

**TWISTED FOODS EATERY & MEAL PREP**

Your Name \_\_\_\_\_ Phone \_\_\_\_\_

We strive to accommodate all our customers' tastes and needs. This form will allow us to do this. Please complete for us.

Any known food allergies: \_\_\_\_\_

Health Concerns: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Activity level: \_\_\_\_\_ Days of Exercise \_\_\_\_\_

Comments/Macros: \_\_\_\_\_

Type of Plan: \_\_\_\_\_ ozs: \_\_\_\_\_ Price: \_\_\_\_\_ Commitment time: \_\_\_\_\_

Please check if you like, dislike or will try:

**BREAKFAST** \_\_\_\_\_ **LIKE** \_\_\_\_\_ **DISLIKE** \_\_\_\_\_ **WILL TRY** \_\_\_\_\_

Bagels \_\_\_\_\_

Bake Egg \_\_\_\_\_

Banana Baked Oatmeal \_\_\_\_\_

Banana Nut Bread \_\_\_\_\_

Biscuit & Gravy \_\_\_\_\_

Breakfast Muffin \_\_\_\_\_

BreakOut Bars \_\_\_\_\_

BreakOut Cake Bites \_\_\_\_\_

Casserole Wraps \_\_\_\_\_

Cheese Bagel \_\_\_\_\_

Cheese Bacon Bagel \_\_\_\_\_

Donuts \_\_\_\_\_

Egg Quiche \_\_\_\_\_

Egg Whites \_\_\_\_\_

Egg White Casserole with desired toppings \_\_\_\_\_

Egg White Panini \_\_\_\_\_

Egg white wraps or bowls with desired toppings \_\_\_\_\_

French Toast \_\_\_\_\_

Fruit Bowl - (circle fruit you like) - peaches strawberries red grapes green grapes pineapple kiwi \_\_\_\_\_

Granola Cereal \_\_\_\_\_

Hard Boiled Eggs \_\_\_\_\_

Jellies - (circle flavor you like) - raspberry strawberry grape orange apricot blueberry apple butter \_\_\_\_\_

Keto Cereal \_\_\_\_\_

Keto Pancakes \_\_\_\_\_

Keto Waffles \_\_\_\_\_

Lemon Poppy Seed Bread

Oat-M-G

Oats

Overnight Oats

Potato Bowl

Protein Pancakes

Protein Waffles

Sweet Biscuit Casserole

Syrup

Toast

Turkey Bacon

**NAME:** \_\_\_\_\_

**Entres** **LIKE** **DISLIKE** **WILL TRY**

Almond Chicken

Asian Teriyaki Chicken

BBQ Parmesan Salmon

BBQ Shredded Chicken

Beef Burger

Beefy Rotel

Black Bean Chipotle Burger

Bourbon Glazed Meatballs

Buffalo Ranch Shredded Chicken

Cavenders Shredded Chicken

Cheesy Salmon Bake

Cheesy Spicy Shredded Chicken

Chicken Feta Bacon

Chicken Salad

Cod

Creamy Cheesy Chicken

Doritos Chicken

Fajita Chicken

Garden Burger

General Tso Chicken

Grilled Chicken

Ground Turkey

Honey Mustard Shredded Chicken

Keto Chicken Salad

Seasoned Salmon

Meatloaf

Mexican Shredded Chicken

No Bake Lasagna

Pesto Almond Crusted Salmon

Pesto Shredded Chicken

Pot Roast

Pulled Pork

Quest Chicken Parmesan

Quest Cod Bake

Seasoned Shredded Chicken (chef's choice of the day)

Seasoned Chicken Wings

Shrimp

Steak

Taco Meat

Tilapia

Tofu

Tuna Zucchini Cakes

Tuna Salad

Turkey Burger

Turkey Meatballs

Turkey Sausage

Walnut Chicken

**NOTES:**

**NAME:** \_\_\_\_\_

**VEGGIES** \_\_\_\_\_ **LIKE** \_\_\_\_\_ **Dislike** \_\_\_\_\_ **WILL TRY** \_\_\_\_\_

Asian Stir Fry

Asparagus

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Broccoli

---

Brussel Sprouts

---

Carrots- Raw

---

Carrots- Cooked

---

Catalina Blend

---

Cauliflower (Flavor of the Day)

---

Celery- Raw

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Green Beans

---

Green Peas

---

Green Peppers

---

Mediterranean Vegetables

---

Mushrooms

---

Red Peppers

---

Romaine Lettuce

---

Snap Peas

---

Spaghetti Squash

---

Spinach

---

Squash

---

Yellow Peppers

---

Zucchini

---

Zucchini Noodles

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**NOTES:**

NAME: \_\_\_\_\_

CARBS \_\_\_\_\_ LIKE \_\_\_\_\_ DISLIKE \_\_\_\_\_ WILL TRY \_\_\_\_\_

Baby Baker White Potatoes with skin \_\_\_\_\_

Black Beans \_\_\_\_\_

Black Eye Peas \_\_\_\_\_

Brown Rice \_\_\_\_\_

Chickpea Salad \_\_\_\_\_

Cilantro White Rice \_\_\_\_\_

Grilled Diced White Potatoes \_\_\_\_\_

Gluten Free Dinner Roll \_\_\_\_\_

Gluten Free Bun \_\_\_\_\_

Gluten Free Hot Dog Bun \_\_\_\_\_

Gluten Free Pasta \_\_\_\_\_

Gluten Free Mac & Cheese \_\_\_\_\_

Jasmine Rice \_\_\_\_\_

Pinto Beans \_\_\_\_\_

Quinoa \_\_\_\_\_

Pinto Beans \_\_\_\_\_

Sweet Potato Fries \_\_\_\_\_

Sweet Potatoes \_\_\_\_\_

Taco Corn Shells \_\_\_\_\_

Tortilla Wrap \_\_\_\_\_

Twisted Chips \_\_\_\_\_

White Rice \_\_\_\_\_

**NOTES:**

**NAME:** \_\_\_\_\_

**SNACKS** \_\_\_\_\_ **LIKE** \_\_\_\_\_ **DISLIKE** \_\_\_\_\_ **WILL TRY** \_\_\_\_\_

Almond Butter \_\_\_\_\_

Baked Cinnamon Apple Wrap \_\_\_\_\_

Bavarian Cream Dessert \_\_\_\_\_

Beefy Rotel Nachos \_\_\_\_\_

BreakOut Protein Bars Choco Peano flavor \_\_\_\_\_

BreakOut Protein Bars Coco Nutty flavor \_\_\_\_\_

BreakOut Protein Bars Oat Batter Baby flavor \_\_\_\_\_

Breakout Protein Cake Bites Chocolate Peanut Butter \_\_\_\_\_

Breakout Protein Cake Bites Chocolate Chip Cookie Dough

Breakout Protein Cake Bites Strawberry

Breakout Protein Cake Bites Summer Sea Salt

Brownies

Cheesy Chicken Taquitos

Chocolate Chip Pizza

Cookie Dough Rounds

Cookie Pizza

Cranberry Bread Pudding (seasonal)

Donut

Doritos Crunch Wrap

Fat Free Rotel with chips

Fit Whey Protein Water-Orange Dream

Fit Whey Protein Water-Berry

Fit Whey Protein Water-Grape

Fit Whey Protein Water-Lemonade

Flavored Cake Batter

Flavored Yogurt

Granola

Green Seedless Grapes

Hot Pockets

Hummus

Keto Fat Bomb

Keto Jalapeno Peppers

Keto Meat & Veggie Skillet

Keto Mousse

Keto Nut Crunch

Keto Nut Crunch Cookie

Keto Peanut Butter Cups

Keto Pie Filling

Keto Pizza

Keto Pudding

Keto Rounds

Keto Samoa Cake Batter

Keto Shake

Kiwi

Mozzarella Sticks

Mississippi Mud Rounds

Nacho Pretzel Bites

PB2 Roll Ups

NAME: \_\_\_\_\_

SNACKS CONTINUED

LIKE

DISLIKE

WILL TRY

PB2

Peaches

Peanut Butter Cups

Pepperoni Cheesy Bread

Pineapple

Protein Bars

Protein Chocolate Apple Turnover

Protein Cookies

Protein Pizza

Protein Pudding

Protein Rounds

Protein Shakes

Pudding

Pumpkin (seasonal)

Red Seedless Grapes

Rice Cakes

Smoes Dessert Bagel

Spinach Dip

Strawberries

Waffle Cookie

Whipped Chocolate Dessert

NOTES:



**NAME:** \_\_\_\_\_

**TOPPINGS** \_\_\_\_\_ **LIKE** \_\_\_\_\_ **DISLIKE** \_\_\_\_\_ **WILL TRY** \_\_\_\_\_

**A1 Sauce** \_\_\_\_\_

Almonds – Sliced \_\_\_\_\_

Avocado \_\_\_\_\_

Bacon \_\_\_\_\_

Banana Pepper \_\_\_\_\_

BBQ Sauce \_\_\_\_\_

Black Olives \_\_\_\_\_

Blackberries \_\_\_\_\_

Blueberries \_\_\_\_\_

Buffalo Sauce \_\_\_\_\_

Butter

---

Cashews

---

Cheddar-shredded

---

Coconut Oil

---

Corn

---

Cream Cheese

---

Diced Bell Pepper- grilled

---

Diced Onions – grilled

---

Dill Pickle Spears

---

Dried Cranberries

---

Fat Free Cheese Slice

---

Feta Cheese

---

Fresh Mozzarella

---

Goat Cheese

---

Gravy

---

Green Seedless Grapes

---

Jalapeno Corn

---

Jalapeno Pepper

---

Kiwi

---

Mandarin Oranges

---

Mayonnaise

---

Mushrooms

---

Mustard

---

Olive Oil – flavored

---

Parmesan-shredded

---

Peaches

---

Pepperjack Cheese

---

Pepperoncini

---

Pesto

---

Pineapple

---

Ranch Dip

---

Raspberries

---

Raw Carrots

---

Red Seedless Grapes

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Salsa

---

Sour Cream

---

NAME: \_\_\_\_\_

TOPPINGS CONTINUED

	LIKE	DISLIKE	WILL TRY
Santa Fe Blend Vegetables			
Strawberries			
Swiss Cheese			
Syrup			
Tzatziki Sauce			
Tomatoes			
Tomato Sauce			
Walnuts			
White Cheese Dip			
Yum Yum Sauce			
Yellow Cheese Dip			
<u>Walden Farms Dressing Flavors</u>			
Asian			
Bacon Ranch			
Bleu Cheese			
Buttermilk Ranch			
Chipotle Ranch			
Creamy Italian			
French			
Honey Dijon			
Italian			
Jersey Sweet Onion			
Pear & White Balsamic Vinaigrette			
Russian			

Sesame Ginger

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Super Fruits Balsamic Vinaigrette

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Thousand Island

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Zesty Italian

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NOTES:

