Basic Kneads Personal Chef Family Profile for

Food Item	Nm/Ck Method	Y	N	Nm/Ck Methd	Y	N	Nm/CkMethod	Y	N	Nm/CkMethod	Y	N	Likes
Beef													
Pork													
Chicken													
Fish													
Shellfish													
Ground Sirloin													
Nuts													
Eggs													Dislikes
Cheese													
Rice Wh. Br.													
Broccoli													
Cauliflower													
Carrots													
Potatoes													
Brussels Sprouts													
Asparagus													
Corn													Preferences
Peas													
Artichokes													
Cabbage													
Spinach													
Salads													
Onions													
Bell Peppers													
Mushrooms													Restrictions
Avocados													
Tomatoes													
Garlic													
Dry & Gr Bns													
Squash													
Soups													
Spicy Foods													

Basic Kneads Personal Chef Family Profile for ______________________________

Cuisines	Nm/ Ck Method	Y	N	Nm/Ck Method	Y	N
American						
Mexican						
Italian						
Chinese						
Thai						
Greek						
Lo-Carb						
Lo-Fat						

Name ______________________________

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Address ______________________________

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Phone ______________________________

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E-Mail______________________________

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How Spicy can I go?____________________

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Re-Heat Preference:

Stove, Oven, Mirco, BBQ

Salad Dressings: Bleu Cheese____

Ranch____ Vinaigrette___ Caesar____

Bread: Y N

Desserts: Y N

Customer Notes