



## 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 |
|------|------|---------|------|------|