

# Ambrosia Personal Chef Service

318 C St.

San Rafael, CA

94901

[www.cheflisa.net](http://www.cheflisa.net)

(415) 307-7270

## CLIENT CONTACT INFORMATION & QUESTIONNAIRE

LAST: \_\_\_\_\_ FIRST: \_\_\_\_\_ MIDDLE: \_\_\_\_\_

SPOUSE NAME: \_\_\_\_\_ CHILDREN'S NAMES: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ ZIP CODE:  
\_\_\_\_\_

CROSS STREETS, IF IN THE CITY:  
\_\_\_\_\_

HOME #: \_\_\_\_\_ WORK#: \_\_\_\_\_

CELL #: \_\_\_\_\_ EMAIL: \_\_\_\_\_

BEST WAY TO COMMUNICATE: / Email /Home/ Phone

Work Phone / Cell Phone

## FOOD PREFERENCES/EATING INFORMATION

FOOD LIKES/FAVORITES:

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**FOOD DISLIKES:**

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**ANY FOOD CRAVINGS?**

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**WHAT DO YOU EAT ON A STANDARD DAY FOR BREAKFAST, LUNCH, DINNER AND SNACKS?**

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**FOOD ALLERGIES:**

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**PLEASE EXPLAIN ANY HEALTH CONDITIONS OF WHICH YOU WANT ME TO BE AWARE (e.g., high**

Cholesterol, high blood pressure, diabetes, pregnancy, etc.):

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DIETARY RESTRICTIONS: /Diabetic / Vegetarian / Lactose Intolerant

/Low Sodium / Organic Only

### **COOKING SERVICES INFORMATION**

COOKDAY: \_\_\_\_\_

HOW OFTEN DO YOU WANT TO SERVICE: Every week ongoing / Limited time: \_\_\_\_\_

/ Every 2 weeks

NUMBER COOKING FOR: \_\_\_\_\_ SERVINGS: \_\_\_\_\_

ANY BUDGET?

\_\_\_\_\_

TYPE OF SERVICE: / Regular Menus /Specialized/Preferred Menus

SPECIALIZED/PREFERRED MENU, WHAT KIND? / South Beach, Atkins, the Zone

Or Paleo (circle one)

/ Diabetic/Low Sugar / Vegetarian / Tri-Athlete training meals /Baby Food

/ Children's Meals /Expecting/New/Breast-feeding Mother / Low Fat diet /Low Carb diet

! Other: \_\_\_\_\_

FOOD RESTRICTIONS? Beef /Chicken / Pork / Fish

Dairy / Nuts / Tofu / Kosher

Salt / Other: \_\_\_\_\_

NOTES:

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