



Interview Guide

These questions will help me develop a taste profile for you and your family, plus identify any specific food allergies and/or dietary concerns that need to be considered. All of this information will help me customize a meal plan for you and your family.

Since I will be preparing your meals in your kitchen, I will also be asking you about your kitchen layout and other questions about your house that will help me prepare your menus efficiently.

This information will be held securely in my office, and used only to prepare menus for you and your family. This information will not be shared with anyone else.

Client name: _____ Date: _____

Address: _____

Victoria, B.C.

Postal code: _____

Home phone: _____ Work/Mobile: _____

Email address: _____

Emergency contact name + number: _____

Number of people normally at home for dinner: _____

Number of children and their ages (if living with you): _____

What is your main thing you would like to gain from using my service? _____

Please specify any medical conditions you or a member of your family have where diet is a serious factor (for example: diabetes, heart disease, Crohn's disease, high blood pressure, serious allergies, high cholesterol) _____

Are you lactose intolerant? YES NO

Do you have any food allergies? YES NO

Are you on a salt restricted diet? YES NO

Do you have any other food sensitivities? YES NO

May I cook with alcohol? YES NO

Are you trying to lose weight? YES NO

Are you on a diet? YES NO _____ (include Doctor recommended)

Would you like portion control? YES NO

Are you a vegetarian? YES NO (type?) _____

If you are not vegetarian would you like the occasional vegetarian meal? _____

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What are your favourite global cuisines?

North American	Indian/South Asian	Chinese
French	Thai	Japanese
Italian	Greek	Middle Eastern
German	Mexican/Southwestern	Other: _____

What are your favourite comfort foods: _____

What level of spiciness do you prefer? No spice Mild Medium Hot Scorching

Do you want bread as part of your meal plan? YES NO

Do you enjoy soups as a main entrée? YES NO

Do you enjoy salads as a main entrée? YES NO

Do you enjoy pastas as a main entrée? YES NO

How many times per month do you enjoy the following:

Beef: _____ Pork: _____ Lamb: _____ Fish: _____ Shellfish: _____

Chicken: _____ White Dark On-bone Boneless

Do you enjoy vegetarian entrees? YES NO SOMETIMES

Do you prefer whole grains (e.g. brown rice)? _____

Favourite cheeses? _____

Are there any fruits or vegetables that you and your family particularly like or dislike?

Likes: _____

Dislikes: _____

Are there any other flavours that you and your family particularly like or dislike?

Likes: _____

Dislikes: _____

Do you have favourite recipes that you would like me to prepare for you? _____

How well cooked do you like your red meat? _____

How well cooked do you like your vegetables? _____

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How do you prefer to heat up entrees?

- Microwave oven
- Conventional oven
- Stovetop

What kind of appliances do you have?

- Gas cooktop ____ # of burners
- Electric cooktop ____ # of burners
- Grill (outdoor or indoor)
- Microwave oven
- Conventional oven (single or double?) _____
- Convection oven (single or double?) _____
- Additional Freezer (location): _____
- Additional fridge? (location): _____

Are all appliances in working order? _____

Do you have a working meat thermometer? _____

Do you know if your oven is calibrated? _____

Do you have a thermometer or temperature readout in your refrigerator? _____

How would you like your meals packaged?

- Individual servings
- Servings for 2
- Family style (servings for 4)

What kind of menu selection process would you like? I want to make all selections

- Chef chooses for me from Select list
- Chef chooses for me – I will approve by email

Chef chooses for me – Surprise me

Service requested:

- Standard service (combination freezer/fridge)
- Entrée only
- Entrees and side dishes plus 2 Desserts and bread

Number of entrees : _____ Number of servings: _____

Please list any indoor pets, their names and where they will be located: _____

Entry instructions including any security: _____

Fuse or breaker box location: _____

Location of heating and cooling controls: _____

May I change the settings? _____

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Flavour preferences:

Grains and legumes:

Allspice	Anise	Basil	Cardamom	Caraway
Cilantro	Cinnamon	Cloves	Coriander	Cumin
Curry	Dill	Fennel	Fenugreek	Ginger
Marjoram	Mint	Mustard	Oregano	Paprika (sweet)
Smoked Paprika	Parsley	Pepper	Cayenne Pepper	Rosemary
Saffron	Sage	Savory	Sesame	Tarragon
Thyme	Vanilla			

Nuts and Seeds:

Almond	Brazil	Cashew	Chestnut	Coconut
Hazelnut	Macadamia	Peanut	Pecan	Pine nuts
Pistachio	Pumpkin	Sesame	Sunflower	

Grains and Legumes:

Barley	Dried Beans	Black eyed peas	Buckwheat	Bulgur
Couscous	Lentils	Oats	Dried Peas	Quinoa
Soybeans	Wheatberries			

Vegetables:

Artichoke	Asparagus	Avocado	Bamboo shoots	Beets
Belgian Endive	Bok Choy	Broccoli	Broccoli rave	Brussels sprout
Cabbage	Carrot	Cauliflower	Celery	Corn
Cucumber	Daikon	Eggplant	Fennel	Garlic
Ginger	Green beans	Jicama	Kohlrabi	Leek
Mushroom	Okra	Onions	Parsnip	Peas
Pea pods	Peppers (hot)	Peppers (sweet)	Potato	Pumpkin
Radish	Rutabaga	Shallot	Squash(winter)	Sweet Potato
Tomatillo	Tomato	Turnip	Water chestnut	Zucchini

Fruit:

Apple	Apricot	Banana	Blackberry	Blueberry
Cantaloupe	Cherry	Cranberry	Currants	Dates
Figs	Grapefruit	Grapes	Kiwi	Lemon
Lime	Lychee	Mango	Orange	Papaya
Peach	Pear	Pineapple	Plum	Prunes
Raisins	Raspberry	Rhubarb	Strawberry	Watermelon

Greens:

Arugula	Collard	Endive	Kale	Lettuce
Mache	Mustard	Radicchio	Spinach	Swiss Chard
Watercress				

Cheese:

Aged	Blue	Cottage	Feta	Goat
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