



Food Questionnaire

Wholesome Goodness

Rate each item below:

if you have more than one person's interest, just put a note next to food with their name.

Circle food = LOVE

Line through food = Allergic

No mark = OK to use

X = Like, but avoid right now

GRAINS

- Amaranth
- Basmati –white –brown
- Buckwheat –toasted -raw
- Jasmine –white -brown
- Short brown rice
- Med brown rice
- Long brown rice
- Sweet brown rice
- White rice
- Millet
- Quinoa
- HatoMugi (Jobe's tears)

GLUTEN GRAINS:

- Polenta
- Oats
- Wheat berries –hard -soft
- Barley –whole -pearled
- Rye berries _____
- Bulgur
- Couscous

GRAIN PRODUCTS:

- Noodles/pasta
- Bread
- Tortillas
- Crackers
- Chips
- Amazake –plain -other
- Mochi –plain –other
- Tapioca
- _____

BEANS

- Adzuki
- Black beans
- Black eyed peas
- Chickpeas
- Kidney beans

- Lentils

- Lima beans
- Navy/Cannelloni
- Pinto
- Red Lentils
- Soy beans
- Soy products: tofu, tempeh...
- Soy Yogurt, protein powder, milk...
- Split peas
- _____

GREENS

- Arugula
- Bok Choy –baby –reg.
- Collards
- Dandelion
- Kale –curly – black - red
- Lettuce -romain
- Lettuce -baby
- Mustard greens
- Napa
- Parsley –curly. –Italian
- Scallion
- Sprouts
- Watercress
- _____

ROUNDS

- Beets
- Brussels sprouts
- Cauliflower
- Cabbage –green -red
- Onion –white -yellow -red
- Red Radish -w/tops
- Radicchio
- Rutabaga
- Turnips
- Winter squash
- Pumpkin
- _____

ROOTS

- Burdock
- Carrot]
- Celery root
- Daikon
- Ginger root
- Jicama
- Lotus root
- Parsnip
- Yuca root
- _____

NIGHT SHADES

- Tomatoes
- Potatoes
- Eggplant
- Peppers
- Spinach

OTHER VEGGIES

- Asparagus
- Artichokes
- Broccoli
- Celery
- Cucumber
- Corn on the cob
- Green beans
- Lemons
- Leeks
- Mushrooms
- Snow peas
- Summer squash
- Yam
- Zucchini
- _____

SEEDS/NUTS

- Almonds
 - Cashews
 - Chestnuts
 - Coconut
 - Hazelnuts
 - Pecans
 - Pine nuts
 - Walnuts
 - Pumpkin seeds
 - Sunflower seeds
 - Sesame seeds –tan –black
 - Chia seeds
 - Flax seeds
 - Nut/seed butter
-

SEA VEGETABLES

- Agar agar
 - Arame
 - Dulse
 - Hijiki
 - Kombu
 - Nori
 - Wakame
-

FRUIT

- AVOCADOS
- Apple
- Apricots
- Cherries
- Grapes
- Pears
- Peaches

BERRIES:

- Blueberries
- Raspberries
- Strawberries

CITRUS:

- Lemon
- Lime

- Grapefruit
- Orange

MELONS:

- Watermelon
- Cantaloupe
- Honeydew

TROPICAL:

- Mango
 - Banana
 - Kiwi
 - Papaya
 - Pineapple
-

ANIMAL PROTEIN

- Beef
 - Chicken
 - Lamb
 - Turkey
 - Pork
 - Meaty fish
 - Red Fish
 - White flakey fish
 - Shellfish
 - Soft Dairy (milk, sour cream, yogurt)
 - Hard Dairy (cheese, parmesan)
 - Eggs
-

SEASONINGS

- Sea Salt
- Soy sauce (GF Tamari)
- Ume –plum –paste -vinegar
- Miso
- Pickles
- Capers
- Sauerkraut
- Oils (vegetables)
- Oils (nuts)
- Oils (fruits)
- Tallow
- Lard
- Butter

- Ghee
 - GARLIC
 - Vinegars
 - Mustard
 - Mayonnaise -fresh made
 - Bone broths
 - Herbs: basil, thyme, bay, rosemary..
 - Warm spices: cumin, paprika, ginger..
 - Hot spices: chili, cayenne, red pepper..
-

SWEETENERS

- Agave
- Honey
- Jam
- Maple syrup
- Rice syrup
- Dried Fruit
- Chocolate
- Stevia

BEVERAGES

- Kukicha twig tea
 - Coffee/Black Tea
 - Green tea
 - Herbal tea
 - Grain Coffee
 - Juice
 - Soda
 - Alcohol: beer, wine, liquor
-

OTHER

Questions:

Circle all that you are practicing: **Raw, Vegan, Macro, Paleo, Ketosis, Kosher, other**_____

What Ethnic foods do you like?

- Italian
- Thai
- Meat & Potatoes
- Indian
- Japanese
- Traditional American (sandwiches, hamburgers, hot dogs...)
- Chinese
- French

Name some items you like for Breakfast: _____

Describe a typical Lunch: _____

What percentage would you like the food to be bought Organic? _____

What are some of your favorite dishes (ex: Lasagna): _____

What kind of foods do you snack on? _____

What are your food "weaknesses"? _____

Do you feel like you prefer salty or sweet? _____

How often do you like to eat per day? (ex: grazing on small meals, infrequent large meals, etc.) _____

Any Other Notes to the Chef: