



Personal Chef Services
Client Profile

Please Check **N** if you do not wish to have items in this category prepared. Please add any additional comments if you'd like or specify certain items.

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N | *Proteins* |

Chicken: Breast|Thigh|Leg|Wing|Ground

Turkey: Breast|Thigh|Leg|Wing|Ground

Beef: Steak|Ribs|Roast|Ground|Stew

Veal: Scallops|Ground|Stew

Pork: Chops|Roast|Ribs|Bacon|Ham|Ground

Lamb: Chops|Stew|Ground|Roast

Fish: Salmon|Catfish|Bass|Tuna|Halibut

Shellfish: Lobster|Shrimp|Crab|Prawns

Shellfish: Clams|Scallops|Oysters

Tofu: Seared|Sautéed|Fried|Baked|Raw

Tempeh: Seared|Sautéed|Baked|Fried

Plant-Based: Jackfruit|Beyond|Impossible|

Additional Comments About Proteins:

| *Nuts* |

N

Almonds
Brazils
Cashews
Chestnuts
Hazelnuts
Macadamia Nuts
Peanuts

N

Pecans
Pine Nuts
Pistachios
Pumpkin Seeds
Sesame Seeds
Sunflower Seeds
Walnuts

| *Grains* |

N

Rice – (White / Brown)
Pasta (White, Wheat, Low-Carb)
Couscous
Cornmeal
Wheat Bread
White Bread
Muffins
Tortillas (Corn / Flour)
Cornbread
Dinner Rolls

| *Dairy + Eggs* |

N

Milk (Skim|1%|2%|Whole)
Yogurt (Light / Regular)
Sour cream (Light/Regular)
Half and Half
Heavy Cream
EGGS:
Whole
Whites Only

N

Cheeses (Parmesan,
Cheddar, Swiss, Fontina,
Asiago, Ricotta,
Mozzarella, Mascarpone,
Gouda, Manchego,
Havarti, Cream Cheese,
Burrata, Brie, Goat)

Any Additional Comments About Nuts, Grains, or Dairy:

| *Fruits* |

N

Apple
Apricot
Banana
Blackberry
Blueberry
Boysenberry
Cantaloupe
Cherry
Currants
Dates
Fig
Grapes
Grapefruit
Melon
Nectarines
Gooseberry
Kiwi
Oranges
Mangoes
Peaches
Pear
Pineapple
Plum
Pluot
Plumquot
Quince
Raspberry
Strawberry
Watermelon

| *Vegetables* |

N

Artichoke
Asparagus
Beet
Bell Pepper
Broccoli
Brussels Sprouts
Cabbage
Carrot
Cauliflower
Celery
Corn
Collard Greens
Cucumber
Eggplant
Fennel
Garlic
Ginger
Kale
Lettuce
Mushroom
Onion
Peas
Potato
Pumpkin
Radish
Spinach
Squash
Sweet Potato
Tomato

Additional Comments About Fruits or Vegetables:

| *Allergens* |

| *Special Diet* |

Any Additional Comments for the Chef:
Ex:(Favorite Cuisines|Herbs/Spices/Textures that are
not Preferable, etc.)