



**BOULET GOURMET**  
PERSONAL CHEF SERVICES  
1024 Gallier Street  
New Orleans, LA 70117  
(504) 231-6072  
[www.bouletgourmet.com](http://www.bouletgourmet.com)

### Client Health Needs and Preferences

There is one form for each member of the family. If all members of the family have the same dietary health preferences and needs, then only one form will be required.

Contact Information: \_\_\_\_\_ Date: \_\_\_\_\_  
Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ Zip: \_\_\_\_\_  
Home phone: \_\_\_\_\_ Work: \_\_\_\_\_ Mobile: \_\_\_\_\_  
Fax: \_\_\_\_\_ Website: \_\_\_\_\_  
Email: \_\_\_\_\_

Other adults in the house, (indicate relationship-husband, etc.): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Children in the household, name and age:

1. \_\_\_\_\_ age: \_\_\_\_\_  
2. \_\_\_\_\_ age: \_\_\_\_\_  
3. \_\_\_\_\_ age: \_\_\_\_\_  
4. \_\_\_\_\_ age: \_\_\_\_\_  
5. \_\_\_\_\_ age: \_\_\_\_\_

#### Diet Preferences:

Low fat       Low carb       High protein       Diabetic/low sugar  
 Low sodium       Vegan       Kosher       Lactose Intolerant  
 South Beach       Atkins       Organic       Weight Watchers

Other concerns that need to be addressed: \_\_\_\_\_  
\_\_\_\_\_

Alcohol restrictions for cooking?  Wine  Sherry  Vodka  Sake

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Medical conditions:

- None  Diabetic  Cardiac conditions  High blood pressure  
 High cholesterol

Other health concerns not mentioned above:\_\_\_\_\_

Allergies:\_\_\_\_\_

Intolerances:\_\_\_\_\_

Sensitivities:\_\_\_\_\_

Commonly asked questions:

Are you trying to lose weight?\_\_\_\_\_

Are you working with a:  Nutritionist  dietician  doctor  personal trainer

Do you have diet guidelines from a professional that need to be followed?

If so, what are they?\_\_\_\_\_

Would you like your portions controlled? If so, what food type and to what degree?\_\_\_\_\_

How many times a week do you eat:

- Red meat  Lamb  Turkey  Pork  Chicken  
 Hamburger  Shrimp  Pasta  Nuts  Beans  
 Seafood  Cheese  Non fat  Low fat  Grains

Your favorite cuisine:

- American  Chinese  French  Greek  
 Italian  Japanese  Mexican  Thai  
 Middle Eastern  Other\_\_\_\_\_

How spicy do you like your food?  Mild  Medium  Hot

Do you like to eat sushi or raw fish?\_\_\_\_\_ hot/cold\_\_\_\_\_

Do you eat salads daily? With fresh fruits, nuts, cheese, dressing?\_\_\_\_\_

Do you eat soup hot/cold regularly?\_\_\_\_\_

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Would you like snacks prepared and placed in your refrigerator? If so what type?.....  
How often?.....

Do you like to have bread with your meals? If so what type of breads/rolls?.....

Do you like garlic, shallots, onions? If so, how? In everything?.....  
.....  
.....

*Favorite foods you fancy:*

<i>Fish</i> .....	<i>Fish to avoid</i> .....
<i>Shellfish</i> .....	<i>to avoid</i> .....
<i>Red Meat</i> .....	<i>to avoid</i> .....
<i>Poultry</i> .....	<i>to avoid</i> .....
<i>Leafy greens</i> .....	<i>to avoid</i> .....
<i>Green veg</i> .....	<i>to avoid</i> .....
<i>Fruits</i> .....	<i>to avoid</i> .....
<i>Bread</i> .....	<i>to avoid</i> .....
<i>Starch</i> .....	<i>to avoid</i> .....
<i>Nuts</i> .....	<i>to avoid</i> .....
<i>Soup</i> .....	<i>to avoid</i> .....
<i>Dessert</i> .....	<i>to avoid</i> .....

*Favorite dishes:*.....  
.....  
.....

*Least favorite dishes:*.....  
.....  
.....

*Packaging of your entrees and sides:*

*How would you like your entrees and sides packaged?*

-- *Family Style* -- *for two People* -- *for one person*

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Do you prefer disposable containers \_\_\_\_\_  
Reusable (glass) containers \_\_\_\_\_

*Inside Your Home*

Do you have a microwave? \_\_\_\_\_ Do you use? \_\_\_\_\_  
Is your stove gas or electric? \_\_\_\_\_ Indoor grill? \_\_\_\_\_  
Do all components of the stove work? \_\_\_\_\_ If not, what should I know? \_\_\_\_\_  
\_\_\_\_\_

Do you prefer to reheat in the oven or microwave? \_\_\_\_\_  
Would you like food marinated for the grill? \_\_\_\_\_  
May I see your freezer? \_\_\_\_\_ Is there more than one? \_\_\_\_\_  
Where is your fuse box located? \_\_\_\_\_  
Do you have pets? \_\_\_\_\_ Their names: \_\_\_\_\_  
Please describe ANY security arrangements necessary for me to enter your  
home \_\_\_\_\_  
\_\_\_\_\_

Any more information, concerns, issues that I should know? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Thank you for choosing **Boulet Gourmet** for your personal chef services.

"It's a pleasure to serve you!"

Bon Appétit,

*Keith Boulet*