



FOOD PREFERENCES SURVEY

I want to make sure that the menu I design for you is something that you will use for a long time to come. Please check preferences and add comments. Circle any foods that you do not wish to include. All of the recipes will focus on techniques and the meal you prepare will be healthy, delicious, and simple to prepare!

Cuisines:

- Italian
- Thai
- Chinese
- Indian
- Japanese
- Mexican
- Spanish
- Contemporary American

I wish to learn more about:

- Weekday Meals
- Weekend Meals
- Entertaining
- Other

Meats: How often would you like to eat?

- Beef (steak/roasts/ground round)
- Pork (chops/roasts/ribs/bacon/ham/ground)
- Veal (stew/ground/scallops)
- Lamb (chops/stew/ground/roasts)
- Meatloaf

Comments:

Poultry: How often would you like to eat?

- Chicken (breasts/thighs/ground/whole roasted)
- Turkey (breasts/smoked/ground/scallops)

Comments:

Fish and Shellfish:

- Fish
(bass/salmon/snapper/sole/flounder/tuna)
- Shrimp
- Scallops
- Crab
- Lobster

Comments:

Vegetables:

- Green (peas, green beans, spinach, asparagus, peppers, cabbage, pea pods, celery, mustard greens)
- Yellow (corn, wax beans, squash, peppers)
- Red (red cabbage, beets, tomatoes, peppers, sweet potatoes)
- White (cauliflower, potatoes, parsnips, water chestnuts, bean sprouts, onions, mushrooms, leeks)
- Beans (black, chick peas, pinto, kidney, lima, white)
- Spaghetti squash, acorn or butternut

Comments:

Grains:

- Rice (brown or white)
- Couscous
- Quinoa
- Wheat
- Kasha
- Barley
- Other

Comments:

RONNIE COOKS



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Salad Dressings:

- Mayonnaise
- Ranch
- Vinaigrette
- French
- Other

Comments:

Soups:

- Hot
- Cold
- Chunky
- Clear
- With meat/poultry
- As main dish?

Comments:

Salads:

- Fresh green (choice of greens, lettuces, such as Romaine, red leaf, bib, fennel, spinach)
- Additions of tomatoes, cucumbers, avocado, hearts of palm, artichoke, olives
- Rice or pasta salad
- As main course

Comments:

Seasonings:

- Oregano, sage, rosemary, tarragon, fennel, cumin, cilantro, paprika, parsley, celery, chili powder, thyme
- Fresh garlic, parsley
- Pepper, white, black or red
- Salt, Kosher, sea

Comments:

Fats/Oils:

- Butter
- Canola or vegetable oil
- Olive oil
- Grapeseed oil

Comments:

Milk and Milk Products:

- Cheeses (Parmesan, cheddar, swiss, muenster, fontina, feta, goat etc)
- Milk (skim, 1%, 2%)

Do you like the addition of cheese in your salad?

Comments:

Eggs:

- Whole
- Whites only

Other:

- Tofu
- Soy based meatless products
- Nuts (pecans, peanuts, walnuts, almond, cashews, pignoli etc)

Fruits:

- Pineapple
- Cantelope
- Cherries
- Pears
- Apples
- Peaches
- Nectarines
- Kiwi
- Grapes
- Other

Please list any other foods that you dislike. Also let me know of any food allergies.

This is going to be a wonderful adventure, Ronnie

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