

Food Preference Questionnaire

Please fill out form to the best of your ability. You can either download the file and email it to soulkitchen3@gmail.com OR print it out for delivery or mail.
For mailing response please contact email above for address.

***Dietary Restrictions & Goals**

Please answer the below section in the following way:

Yes (leave blank)

No (N)

Allergic (X)

One of my favorites (!)

I don't know what this is (?)

Protein

Tofu Chicken Pork Beef Duck Lamb Venison Elk Egg Salmon Tuna Shrimp
Trout

Styles

Thai Asian Indian Mediterranean Italian Island Mexican Spanish French BBQ

Grains

Rice Oats Wheat Quinoa Polenta Millet Cous Cous Pasta Orzo

Greens

Kale Collard Spinach Romaine Mescaline Arugala Chard Head Lettuce

Vegetables

Carrots Beets Broccoli Bell Peppers Summer Squash Green Beans

Potatoes

Roasted Mashed Sweet Baked Winter Squash

Onion

Scallion White Red Raw Caramelized Ginger Garlic

Beans

Black Kidney Lentil Split Pea Navy Lima Garbanzo

Dairy

Yogurt Cottage Cheese Goat Cow Sheep Heavy Cream

Spice

None Mild Tangy Hot Super Hot Lava

Misc.

Olives Artichoke Hearts Anchovies Avocado Blue Cheese

***Other Items that you did not see on the list and wish to add>**