



Client Assessment Form

The purpose of this assessment form is to let me know what foods you prefer so that I can prepare your customized menu. Thank you for choosing Blossoming Taste Buds, LLC TM!

General Information:

First Name: _____ Last Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Home Phone: () Cell: () E-mail Address: _____

Emergency Contact Information

First Name: _____ Last Name: _____

Work Phone: () - Cell: () - Pager: () -

Family Members

| First Name | Relationship | Age | Birthday (MM/DD) |
|------------|--------------|-----|------------------|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

Do you have any pets? Yes No

Pets

| Type of Pet | Name | Friendly? (Y/N) | Indoor (I) or Outdoor (O) |
|-------------|------|-----------------|---------------------------|
| | | | |
| | | | |
| | | | |



Food Preferences

Please note your preferences by circling a Y for yes and an N for no and add comments as necessary. Also, please circle any foods that you **don't** like or are allergic to and never wish to see. Thank you!

TYPE OF CUISINES:

- Y N American
- Y N Cajun/Creole
- Y N Caribbean
- Y N Chinese
- Y N French
- Y N Greek
- Y N Indian
- Y N Italian
- Y N Japanese
- Y N Southwest/Mexican
- Y N Southern
- Y N Thai

Comments:

MEATS:

- Y N Andouille Sausage
- Y N Beef (steak/roasts/ground round)
- Y N Chicken
- Y N Cornish Hen
- Y N Duck
- Y N Italian Sausage
- Y N Lamb (chops/stew/ground/roasts)
- Y N Meatloaf
- Y N Pork (chops/roasts/ribs/bacon/ham/ground)
- Y N Smoked Sausage
- Y N Turkey
- Y N Veal (stew/ground/scallops)
- Y N Other (identify)

How do you like your steak prepared?

- Rare Med Rare Med Med Well Well Done

Comments:

POULTRY:

- Y N Chicken (breasts, thighs, wings, legs, ground, smoked, skin, skinless, bone in, boneless)
- Y N Turkey (breasts, thighs, wings, legs, ground, smoked, skin, skinless, bone in, boneless)
- Y N Chicken or turkey meatloaf
- Y N Chicken or turkey and vegetable/pasta casseroles



Comments:

FISH/SHELLFISH:

- Y N Fish (anchovies, bass, catfish, grouper, flounder, halibut, salmon, red snapper, sardines, tilapia, tuna)
- Y N Clams
- Y N Crab (Dungeness, blue, soft shell, imitation)
- Y N Lobster
- Y N Mussels
- Y N Oysters
- Y N Scallops
- Y N Shrimp
- Y N Squid
- Y N Other (identify)

Comments:

SALADS:

- Y N Fresh Green (choice of arugula, boston, endive, field greens, iceberg, Romaine, red leaf, spinach)
- Y N Fruit
- Y N Rice
- Y N Pasta
- Y N Salads as a main dish?

Comments:

SALAD DRESSINGS:

- Y N Balsamic Vinaigrette
- Y N Blue Cheese
- Y N Caesar
- Y N Champagne Vinaigrette
- Y N French
- Y N Green Goddess
- Y N Honey Mustard
- Y N Italian
- Y N Oil/Vinegar
- Y N Ranch
- Y N Raspberry Vinaigrette
- 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 Clear
- Y N With meat/poultry?
- Y N Soups as a main dish?

Comments:

VEGETABLES:

- Y N Green (spinach, asparagus, peppers, cabbage, celery, greens, artichokes, broccoli, brussels sprouts, okra, zucchini)
- Y N Yellow (corn, wax beans, peppers)
- Y N Red (pimento, red cabbage, beets, tomatoes, peppers, radishes, sweet potatoes/yams)
- Y N White (cauliflower, potatoes, parsnips, water chestnuts, bean sprouts, turnips, rutabaga)
- Y N Beans (black, ranch-style, pinto, kidney, lima, white, pink, chick/garbanzo, great northern, green, navy, refried)
- Y N Peas (black-eyed, green, lentils, snow)
- Y N Squash (acorn, butternut, yellow)
- Y N Carrots
- Y N Eggplant
- Y N Fennel
- Y N Mushrooms (cremini, portobello, shitake, white)
- Y N Onions (leeks, scallions, shallots, vidalia, white, yellow)
- Y N Other (identify)

Comments:

FRUITS:

- Y N Citrus (lime, lemon, grapefruit, orange, tangerine)
- Y N Melons (watermelon, honeydew, cantaloupe, casaba)
- Y N Tropical/Caribbean (mango, papaya, pineapple, coconut, plantain, star fruit, bananas, persimmons)
- Y N Berries (blackberries, raspberries, blueberries, strawberries)
- Y N Miscellaneous (apricots, peaches, pears, plums, nectarines, cherries, grapes, apples, avocados, rhubarb, figs, kiwi, prunes, raisins, tomatoes, sun-dried tomatoes)
- Y N Other (identify)

Comments:

GRAINS:

- Y N Rice (Arborio, basmati, brown, jasmine, long grain)
- Y N Barley
- Y N Bulgur
- Y N Grits (white, yellow)



- Y N Quinoa
- Y N Wheat/granola
- Y N Corn
- Y N Other (identify)

Comments:

PASTAS:

- Y N Angel Hair, Fettuccini, Spaghetti
- Y N Couscous
- Y N Orzo
- Y N Ravioli
- Y N Vegetable (spinach, tomato)
- Y N Wheat
- Y N Pasta as a main dish?
- Y N Other (identify)

Comments:

BREADS:

- Y N Buttermilk Biscuits
- Y N Cornbread
- Y N Multi-grain
- Y N Muffins
- Y N Pancakes
- Y N Pita
- Y N Rye
- Y N Sourdough
- Y N Tortillas (white, whole wheat, corn)
- Y N Waffles
- Y N White
- Y N Wheat
- Y N Other (identify)

Comments:

HERBS/SEASONINGS/FLAVORINGS:

- Y N Seasonings (allspice, basil, bay leaves, capers, cayenne pepper, chili powder, chocolate, cilantro, cinnamon, cloves, cumin, curry, dill, ginger, mint, nutmeg, oregano, paprika, parsley, rosemary, sage, tarragon, thyme)
- Y N Fresh garlic
- Y N Honey
- Y N Hot sauce
- Y N Mustards (yellow, brown, Dijon)
- Y N Olives
- Y N Pepper—white, black or red



- Y N Salt – regular and Kosher
- Y N Soy sauce
- Y N Vinegars (wine, rice, apple cider, herb-infused, balsamic)
- Y N Alcohol (as in a marinade or sauce)
- Y N Sugar
- Y N Other (identify)

Comments:

FATS/OILS:

- Y N Butter
- Y N Canola Oil
- Y N Corn Oil
- Y N Lard
- Y N Margarine
- Y N Olive Oil
- Y N Peanut Oil
- Y N Shortening
- Y N Sunflower Oil
- Y N Vegetable Oil
- Y N Other (identify)

Comments:

MILK AND MILK PRODUCTS:

- Y N Cheeses (asiago, blue, cheddar, feta, fontina, goat, gorgonzola, monterey jack, mozzarella, muenster, parmesan, provolone, swiss)
- Y N Milk (skim, 1%, 2%, whole)
- Y N Cream cheese
- Y N Cottage cheese
- Y N Heavy cream
- Y N Half and half
- Y N Sour cream
- Y N Yogurt
- Y N Other (identify)

Comments:

EGGS:

- Y N Whole
- Y N Yolks only
- Y N Whites only
- Y N Eggbeaters substitute
- Y N Other (identify)

Comments:



OTHER:

- Y N Tofu
- Y N Soy-based meatless products
- Y N Nuts (almonds, cashews, pecans, peanuts, hazelnuts, macadamia, pine nuts, walnuts)

Comments:

SENSITIVITIES AND ALLERGIES:

Do you have any known food allergies or sensitivities to:

- Y N Garlic
- Y N Lactose Intolerant
- Y N Onions
- Y N Nuts
- Y N Wheat (gluten)
- Y N Other (identify)

Comments:

Spicy Food Scale: (check one)

- Bland Mild Medium Hot

Comments:

SPECIAL DIETARY REQUESTS:

Do you need a diet that is:

- Y N Low Salt
- Y N No Salt
- Y N Low Fat
- Y N No Fat
- Y N Low Cholesterol
- Y N Low Sugar
- Y N No Sugar
- Y N Gluten-free
- Y N Vegetarian
- Y N Other (identify)

Comments:

OTHER REQUESTS:

Please list any vegetables or fruits not listed you don't ever want to see:



List any other food dislikes not listed:

Bread preferences:

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

May I cook with wine and/or liquors?

List your top two favorite restaurants:

What are your favorite desserts?

PREPARATION AMENITIES:

- Y N Do you have a microwave oven?
- Y N Do you have a gas stove?
- Y N Do you have a gas oven?
- Y N Are all cooking surfaces functioning properly?
- Y N Is the oven functioning properly?
- Y N Do you have an additional freezer?
- Y N Do you have a barbecue and want meals prepared on it?

Would you prefer to heat your meals using the oven or microwave?

Would you prefer to have your meals packaged individually, for two, or family style?

MISCELLANEOUS:

- Y N Do you plan to be home on the cooking date?
- Y N If not, do you have a security system?

If you have a security system, what is the access code or special entrance requirements?

How did you hear about Blossoming Taste Buds?

ADDITIONAL NOTES: