

# Savory Grace

Personal Chef Service "Naturally Organic"

Po Box 353

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www.savorygrace.com

## Clients Health Needs & Allergies

*There is one form for each client. If all clients the same dietary health, preferences and needs, than only one form will be required per event..*

### Contact Information:

Date: \_\_\_\_\_

Name: \_\_\_\_\_ nick name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Home phone: \_\_\_\_\_ Work: \_\_\_\_\_

Mobile: \_\_\_\_\_ Fax: \_\_\_\_\_

E-mail address: \_\_\_\_\_ website: \_\_\_\_\_

### *Names of those attending the dinner*

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

### Diet concerns:

Low fat                       Low carb     High protein             Diabetic/low sugar

Low sodium                 Vegan             Lactose Intolerant     Kosher

South Beach                 Weight             Atkins                     Organic

Watchers

Other concerns that need to be addressed: \_\_\_\_\_

Alcohol restrictions for cooking?     Wine     sherry     vodka     Sake

*Savory Grace*  
*Personal Chef Service "Naturally Organic"*

Medical conditions:

- None       Diabetic       Cardiac conditions       High blood pressure  
 High cholesterol

Other health issues not mentioned above: \_\_\_\_\_

Allergies: \_\_\_\_\_

Intolerances: \_\_\_\_\_

Sensitivities: \_\_\_\_\_

*Foods to avoid:*

*Fish* \_\_\_\_\_

*Shellfish* \_\_\_\_\_

*Red meat* \_\_\_\_\_

*Poultry* \_\_\_\_\_

*Leafy greens* \_\_\_\_\_

*Green Veg* \_\_\_\_\_

*Fruits* \_\_\_\_\_

*Bread* \_\_\_\_\_

*Starch* \_\_\_\_\_

*Nuts* \_\_\_\_\_

*Soup* \_\_\_\_\_

*Dessert* \_\_\_\_\_

*Any addition information, concerns, issues that I should know?* \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Allergy Assessment Form

Please circle or check any items which you believe that you are allergic, sensitive or those tastes and textures you DO NOT care for. (List any other known allergies on reverse.)

<b>Vegetables</b>	<b>Vegetables (Cont'd)</b>	<b>Herbs (Cont'd)</b>	<b>Nuts (Cont'd)</b>
Amaranth,	Kale	Anise	Walnuts
Chinese	Kohlrabi	Basil	
Anise	Leek	Borage	<b>Seeds</b>
Artichoke	Lettuce	Caraway	Pumpkin
Asparagus	Mushroom	Chervil	Sesame
Adzuka	Okra	Cilantro	Sunflower
Beans, Green	Okra, Chinese	Cinnamon	
Beans, Chinese	(Dishcloth gourd	Cloves	<b>Fruits</b>
(Yard-long)	Luffa)	Coriander	Apple
Fava beans	Olives	Cumin	Apricot
Beet	Onion	Curry	Banana
Black-eyed Pea	Parsnip	Fennel	Berries
Bok Choy	Pea	Ginger	Bilberry
Borage	Pepper (Red/Green)	Marjoram	Blackberry
Broccoli	Potato	Mint	Blueberry
Brussels Sprouts	Pumpkin	Mustard	Boysenberry
Cabbage	Radish	Oregano	Cantaloupe
Cabbage, Chinese	Radish, Chinese	Paprika	Cherry
Carrot	(Daikon)	Parsley	Currants
Cauliflower	Rhubarb	Pepper, Red	Fig
Celeriac	Rutabaga	Pepper, Black	Grapes
Celery	Sesame	Pepper, White	Melon
Chayote	Shallots	Rosemary	Nectarines
Chicory	Snow Peas	Sage	Gooseberry
Chinese Mustard	(Edible-Pod	Savory	Kiwi Fruit
(Bok Choy)	Sugar Snap)	Sesame	Peaches
Collard	Soybean, Edible	Tarragon	Pear
Corn	Spinach	Thyme	Pineapple
Cucumber	Squash	Vanilla	Plum
Dandelion	Squash, Spaghetti		Pluot
Eggplant	Squash, Summer	<b>Nuts</b>	Plumquot
Endive	Sweet Potato	Almonds	Plumquot
English Pea	Swiss Chard	Brazils	Quince
Fennel	Taro	Cashews	Raspberry
Garlic	Tomatillo	Chestnuts	Strawberry
Ginger	Tomato	Coconuts	Watermelon
Globe Artichoke	Turnip	Hazels	
Gourds	Watercress	Macadamia Nuts	<b>Other</b>
Horseradish	Zucchini	Peanuts	Chocolate
Japanese Eggplant		Pecans	Food Coloring
Jerusalem Artichoke	<b>Herb &amp; Seasonings</b>	Pine Nuts	Iodine
Jicama	Allspice	Pistachios	Shellfish

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*\*\*Robin Lang DBA Savory Grace is not responsible for any information not listed on these sheets. All known health concerns and issues have been recorded and addressed with each client\*\**

*Thank you for choosing Savory Grace for your Personal Chef Service*

*"It's a pleasure to serve you"*

*Bon Appetit*

*Robin Lang  
Proprietor & Chef  
508.331.1179  
[www.savorygrace.com](http://www.savorygrace.com)*