

Name:
Address:
Phone number:
Email:
Number of Entrees (per session): Number of Portions:
Variety Preferred of Entrees:
Breakfast, Lunch, Dinner, or all:

What does your daily diet as of now consist of:

Do you have any allergies or intolerances? If so, please list all:

What are your favorite types of cuisine or flavors?

What are some dishes you loved to eat growing up?

What are some of your favorite fruit?

What are some of your favorite veggies?

Are you open to trying new ingredients and flavors? List any specifics you may have in mind:

List any fruits, vegetables, or ingredients you dislike or prefer to not eat:

Do you prefer that the ingredients used to create your meals be sourced from local and/or organic producers when possible or do you prefer conventional products?

(Organic and local ingredients can have a slightly higher cost, but these ingredients tend to stay fresh longer, contain more nutrients to aide your goals than conventional products, and help support the Orlando community by buying from local sources) :

Do you prefer that the all ingredients used to create your meals be whole foods (nothing processed or modified) or are some processed, such as meat alternatives or cheese alternatives? *While whole foods are best for our bodies, meat and cheese alternatives can be of great benefit to someone transitioning to a more plant-based diet; however, they typically have a higher cost than the average produce:*

Do you prefer savory or sweet foods:

Please provide the best day(s) and time(s) during the week for me to prepare your meals. Meals are prepared and stored in the client's home (or delivered for an extra fee), with descriptions of the dishes and instructions for reheating included.

We encourage the use of reusable containers for meals and request that clients purchase reusable containers designated for meal prep sessions, however we also offer the option to rent reusable, microwaveable and oven-safe containers for your meals to be stored in.