

Thyme Heals All

Chef Katy

(917) 679-2890

thymehealsall1@gmail.com

New Client Form: Please fill out before our first meeting so we can discuss!

Name:

Address:

City/State/Zip Code:

Email:

Phone Number:

★ Please check all items that you WILL eat. If there is an item that you will not eat and it is listed with items that you will eat, please explain in the notes section below

Meat/Poultry

- Beef [roasts, steaks, stews, ground]
- Lamb [chops, leg, ground]
- Poultry [chicken, turkey, ground]
- Pork [chops, ham, sausage, bacon, tenderloins, roasts]
- Vegetarian [tofu, tempeh, lentils, saitan,]

Fish/Shellfish

- White Fish [cod, flounder, tilapia, seabass, bronzino, etc]
- Fish Steaks [swordfish, monkfish, ahi tuna]
- Salmon [grilled, roasted, broiled, smoked]
- Shellfish [shrimp, scallops, lobster, crab, etc]
- Mollusks [oysters, mussels, clams]
- sushi - raw
- sushi - cooked only

Salad

- Green salads [greek, caesar, house, etc]
- Fruit in salad [strawberries, mango, apple, blueberries, etc]
- Chopped salads [mainly vegetable salads that have been chopped down]
- Vegetable noodle salads
- Grain salads
- Salads as main course

Soups/Stews

- Pureed [cauliflower soup, asparagus soup, carrot ginger, etc]
- Brothy [chicken soup, miso soup, vegetable soup]
- Stew
- Soup as main course

Vegetables

- Green [broccoli, asparagus, zucchini, peas, green beans, brussels sprouts, celery, broccolini, snap peas]
- Yellow [wax beans, summer squash, spaghetti squash, delicata squash, golden beets]
- Red [cabbage, beets, tomato, sundried tomato, red bell pepper, sweet potato, carrot, butternut squash, pumpkin]
- White [cauliflower, parsnip, bean sprouts, mushroom, leek, onion, garlic]
- Leafy greens [kale, spinach, collards, arugula, watercress, chard, bok choy]
- Beans [black beans, white beans, red beans, cranberry beans, chickpeas, soybeans]
- Dark [eggplant, capers, olives]

Grains

- Brown rice
- White rice
- Farro
- Quinoa
- Millet
- Amaranth
- Buckwheat
- Corn

Herbs/Seasonings

- Fresh herbs [parsley, tarragon, chives, oregano, basil, sage, rosemary, chervil, thyme]
- Spices [cumin, coriander, cardamom, chili powder, cinnamon, turmeric, ginger]
- Seasonings [sea salt, black pepper]
- Other [chili powder, paprika, red pepper flakes, white pepper]

oils/vinegars

- Olive oil
- Grapeseed oil
- Avocado oil
- Coconut oil
- Sesame oil
- Balsamic vinegar
- White wine vinegar
- Red wine vinegar
- Apple cider vinegar
- Rice vinegar
- Eggs

Eggs

- Frittatas
- Quiche
- Egg white only
- Hard boiled
- Soft boiled
- Poached
- Scrambled

- Quiche

How spicy do you like your food?

Favorite Foods?

Food Quality

I will purchase the types of foods that you normally buy for yourself. Please check any items that apply

- Organic proteins
- Organic produce
- Organic products [rice, quinoa, oils, etc]
- Grass fed meats
- Free range poultry
- Wild, sustainable fish/shellfish
- Conventionally grown fruits/vegetables
- Conventionally raised proteins/poultry/fish
- Other (if so, please explain)

Dietary preferences: please select all that apply

- Gluten free
- Dairy Free
- Grain Free
- Keto
- Low sugar
- Low sodium
- Plant-based
- Vegetarian (lacto-ovo, ovo, pescatarian)
- Nut free
- Paleo
- Vegan
- Macrobiotic

- Raw/Living Food
- Other (if so, please explain)

Allergies?

How often would you like my services?

Kitchen equipment

- Gas stove/oven
- Electric stove/oven
- Dishwasher
- Blender
- Cutting boards
- Misc kitchen tools [vegetable peeler, can opener, whisk, spatulas, tongs]
- Soup pot
- Sheet trays for oven baking
- Skillet
- Sauce pot
- Mixing bowls
- Grill pans
- Aluminum foil and parchment paper
- Other (if so, please explain)

Anything else you would like for me to know?