

Name:

Address:

Phone Number:

Email:

Would you like to join our newsletter for updates about specials, events, and important news?

How did you find out about The Living Kitchen?

**Health Issues and Concerns**

1. What are your major health concerns?

2. What are your health goals?

**Type of Meals**

What type of meals would you like prepared? Please tell us a little bit about what type of food preparation you need help with. (example- main meals such as dishes that can be used for lunches and/or dinners, snacks, smoothie prep, etc.)

**Allergies and Sensitivities**

1. What foods and ingredients are you allergic to?

2. What foods are you sensitive to (ie- you can eat in moderation, once in a while, but if

eaten too much can be irritating)?

● How often do you eat these foods?

● Do you want these ingredients used in your private chef service? Y/N

3. If your family members are also going to be eating this food- are there any

foods/ingredients that they are allergic or sensitive to?

**Foods You Love**

1. What are your favourite foods and ingredients to eat?

2. What are your favourite cuisines to eat?

3. Do you like soups and stews? (Y/N)

4. Do you like one-pot dishes (such as lasagna, healthy of course!)? (Y/N)

5. Do you like raw vegetables and salads? (Y/N)

6. Do you like cooked vegetables? (Y/N)

**Foods You Dislike**

1. Are there any foods/ingredients that you will not eat and really dislike?

2. Are there any ingredients that you would like us to avoid using? (other than allergies

listed above)

3. What type of cuisines do you really dislike?

**Specialty Meals**

1. What type of protein do you eat (vegetarian, vegan and/or animal)?

2. If applicable, what type of animal protein do you eat- dairy, eggs, chicken/turkey, fish, red meat? (please specify in detail)

3. If applicable, what type of vegan/vegetarian protein do you eat- beans, nuts and seeds, tofu, tempeh, eggs, dairy? (please specify in detail)

4. Are you gluten free?

5. Are you wheat free?

6. Are you dairy free?

**Number of People**

How many people will be eating the meals?

**Kitchen Questions**

**(this helps us plan recipes around what kitchen equipment is available)**

1. Do you have a food processor?

2. Do you have a high speed blender? (such as Vitamix or Blendtec or other brand)

3. Do you have standard cooking equipment? (baking sheets, mixing bowls, cutting board, knives, measuring spoons + cups, pots and pans)

*\*please note, some of our chefs bring their own chef knives to use*

**Grocery Shopping**

1. Will you be buying the groceries? (we will provide you with an ingredient list)
2. Would you like us to do the grocery shopping for you?
3. If we do the grocery shopping, do you prefer all organic ingredients? Or, some organic ingredients and some conventional products (ie- hormone and antibiotic free poultry/meat instead of organic)? *Please specify your preference for produce, pantry items, and poultry/meat*

**Scheduling**

How long would you like to schedule cooking sessions? (example: ongoing for long term, 3 months, 4 weeks, etc.) This helps us coordinate scheduling with our chefs and make sure that we reserve a specific day each week for your cooking session.

**Payment**

What form of payment do you prefer? Interac E-transfer or credit card

Payment is due immediately upon receipt of invoice

*We require a credit card to hold your reservation for a cooking session. We will not bill your credit card until after the cooking session is complete. \*If you are paying by Interac E-transfer, we will ONLY bill your credit card if in the event that a payment is NOT made within 1 week of the cooking session.*

**Cancellation Policy:**

*Please let us know a full 2 business days (48 hours) in advance of a cancellation. We appreciate your understanding. This notice allows us to try and help other clients who are waiting for bookings as well as give our chefs timely updates for their schedules.*

*Cancellations made within 48 hours of a scheduled cooking session will be charged for the partial cost of the cooking session ($75+hst). If any groceries have already been purchased for you, you will also be billed for the cost of the groceries.*

*Why do we charge a cancellation fee?*

*The Private Chef service begins well in advance of when we arrive to cook for you. We plan your menu and recipes many days before your cooking session. If it's less than 2 business days before your cooking session, then we have already begun working on your menu and customizing your recipes.*

*We respect our chefs' time and busy schedules. If in the event of a cancellation we try to give them as much notice as possible so that they can rearrange their schedule as well as do our best to accommodate another client on our waiting list.*