



Thank you for completing this questionnaire.

Your responses will help us craft a personalized menu tailored to you. The more insight you provide, the more refined your menu experience will be.

Please note: This questionnaire is reserved for clients who have completed a consultation with Chef Miriam. If you have not yet done so, kindly contact us to schedule your consultation and confirm availability.

Name*

Email*

Phone*

Address*

Number of People in Household:

1 2 3 4 5 more

Which cuisines do you and your household most enjoy?

Italian Mexican Japanese Caribbean Greek American /
Comfort Food

Chinese Indian Spanish French Thai Portuguese

How would you prefer your meals to be prepared and packaged?

Family Style Individual

Preferred Cook Day

Monday Tuesday Wednesday Thursday Friday Weekend

Does anyone in your household have any allergies, dietary restrictions, or sensitivities?

Which meals do you want support with?

Lunch Dinner Breakfast Snacks

How many meals a week are you looking to cover with our service?

Do you have a preference on where we shop for your groceries?

What are your favorite foods?

Are you okay with thoughtfully planned leftovers, or would you prefer distinct meals each day?

Which cuisines do you and your household most enjoy?

- Beef Chicken Pork Lamb Turkey Plant Based Meal
- Tofu Salmon Seabass Tuna Tilapia Cod
- Shrimp Scallops Beans Nuts Eggs

If you enjoy cheese, what kind do you enjoy most?

- Cheddar Monterey Jack Goat Cheese Parmesan Ricotta Mozzarella
- Brie Feta Queso Fresco Cotija Vegan Halloumi
- Blue / Gorgonzola

If you enjoy dairy, what kind do you enjoy most?

- Whole Milk 2% Milk Skin Milk Heavy Cream Half & Half Butter
- Ghee Butter Becel Sour Cream Yogurt

Do you enjoy vegetarian entrees?

- Yes No

What are your favorite fruits and vegetables?

What are your least favorite fruits and vegetables?

Do you enjoy pasta?

- Yes No

Do you enjoy bread?

- Yes No

Do you enjoy soup?

- Yes No

What level of salt do you prefer?

- None Low Moderate Heavy

What level of spice (heat) do you prefer?

- None Mild Medium Hot

What type of oil do you prefer?

Are there any type(s) of food you strongly dislike?

Which of the following most closely describes your food style?

- Meat and Potatoes Homestyle (Rustic Comfort Food) Gourmet / Fine Dining
- Spicy / Exotic / Adventurous Health Conscious (No Specific Diet, But Focus on Clean Eating)