



Fancy's
Personal Chef Services

Name: _____

Address: _____

City: Zip: _____

Email: _____

Daytime Phone: _____

Evening Phone: _____

How many meals are you wanting each week? _____

Which meals and how many per day would like? ___Breakfast ___Lunch ___Dinner ___Snacks___

Do you want them packaged individually or family style? _____

To what degree of doneness do you want your meals? Ie. Cooked completely to just reheat, most items cooked but I will finish the cooking such as pastas/rice, or ready to cook such as crock pot meals/lasagnas/casseroles/marinated meats/ ready to grill/etc.

Here is your opportunity to let Chef Claudine “Fancy” know what you prefer in your customized menu. Please check preferences and add comments. **Cross-out** any foods that you **DO NOT** like and never wish to see.

MEATS:

- Beef (steak/roasts/ground round)
- Pork (chops/roasts/ribs/bacon/ham/ground)
- Veal (stew/ground/scallops)
- Lamb (chops/stew/ground/roasts)
- Meatloaf
- Meat and vegetable/pasta casseroles

Comments: _____

POULTRY:

- Chicken (breasts/thighs/ground/etc.)
- Turkey (breasts/smoked/ground/scalloped/etc.)
- Chicken or turkey meatloaf
- Chicken or turkey and vegetable/pasta casseroles
- Duck (breast/thighs/Confit/Foie Gras)

Comments: _____



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FISH/SHELLFISH:

- Fish (Anchovies, dover sole, halibut, salmon, striped bass, orange roughly, catfish, snapper, trout, swordfish)
- Shrimp
- Scallops
- Crab
- Lobster
- Clams
- Mussels
- Tuna (canned, fresh)

Comments: _____

SALADS:

- Fresh Green (Iceberg lettuces, Romaine, red leaf, Bibb, mixture, spinach, etc.)
- Fruit
- Pasta
- Salads as a main dish?

Comments: _____

SALAD DRESSINGS:

- Mayonnaise
- Ranch
- Vinaigrette
- French
- Oil/vinegar
- Red wine/vinegar
- Thousand Island
- Other (identify)

Comments: _____

SOUPS:

- Creamed (name type) _____
- Hot
- Cold
- Chunky
- Clear
- With meat/poultry?
- Soups as a main dish?

Comments: _____



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VEGETABLES:

- Green (artichokes, avocado, arugula, bok choy, broccoli, brussel sprouts, capers, peas, green beans, spinach, asparagus, peppers, celery, snow peas, cucumber, eggplant, endive, green onion, cabbage, mustard greens, kale, okra, olives)
- Orange (Carrots)
- Yellow (corn, wax beans, peppers)
- Red (pimento, red cabbage, beets, tomatoes, peppers, sweet potatoes/yams, radicchio, radish, sun-dried tomatoes)
- White (cauliflower, potatoes, parsnips, bean sprouts, mushrooms, leeks, hearts of palm, jicama, water chestnuts)
- Beans (black, ranch-style, pinto, kidney, lima, white, pink, Edamame (soy), fava, garbanzo (chickpeas), lentils, navy, cannellini)
- Onions (cooked, raw, shallots)
- Squash (baby squash, summer, yellow, zucchini, acorn, spaghetti, butternut)

Comments: _____

GRAINS:

- Bran (wheat/oat)
- Bulgur wheat
- Granola
- Millet
- Oatmeal
- Orzo
- Pasta
- Pita (whole wheat)
- Potatoes
- Rice (Brown, white)
- Couscous
- Quinoa
- Wheat (tortilla, flour)
- Corn (tortilla, kernel, meal)
- Other (identify)

Comments: _____

FRUITS/BERRIES:

- Red (Apple (juice, fresh), Cherries, Cranberries, Grapes, strawberries, watermelon)
- Orange (Apricot, Cantaloupe, Grapefruit, mango, nectarine, orange, papaya, peach)
- Yellow (Banana, lemon, pear, pineapple)
- Purple/Blue (Blueberries, Fig, plum, raspberries, black berries)
- Coconut (flakes, Milk)
- Dried Fruit (Dates, Fig, plum, raisins, currants)
- Green (Grapes, Honeydew, Kiwi, lime)



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BREADS:

- Wheat
- White
- Rolls (white or wheat, sour dough, etc.)
- Biscuits
- Cornbread
- Muffins
- Pancakes
- Waffles
- Tortillas

Comments: _____

SEASONINGS/FLAVORS:

- Basil, bay leaves, cayenne pepper, Oregano, sage, rosemary, tarragon, fennel, cumin, cilantro, paprika, parsley, celery, chili powder, chili pepper, Cinnamon, cocoa powder, crushed red pepper, curry, dill, parsley, mint, saffron, thyme
- Fresh garlic, garlic-trace, ginger, Horseradish, Wasabi
- Sugar (Brown, White)
- Pepper—white, black or red
- Salt—regular or Kosher, Sea Salt
- Barbeque sauce, Marinara Sauce
- Sweet Sauces
- Chocolate, Vanilla, Graham Cracker
- Coffee, Alcohol/Liquors
- Honey, Maple Syrup, Molasses, Agave Nectar
- Mayonnaise, Mustard, Ketchup
- Pickles, Pickled Vegetables
- Mirin, Miso, Soy sauce, Teriyaki Sauce, Sweet & Sour Sauce
- Salsa- Fruit, Tomato
- Smoked
- Vinegar, Worcestershire

Comments: _____

FATS/OILS:

- Butter
- Margarine
- Oil (Canola, Corn, Olive, Vegetable, Flaxseed, Sunflower, Peanut)
- Lard
- Shortening



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Comments: _____

MILK AND MILK PRODUCTS:

- Cheeses (parmesan, cheddar, Swiss, muenster, feta, mozzarella, goat, fontina, soy, etc.)
- Milk (skim, 1%, 2%, whole)
- Buttermilk
- Cottage cheese/Ricotta cheese
- Cream Cheese
- Yogurt
- Sour cream
- Half and half/ Heavy Cream

Comments: _____

EGGS:

- Whole
- Yolks only
- Whites only
- Eggbeaters substitute

Comments: _____

OTHER:

- Tofu (Block, mashed)
- Tempeh
- Soy-based meatless products
- Nuts (pecans, peanuts, peanut butter, pine nuts, walnuts, almonds, macadamia, cashews, Brazil, soy nuts)
- Seeds (poppy, sesame, pumpkin, sunflower)

Comments: _____

List any vegetables or fruits you don't ever want to see _____

List any other food dislikes _____

List any known food allergies **VERY IMPORTANT!** _____

Are you currently on a restricted diet? If yes, describe _____

What diet programs, plans, or products have you tried in the past? _____

Do you have any history of the following: heart disease or stroke, diabetes, high blood pressure, high cholesterol, digestive disorder, depression, sleep disorder, cancer, other describe _____



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Have you had surgery within the last year? If yes, what type? _____

Are you pregnant? _____

Do you exercise? Please describe the types, frequency, and duration _____

What do you eat on a typically Day?

Breakfast _____

Lunch _____

Dinner _____

Snacks _____

Rate your preference for spicy foods - bland/mild/moderate/very _____

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

Do you have a barbecue and want meals prepared for cooking on it? _____

International cuisine? - Mexican/Indian/Italian/Asian, etc. _____

What best describes your eating habits? Prefer to try a variety of different meal types / Prefer to find favorites and have many repeats _____

Food Preferences: are you on a specialized diet? Low-Cal, Low Carb, Low-Fat, Low-to-no-salt, Vegetarian, Diabetic, Lactose-intolerant, Gluten Free _____

Favorite Cookies _____

Favorite Dessert _____

If married, when is your anniversary? _____

Family members (names/birthdays) _____

Notes: _____
