

# Client Assessment Form

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Home E-mail: \_\_\_\_\_

Work E-mail: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

1. If you have a garbage disposal is there anything I need to know about it?

-----

2. Does your oven work? Yes/No. Is there anything I need to know about it?

-----

3. Does your stove-top work (burners) Yes/No. Is there anything I need to know about it?

-----

4. Does your microwave work Yes/No. Is there anything I need to know about it?

-----

5. Is there anything I need to know about your kitchen or house in general?

-----

6. Where is your fuse box? \_\_\_\_\_

Will I have access? \_\_\_\_\_

7. Do you have any food allergies?

8. Are you and dairy products friends (*lactose intolerant*)?

9. Are you a vegetarian? Pescatarian?

On a scale of 1 - 4 how much do you like these cuisines  
(1) for "love" (2) for "like" (3) Sometimes like (4) Hate  
with a hot fiery passion! (5) Never had it.

1. Italian \_\_\_\_\_
2. French \_\_\_\_\_
3. American / Continental \_\_\_\_\_
4. Middle Eastern ie. Greek, Israeli, etc... \_\_\_\_\_
5. Indian \_\_\_\_\_
6. Chinese \_\_\_\_\_
7. Japanese \_\_\_\_\_
8. Sushi \_\_\_\_\_
9. Thai \_\_\_\_\_
10. Korean \_\_\_\_\_
11. Mexican \_\_\_\_\_
12. Others \_\_\_\_\_

10. Do you like fish? On a scale of 1 - 4,  
(1) for "love" (2) for "like" (3) Sometimes like  
(4) Hate with a hot fiery passion! (5) Never had it.

1. Do you like sashimi style fish? \_\_\_\_\_
2. How do you feel about farmed fish? \_\_\_\_\_
3. Salmon \_\_\_\_\_
4. Tuna \_\_\_\_\_
5. Yellowtail \_\_\_\_\_
6. Trout \_\_\_\_\_
7. Anchovies \_\_\_\_\_
8. Orange Roughy \_\_\_\_\_
9. Mackerel \_\_\_\_\_
10. Seabass \_\_\_\_\_
11. Striped Bass \_\_\_\_\_
12. Swordfish \_\_\_\_\_
13. Tilefish \_\_\_\_\_
14. Cod \_\_\_\_\_
15. Black Cod \_\_\_\_\_

- 16. Halibut\_\_\_\_\_
- 17. Mahi Mahi\_\_\_\_\_
- 18. Monkfish\_\_\_\_\_
- 19. Snapper\_\_\_\_\_
- 20. Tilapia\_\_\_\_\_
- 21. Flounder\_\_\_\_\_
- 22. Haddock\_\_\_\_\_
- 23. Catfish\_\_\_\_\_
- 24. Squid\_\_\_\_\_
- 25. Shark\_\_\_\_\_

11. Do you like Shell Fish?

- 1. Shrimp\_\_\_\_\_
- 2. Crab\_\_\_\_\_
- 3. Lobster\_\_\_\_\_
- 4. Oysters\_\_\_\_\_
- 5. Clams\_\_\_\_\_
- 6. Crawfish\_\_\_\_\_
- 7. Mussels\_\_\_\_\_
- 8. Scallops\_\_\_\_\_

12. Do you like chicken? On a scale of 1 - 4,  
 (1) for "love" (2) for "like" (3) Sometimes like  
 (4) Hate with a hot fiery passion!

- 1. Do you like dark meat (*thigh, leg, wing*)?
- 2. Do you like white meat (*breast*)
- 3. Do you like whole roasted chickens?

13. Do you like duck? On a scale of 1 - 4,  
 (1) for "love" (2) for "like" (3) Sometimes like  
 (4) Hate with a hot fiery passion!

14. Do you like quail or any other kind of game birds?  
 On a scale of 1 - 4, (1) for "love" (2) for "like"  
 (3) Sometimes like (4) Hate with a hot fiery passion!  
 (5) Never had it.

15. Do you like turkey? On a scale of 1 - 4,  
 (1) for "love" (2) for "like" (3) Sometimes like  
 (4) Hate with a hot fiery passion!

16. Do you like pork? On a scale of 1 - 4,  
 (1) for "love" (2) for "like" (3) Sometimes like  
 (4) Hate with a hot fiery passion!
1. Pork tenderloin\_\_\_\_\_
  2. Pork chops\_\_\_\_\_
  3. Baby-back ribs\_\_\_\_\_
  4. Pork shoulder, AKA Pork butt (used for pulled  
 pork). \_\_\_\_\_
  5. Sausage\_\_\_\_\_
17. Do you like beef? On a scale of 1 - 4,  
 (1) for "love" (2) for "like" (3) Sometimes like  
 (4) Hate with a hot fiery passion!
- Typically, how do you like your meat cooked?  
 Rare, Medium Rare, Medium, Medium Well, Well-Done?
1. Beef short-ribs\_\_\_\_\_
  2. Spare ribs\_\_\_\_\_
  3. Skirt / flank steak\_\_\_\_\_
  4. Filet mignon\_\_\_\_\_
  5. Rib eye\_\_\_\_\_
  6. Ground beef\_\_\_\_\_
  7. Veal\_\_\_\_\_
18. Do you like Lamb? On a scale of 1 - 4,  
 (1) for "love" (2) for "like" (3) Sometimes like  
 (4) Hate with a hot fiery passion!
1. Lamb chops\_\_\_\_\_
  2. French lamb chops\_\_\_\_\_
  3. Leg of lamb\_\_\_\_\_
19. Do you like vegetarian entrees as meals? On a scale  
 of 1 - 4, (1) for "love" (2) for "like"  
 (3) Sometimes like (4) Hate with a hot fiery passion!
20. What are some of your favorite soups? Split Pea  
 with ham, creamy tomato, New England Clam, Vegetable,  
 French Onion? Name any others that you love
- \_\_\_\_\_

21. Do you like Salads? On a scale of 1 - 4,  
(1) for "love" (2) for "like" (3) Sometimes like  
(4) Hate with a hot fiery passion!

What are your 2 favorite salad dressings?

Blue Cheese, Honey Mustard, Balsomic Vinegarette?

-----

22. Pasta On a scale of 1 - 4, (1) for "love" (2) for "like"  
(3) Sometimes like (4) Hate with a hot fiery passion!

I know, a loaded question. What's your favorite pasta dishes? Lasagna, Gnudi, Baked Ziti, Linguini with Pesto? Do you prefer an olive oil based pasta opposed to a red sauce pasta? Just rattle off some of your favorites...

-----

-----

-----

23. On a scale of 1 - 4, how much do you like these grains?  
(1) for "love" (2) for "like" (3) Sometimes like  
(4) Hate with a hot fiery passion!

1. White Jasmine Rice\_\_\_\_\_
2. White Basmati Rice\_\_\_\_\_
3. Sushi Rice\_\_\_\_\_
4. Wild Rice\_\_\_\_\_
5. Brown Jasmine Rice\_\_\_\_\_
6. Brown Basmati Rice\_\_\_\_\_
7. Standard American White Rice\_\_\_\_\_
8. Standard American Brown Rice\_\_\_\_\_
9. Bulgur (Couscous) \_\_\_\_\_
10. Quinoa - *The Super Grain!* \_\_\_\_\_
11. Black Rice\_\_\_\_\_
12. Black Beans\_\_\_\_\_
13. Pinto Beans\_\_\_\_\_
14. Chickpeas\_\_\_\_\_
15. Northern Beans\_\_\_\_\_
16. White Beans\_\_\_\_\_

24. On a scale of 1 - 4, how much do you like having quality, artisan bread with dinner (1) for “love” (2) for “like” (3) Sometimes like (4) Hate with a hot fiery passion!

1. Kalamata (olive) Bread\_\_\_\_\_
2. Rosemary Hearth Bread\_\_\_\_\_
3. Foccacia Bread\_\_\_\_\_
4. Whole Grain Bread\_\_\_\_\_
5. Naan Bread\_\_\_\_\_
6. Pita Bread\_\_\_\_\_
7. Mediterranean Bread\_\_\_\_\_
8. Italian Bread\_\_\_\_\_
9. Sourdough Bread\_\_\_\_\_
10. Pugliese Bread\_\_\_\_\_
11. Rustic\_\_\_\_\_
12. French Baguet\_\_\_\_\_
13. Peasant Bread\_\_\_\_\_

25. On a scale of 1 - 3, are you sensitive to any of the following? (1) Couldn't love it more - bring it! (2) Not sensitive (3) A little sensitive (4) It kills me! (very sensitive) (5) Hate it - don't even speak it's name!

1. Garlic\_\_\_\_\_
2. Onion\_\_\_\_\_
3. Bell Peppers\_\_\_\_\_
4. Capers\_\_\_\_\_
5. Tomatoes\_\_\_\_\_
6. Spicy Peppers\_\_\_\_\_
7. Nuts\_\_\_\_\_
8. Fruit\_\_\_\_\_
9. How spicy do you like spicy (when appropriate)
  - a. Mild
  - b. Medium
  - c. Hot

26. Veggie, Spices, Fruits & Nuts. On a scale of 1 - 4, how much do you like these? (1) for “love” (2) for “like” (3) Sometimes like (4) Hate with a hot fiery passion! (5) Never had it.

Do you like nuts in your food? Y/N

Do you like fruit in your food Y/N

<b>Vegetables</b>	<b>Vegetables (Cont'd)</b>	<b>Herbs (Cont'd)</b>	<b>Nuts (Cont'd)</b>
Amaranth, Chinese	Kale Kohlrabi	Anise Basil	Walnuts
Anise	Leek	Borage	<b>Seeds</b>
Artichoke	Lettuce	Caraway	Pumpkin
Asparagus	Mushroom	Chervil	Sesame
Adzuka	Okra	Cilantro	Sunflower
Beans, Green	Okra, Chinese	Cinnamon	
Beans, Chinese (Yard-long)	(Dishcloth gourd Luffa)	Cloves Coriander	<b>Fruits</b> Apple
Fava beans	Olives	Cumin	Apricot
Beet	Onion	Curry	Banana
Black-eyed Pea	Parsnip	Fennel	Berries
Bok Choy	Pea	Ginger	Bilberry
Borage	Pepper (Red/Green)	Marjoram	Blackberry
Broccoli	Potato	Mint	Blueberry
Brussels Sprouts	Pumpkin	Mustard	Boysenberry
Cabbage	Radish	Oregano	Cantaloupe
Cabbage, Chinese	Radish, Chinese	Paprika	Cherry
Carrot	(Daikon)	Parsley	Currants
Cauliflower	Rhubarb	Pepper, Red	Fig
Celeriac	Rutabaga	Pepper, Black	Grapes
Celery	Sesame	Pepper, White	Melon
Chayote	Shallots	Rosemary	Nectarines
Chicory	Snow Peas	Sage	Gooseberry
Chinese Mustard (Bok Choy)	(Edible-Pod Sugar Snap)	Savory Sesame	Kiwi Fruit Peaches
Collard	Soybean, Edible	Tarragon	Pear
Corn	Spinach	Thyme	Pineapple
Cucumber	Squash	Vanilla	Plum
Dandelion	Squash, Spaghetti		Pluot
Eggplant	Squash, Summer	<b>Nuts</b>	Plumquot
Endive	Sweet Potato	Almonds	Plumquot
English Pea	Swiss Chard	Brazils	Quince
Fennel	Taro	Cashews	Raspberry
Garlic	Tomatillo	Chestnuts	Strawberry
Ginger	Tomato	Coconuts	Watermelon
Globe Artichoke	Turnip	Hazels	
Gourds	Watercress	Macadamia Nuts	
Horseradish	Zucchini	Peanuts	
Japanese Eggplant		Pecans	
Jerusalem Artichoke	<b>Herb &amp; Seasonings</b>	Pine Nuts	
Jicama	Allspice	Pistachios	

**23. How would you like your entrees packed? Individual, For Two Family Style? Other**

---