

NutriAdmin

Food Preferences: Likes and Dislikes

Please complete the questionnaire below. Your honest responses will help your practitioner understand your food likes and dislikes better and assist them in creating personalized recommendations.

Do you have any dietary restrictions or food allergies that should be considered?

Yes

No

If yes, please specify.

Do you follow a specific diet that excludes specific food items/groups?

Yes

No

If yes, please specify.

Are there any specific dietary preferences or restrictions based on your religion or cultural background?

Yes

No

If yes, please specify the restrictions and preferences.

Food Dislikes

Go through each section and select the food items you DO NOT want to have in your meal plan.

Protein Sources

- Chicken breast
- Chicken thighs
- Chicken - ground
- Turkey breast
- Turkey - ground
- Pork chops/loin
- Pork - ham/bacon
- Beef steak
- Beef - ground
- Veal
- Lamb
- Salmon
- Cod
- Tuna
- Tilapia
- Scallops
- Shrimp

- Tofu
- Tempeh
- Eggs
- Protein powder
- Vegan Protein Alternatives
- Seitan
- Smoked Salmon
- Egg Whites
- I like all of these

Please indicate if there is anything that you don't like that is not on the list.

Green Vegetables

- Mixed greens
- Lettuce
- Spinach/Kale
- Broccoli
- Green beans
- Green peas
- Asparagus
- Brussels Sprouts
- Cabbage
- Zucchini
- Celery
- Cucumber
- I like all of these

Please indicate if there is anything that you don't like that is not on the list.

Other Vegetables

- Tomatoes
- Bell Peppers
- Mushrooms
- Carrots
- Cauliflower
- Eggplant
- Pumpkin
- Butternut Squash
- Beets
- Radish
- I like all of these

Please indicate if there is anything that you don't like that is not on the list.

Dairy

- Milk
- Butter
- Yogurt
- Sour cream
- Cheese: cottage
- Cheese: feta
- Cheese: provolone
- Cheese: mozzarella
- Cheese: parmesan
- Cheese: goat
- Ricotta cheese
- I am dairy-free
- I like all of these

Please indicate if there is anything that you don't like that is not on the list.

Non-Dairy

- Almond Milk
- Oat Milk
- Almond Yogurt
- Non-Dairy Cheese Alternatives
- I like all of these

Please indicate if there is anything that you don't like that is not on the list.

Fermented / Pickled Foods

- Pickles
- Sauerkraut
- Kimchi
- Kefir
- Kombucha
- Miso
- I like all of these

Please indicate if there is anything that you don't like that is not on the list.

Starchy Carbohydrates

- Potato
- Sweet potato
- Plantain
- White rice
- Brown rice
- Quinoa

-
- Buckwheat
 - Couscous
 - Barley
 - Beans
 - Chickpeas
 - Lentils
 - Sourdough bread
 - Ezekiel bread
 - Oats / Oatmeal
 - Rice Cakes
 - Grits / Polenta
 - Rye Bread
 - I like all of these

Please indicate if there is anything that you don't like that is not on the list.

Sugars, Syrups, and Sweeteners

- Brown Sugar
- White Sugar
- Honey
- Agave
- Stevia
- Monk fruit Sweetener
- Other Artificial Sweeteners
- I like all of these

Please indicate if there is anything that you don't like that is not on the list.

Pasta & Alternatives

- Chickpea Pasta
- Quinoa Pasta
- Black Bean Spaghetti
- Whole Wheat Pasta
- Miracle Noodles
- Rice Noodles
- I like all of these

Please indicate if there is anything that you don't like that is not on the list.

Nuts & Seeds

- Walnuts
- Almonds
- Peanuts
- Pistachio
- Macadamia nuts
- Chia seeds
- Hemp seeds
- Flax seeds
- Pumpkin seeds
- Peanuts
- Pistachio
- I like all of these

Please indicate if there is anything that you don't like that is not on the list.

Condiments & Fat sources

- Avocado
- Mayonnaise

- Hummus
- Olive oil
- Coconut oil
- Peanut butter
- Almond butter
- Olives
- Sesame Oil
- Chili Oil
- I like all of these

Please indicate if there is anything that you don't like that is not on the list.

Fruits & Berries

- Apple
- Pear
- Banana
- Grapes
- Orange
- Tangerine
- Grapefruit
- Pomegranate
- Kiwi
- Strawberries
- Blueberries
- Raspberries
- Blackberries
- Watermelon
- Melon
- Pineapple
- Mango

- Cherries
- Peaches
- Plums
- I like all of these

Please indicate if there is anything that you don't like that is not on the list.

Any particular ingredients that are a turn-off for you? (e.g. onions, cilantro, etc.)

- Yes
- No

If yes, please indicate.

Specific textures or cooking methods you don't like for certain foods? (e.g. mushy vegetables, crispy chicken, etc.)

- Yes
- No

If yes, please indicate.

Food Likes

Think about different food groups and provide examples you enjoy from each:

Fruits	<input type="text"/>
Vegetables	<input type="text"/>

Grains/Starches	
Proteins	
Dairy	
Fats/Oils	

Please list some of your favorite foods or dishes.

Do you have a preference for any particular cuisines or cultural foods? (e.g. Italian, Mexican, Indian, etc.)

Yes

No

If yes, please list.

Cooking Methods

Please indicate which cooking methods you prefer for the following food categories.

Vegetables

Raw

Roasted

Steamed

Sauteed

Air fried

Meats / Plant Based Proteins

Baked

Grilled

Pan Fried

Air fried

Slow-cooked

Other

Fish

Baked

Grilled

Fried

Air Fried

Steamed

Food Likes and Dislikes: Meals & Snacks

What type of breakfast do you prefer?

Sweet

Savory

I like both

What do you usually like to eat for breakfast? (e.g., toast and egg, cereal with milk, overnight oats)

Do you typically make it at home or buy/order it?

Make it at home

Order / Eat Out

What do you typically enjoy for lunch? (e.g., wraps, pasta, sandwiches)

What do you generally like to eat for dinner? (e.g., grilled chicken, roasted vegetables, pasta)

Do you typically make it at home or buy/order it?

- Make it at home
- Order / Eat Out

For snacks, what are your preferred options? (e.g., fruits, nuts, yogurt, granola bars)

Other Food Preference

Do you like spicy food?

- Yes
- No

Do you prefer hot or cold meals?

- hot
- cold
- I don't mind either

Do you enjoy trying new foods, or do you prefer sticking to familiar options?

- I like exploring new options
- I prefer familiar foods

Are there any specific beverages you enjoy with your meals?

Yes

No

If yes, please specify.

Do you have any specific meal timing preferences, such as eating smaller meals throughout the day or larger meals at specific times?

Yes

No

Select the meal times you typically eat

breakfast

mid-morning snacks

lunch

mid-afternoon snack

dinner

late night snack

pre-workout snack

post-workout snack