

Name _____

Address _____

Email _____ Phone _____

Please fill out the pdf and email it
back to tina@thetastefultable.com.
Or, mail it back instead. Thanks!



CHECK WHAT YOU **DON'T** LIKE

Beef

Ground beef
Roast
Short ribs
Steak

Pork

Bacon
Chop
Ground
Ham
Ribs
Roast
Tenderloin

Lamb

Chop
Ground
Roast
Stew

Chicken

Boneless
Drumsticks
Ground
Thighs

Turkey

Boneless
Ground

Fish

Cod
Hallibut
Salmon
Sardines
Seabass
Snapper
Sole
Swordfish
Tilapia
Tuna
Trout

Seafood

Crab
Lobster
Mussels
Scallops
Shrimp
Squid

Pasta

Gluten-free
White flour
Whole wheat

Eggs

Egg whites
Egg yolk
Whole

Gluten

Barley
Bran
Bulgar
Couscous
Einkorn
Farino
Farro
Kamut
Malt
Orzo
Rye
Seitan
Semolina
Spelt
Triticale
Wheat bran

Butter/oil

Avocado oil
Expeller pressed
canola oil
Coconut oil
Grassfed butter
Olive oil
Sesame oil
Grapeseed oil

Add Dietary Notes

Gluten-free

Amaranth
Arrowroot
Bean & legume
Buckwheat
Coconut flour
Corn
Millet
Nut & seed flours
Potato
Potato flour
Potato starch
Quinoa
Rice, rice bran
Sorghum
Tamari
Teff
Wild rice

Herbs

Basil
Cilantro
Dill
Mint
Oregano
Tarragon
Thyme

Beans

Black
Chickpeas
Pinto
White

Lentils

Black
Dal
Green
Red
Puy

Soy

Edamame
Soy milk
Soy Sauce
Tamari
Tofu

Non dairy

Almond milk
Cashew milk
Coconut milk
Hemp milk
Soy milk

ONLY CHECK WHAT YOU DON'T LIKE

<p>Seeds</p> <ul style="list-style-type: none"> Chia Flax Hemp Pumpkin Sunflower 	<p>Cheese</p> <ul style="list-style-type: none"> Blue cheese Brie Cheddar Feta Goat Monterey Jack Mozzarella Parmesan Swiss 	<p>Other</p> <ul style="list-style-type: none"> Artichokes Asparagus Avocado Bean sprouts Bell peppers Capers Celery Cucumbers Dandelion greens Eggplant Fennel Garlic Green beans Hot peppers Okra Peas Swiss chard Yellow squash Zucchini 	<p>Fruits</p> <ul style="list-style-type: none"> Apples Apricots Bananas Berries Cherries Cranberries Dates Figs Grapefruit Grapes Mangoes Melons Olives Oranges Papayas Peaches Pears Persimmons Pineapple Plums Pomegranates Tomatoes Watermelon 	<p>Categories</p> <ul style="list-style-type: none"> Stir-fry Casseroles Curries Chilies Enchiladas/tacos Fajitas Pasta Roasts Soups Stews
<p>Nuts</p> <ul style="list-style-type: none"> Almonds Brazil nuts Cashews Macadamia Peanuts¹ Pecans Pine nuts Walnuts 	<p>Leafy greens</p> <ul style="list-style-type: none"> Mixed greens Romaine Spinach 	<p>Starchy</p> <ul style="list-style-type: none"> Acorn squash Beets Butternut squash Carrots Celery root Corn Green peas Sweet potatoes Parsnips Plantain Pumpkin Spaghetti squash Swiss chard Taro White potatoes Yams 	<p>Comments</p>	<p>Cuisines</p> <ul style="list-style-type: none"> Chinese French Greek Indian Italian Japanese Mexican Middle Eastern Thai Vietnamese
<p>Dairy</p> <ul style="list-style-type: none"> Buttermilk Creme fraiche Cottage cheese Grass fed butter Sour cream Whole milk 2% milk 1% milk/skim Yogurt 	<p>Cruciferous</p> <ul style="list-style-type: none"> Arugula Bok choy Broccoli Brussel sprouts Cabbage Cauliflower Collard greens Kale Mustard greens Radish Rutabaga Turnip Watercress 			
<p>Mushrooms</p> <ul style="list-style-type: none"> Button Cremini Oyster Shitake 	<p>Onion Family</p> <ul style="list-style-type: none"> Chives Leeks Onions Scallions Shallots 			

1. Peanuts grow underground, not on a tree like other nuts. They are a legume, as are beans and peas.

QUESTIONS**What is your ideal level of heat in a dish?**

Bland Medium Hot

Do you enjoy:

Soups as a main entree: Yes No

Pasta as a entree: Yes No

Salads as a main entree: Yes No

How will the food be packaged?

Versatiner that I provide for a fee
Glass or plastic that you provide

Food portioning should be:

Family style Individual

Can I cook with alcohol?

Yes No

Stove type

Gas Electric

Do you have a microwave?

Yes No

How will you reheat your entrees?

Oven Microwave

Are you interested in freezing entrees?

Yes No

Special Dietary Needs

Dairy-free Gluten-free Paleo Vegetarian

If other, explain:**Are you allergic to any foods? If so, explain.**

Yes No

What sugar do you currently use?**How do you feel about leftovers?****What are some of your favorite foods?**