**EDIBLES BY LISA**

PERSONAL CHEF PROFILE

Please complete and submit your Personal Chef Profile in order to schedule your first delivery date. We appreciate any and all details you can provide to better help us suit your needs. If, at any time, you have questions, please [contact us here.](mailto:lisa@ediblesbylisa.com)

\*Answer all questions

First Name Last Name

Home Address

City State Zip code

How many people will EBL be feeding?

How would you like your meals packaged?

* Family-style
* Single portion
* Portion control

Does anyone in your household have allergies or dietary restrictions?

What types of cuisine do you enjoy?

If you’re unsure but willing to try it out please check the box.

* American
* Cajun/Creole
* Caribbean
* Chinese
* Homestyle/Comfort Food
* Italian
* Mexican/Tex Mex
* Southern/Soul Food
* Spanish

Notes

What fruits, vegetables, and herbs do you like?

If you’re unsure but willing to try it out please check the box.

* Apples
* Artichoke
* Eggplant
* Asparagus
* Banana
* Basil
* Beets
* Bell peppers
* Blackberries
* Blueberries
* Bok choy
* Broccoli
* Broccoli rabe
* Brussels sprouts
* Cabbage
* Carrot
* Cauliflower
* Celery
* Chard
* Cherries
* Cilantro
* Collard greens
* Endive
* Frisee
* Fennel
* Ginger
* Grapes
* Green Beans
* Hearts of Palm
* Hot peppers
* Jicama
* Kale
* Kohlrabi
* Leeks
* Lemon
* Line
* Mango
* Melon
* Mushrooms
* Mustard greens
* Okra
* Olives
* Onions
* Oranges
* Oregano
* Parsley
* Parsnips
* Pears
* Pineapple
* Pomegranate
* Radicchio
* Radish
* Raspberries
* Rhubarb
* Rosemary
* Rutabaga
* Sage
* Spinach
* Squash
* Sundried Tomatoes
* Sweet potato
* Tomato
* Watercress
* Zucchini

Notes

What meats and/or meat substitutes do you like?

If you’re unsure but willing to try it out please check the box.

* None
* Beef
* Chicken
* Duck
* Eggs
* Fish
* Lamb
* Pork
* Bacon
* Turkey
* Seafood
* Seitan
* Tempeh
* Tofu

Notes

What dairy products do you like?

If you’re unsure but willing to try it out please check the box.

* None
* Butter
* Cheese
* Cream
* Ghee
* Milk
* Paneer
* Sour cream
* Yogurt
* Soy milk

Notes

What grains, legumes, nuts and seeds do you like?

If you’re unsure but willing to try it out please check the box.

* Barley
* Beans
* Bulgur
* Chia
* Couscous
* Farro
* Hazelnuts
* Lentils
* Pecans
* Pine Nuts
* Pistachios
* Poppy Seeds
* Pumpkin Seeds
* Rice
* Sesame Seeds
* Sunflower
* Seeds
* Walnuts

Notes

What oils, condiments and sauces do you like?

* Agave
* Aiolis/Remoulades/Tartar Sauce
* Avocado Oil
* Barbecue Sauce
* Butter/Margarine
* Coconut Milk
* Coconut Oil
* Gravies
* Hollandaise/Bernais Sauce
* Honey
* Horseradish
* Hot Sauce
* Ketchup
* Mayonnaise
* Mustards
* Olive Oil
* Peanut Oil
* Soy Sauce/Tamari
* Teriyaki Sauce
* Vinegars

What salad dressings do you like?