoes
Peaches
Pear
Pineapple
Plum
Pluot
Plumquot

Quince
Raspberry
Strawberry
Watermelon
Other
Chocolate
Food Coloring
Iodine
Shellfish