

# Healthy Life Cuisine Client Information Form

FAX COMPLETED FORM TO: (843) 785-6643

## Client Contact Information

Date:

Name:

Address

Home Phone:   
Cell Phone:   
Alt Phone:   
FAX:   
Email:

## Program Information

(check one)

3 Day Express Meal   
5 Day Work Week   
7 Day Calorie Cruncher   
7 Day Optima

(check one)

Lunch Only   
Lunch and Dinner

Delivery\*   
Pick-up

# Persons

Start Date:

(\* Delivery is an additional charge and has restrictions as to which days you can receive your meal.)

**Do you have any food related allergies? (Please Explain)**

**What is your goal for using this program?**

**What is your level of commitment?**

**Have you ever used a meal plan before?**

**Are you currently under any medical supervision?**

**Are you currently incorporating a fitness program? Would you like information?**

I understand that it is solely my responsibility to inform Sandstone Catering, LLC, of any medical conditions or allergies which might be affected by this meal program.

I understand that signing up for this program requires a minimum two week commitment.

I have read the policies section of the program and understand my responsibilities as it pertains to cancellation, changes and payment.

\_\_\_\_\_  
Client Signature

\_\_\_\_\_  
Date

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## CULINARY PREFERENCES

### CENTER OF THE PLATE

- FISH-SALMON
- FISH-TILAPIA
- FISH-MAHI MAHI
- FISH-SEA TROUT
- FISH-FLOUNDER
- FISH-GROUPER
- FISH-TUNA
  
- SHELLFISH-SHRIMP
- SHELLFISH-CRAB
- SHELLFISH-SCALLOPS
  
- POULTRY-CHICKEN
- POULTRY-TURKEY
- POULTRY-GAMEHENS
  
- BEEF
- PORK
- VEAL
- LAMB
  
- VEGETARIAN**
- TOFU
- 
- 
- OTHER \_\_\_\_\_

### VEGETABLES

- ARTICHOKE
- ASPARAGUS
- BEANS-BLACK
- BEANS-GREEN
- BEANS-KIDNEY
- BEETS
- CABBAGE
- CARROTS
- COLLARDS
- CORN
- CUCUMBERS
- EGGPLANT
- FENNEL
- KALE
- LETTUCE-ROMAINE
- LETTUCE-SPRING MIX
- MUSHROOMS
- ONIONS
- PEPPERS-COLORED
- PEPPERS-HOT
- RADDICCHIO
- RADISHES
- SCALLIONS
- SPINACH
- SQUASH-BUTTER
- SQUASH-YELLOW
- SQUASH-ZUCCHINI
- SWEET POTATOES
- TOMATOES
- TURNIPS
- OTHER \_\_\_\_\_

### FRUITS + NUTS

- APPLES
- APRICOTS
- AVOCADO
- BANANAS
- BLUEBERRIES
- CHERRIES
- DATES
- DRIED CRANBERRIES
- FIGS
- GRAPEFRUIT
- GRAPES
- HERB- CILANTRO
- HERB- \_\_\_\_\_
- HERB-DILL
- KIWI
- MANGO
- 
- MELON-CANTALOUPE
- MELON-HONEY DEW
- NUTS
- ORANGES
- OTHER \_\_\_\_\_
- PAPAYA
- PEARS
- PINEAPPLE
- RAISINS
- RASPBERRIES
- STRAWBERRIES
- WATERMELON

### REGIONAL CUISINES

- ITALIAN
- ASIAN
- FRENCH
- SOUTHERN
- CAJUN
- CARIBBEAN
- SPANISH
- MEXICAN
- OTHER \_\_\_\_\_

### I REALLY DON'T LIKE:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### MEDICAL OR ALLERGIC CONSIDERATIONS: PLEASE EXPLAIN

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