**Instructions**

The purpose of this questionnaire is to identify your food preferences in order to create a personalized menu plan.

**List any food allergy, food intolerance or sensitivity you may have.**

Food Allergies \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Food Intolerances or sensitivity \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Place a check mark by the foods you like or dislike.**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Like | Dislike | **Vegetables** |  | Like | Dislike | **Fruits** |  | Like | Dislike | **Grains** |
|  |  | Artichoke |  |  |  | Apples |  |  |  | Amaranth |
|  |  | Asparagus |  |  |  | Apricots |  |  |  | Bagel |
|  |  | Beets |  |  |  | Avocado |  |  |  | Bread-Gluten Free |
|  |  | Broccoli |  |  |  | Banana |  |  |  | Bread-Whole Wheat |
|  |  | Brussels Sprouts |  |  |  | Blackberries |  |  |  | Bread-Wheat |
|  |  | Cabbage |  |  |  | Cantaloupe |  |  |  | Bread-White |
|  |  | Carrot |  |  |  | Cherries |  |  |  | Bread-Sourdough |
|  |  | Cauliflower |  |  |  | Coconut |  |  |  | Buckwheat |
|  |  | Celery |  |  |  | Cranberries |  |  |  | Bun |
|  |  | Corn |  |  |  | Figs |  |  |  | Cereal |
|  |  | Cucumber |  |  |  | Grapefruit |  |  |  | Corn |
|  |  | Eggplant |  |  |  | Grapes |  |  |  | Crackers |
|  |  | Fennel |  |  |  | Guava |  |  |  | Crepes |
|  |  | Garlic |  |  |  | Kiwi |  |  |  | English Muffin |
|  |  | Kale |  |  |  | Lemon |  |  |  | Macaroni |
|  |  | Leeks |  |  |  | Lime |  |  |  | Millet |
|  |  | Onion |  |  |  | Mango |  |  |  | Oats |
|  |  | Peas |  |  |  | Melons |  |  |  | Quinoa |
|  |  | Peppers |  |  |  | Orange |  |  |  | Rye |
|  |  | Potato |  |  |  | Peach |  |  |  | Rice-Brown |
|  |  | Pumpkins |  |  |  | Pineapple |  |  |  | Rice-White |
|  |  | Radish |  |  |  | Pitaya |  |  |  | Spaghetti |
|  |  | Rhubarb |  |  |  | Plum |  |  |  | Spelt |
|  |  | Squash |  |  |  | Pomegranates |  |  |  | Triticum |
|  |  | Spinach |  |  |  | Raspberries |  |  |  |  |
|  |  | Sweet Potatoes |  |  |  | Seabuckthorn |  |  |  |  |
|  |  | Swiss Chard |  |  |  | Strawberries |  |  |  |  |
|  |  | Tomatoes |  |  |  | Watermelon |  |  |  |  |
|  |  | Zucchini |  |  |  |  |  |  |  |  |

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| Like | Dislike | **Meat/Fish/Eggs** |  | Like | Dislike | **Nuts & Seeds** |  | Like | Dislike | **Legumes** |
|  |  | Chicken |  |  |  | almonds |  |  |  | black beans |
|  |  | Cod |  |  |  | brazil nuts |  |  |  | chickpea |
|  |  | Crab |  |  |  | cashew |  |  |  | kidney |
|  |  | Eggs |  |  |  | chia seeds |  |  |  | lentils |
|  |  | Egg Whites |  |  |  | chestnuts |  |  |  | lima |
|  |  | Halibut |  |  |  | coconuts |  |  |  | navy |
|  |  | Hamburger |  |  |  | flax  |  |  |  | peanuts |
|  |  | Hamburger |  |  |  | hemp |  |  |  | peas |
|  |  | Jerky |  |  |  | macadamia |  |  |  | pinto |
|  |  | Lobster |  |  |  | pecans |  |  |  | soy |
|  |  | Meatballs |  |  |  | pistachio |  |  |  | white |
|  |  | Pork Chop |  |  |  | pine nuts |  |  |  | Whey |
|  |  | Pork Roast |  |  |  | poppy  |  |  |  | Yogurt |
|  |  | Salmon |  |  |  | pumpkin |  |  |  |  |
|  |  | Sausage |  |  |  | quinoa |  |  |  |  |
|  |  | Shrimp |  |  |  | sesame |  |  |  |  |
|  |  | Tilapia |  |  |  | sunflower |  |  |  |  |
|  |  | Trout |  |  |  | walnuts |  |  |  |  |
|  |  | Tuna  |  |  |  |  |  |  |  |  |
|  |  | Turkey |  |  |  |  |  |  |  |  |

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| Like | Dislike | **Cheese** |  | Like | Dislike | **Dairy** |
|  |  | American |  |  |  | Skim Milk |
|  |  | Blue Cheese |  |  |  | 1% Milk |
|  |  | Cheddar |  |  |  | 2% Milk |
|  |  | Colby |  |  |  | Whole Milk |
|  |  | Cottage |  |  |  | Goats |
|  |  | Cream Cheese |  |  |  | Coconut |
|  |  | Feta |  |  |  | Almond |
|  |  | Mozzarella |  |  |  | Soy |
|  |  | Provolone |  |  |  | Hazelnut |
|  |  | Ricotta |  |  |  |  |
|  |  | Swiss |  |  |  |  |