

TWISTED FOODS EATERY & MEAL PREP

Your Name _____ Phone _____

Email Address _____

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

Any known food allergies: _____

Health Concerns: _____

Height: _____ Weight: _____ AGE: _____ 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
------------------	-------------	----------------	-----------------

Baby Baker Potatoes			
---------------------	--	--	--

Bagels			
--------	--	--	--

Bake Egg			
----------	--	--	--

Banana Baked Oatmeal			
----------------------	--	--	--

Banana Nut Bread			
------------------	--	--	--

Biscuit & Gravy			
-----------------	--	--	--

Breakfast Muffin			
------------------	--	--	--

BreakOut Bars			
---------------	--	--	--

BreakOut Cake Bites			
---------------------	--	--	--

Casserole Wraps			
-----------------	--	--	--

Cheese Bacon Bagel			
--------------------	--	--	--

Chicken Sausage			
-----------------	--	--	--

Diced White Potatoes			
----------------------	--	--	--

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 blueberries raspberries mango			
--	--	--	--

Granola Cereal			
----------------	--	--	--

Grits			
-------	--	--	--

Hard Boiled Eggs			
------------------	--	--	--

Honey			
-------	--	--	--

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

Keto Cereal			
-------------	--	--	--

Keto Waffles			
--------------	--	--	--

Lemon Poppy Seed Bread			
------------------------	--	--	--

Oat-M-G			
---------	--	--	--

Oats			
------	--	--	--

Overnight Oats			
----------------	--	--	--

Potato Bowl			
-------------	--	--	--

Protein Pancakes			
------------------	--	--	--

Protein Waffles			
-----------------	--	--	--

Quinoa			
--------	--	--	--

Rice			
------	--	--	--

Sweet Biscuit Casserole			
-------------------------	--	--	--

Sweet Potatoes			
----------------	--	--	--

Syrup			
-------	--	--	--

Toast			
-------	--	--	--

Turkey Bacon			
--------------	--	--	--

NOTES: _____

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 Filet			
Chicken Salad			
Cod			
Creamy Cheesy Chicken			
Doritos Chicken			
Fajita Chicken (contains onions & peppers)			
Garden Burger			
General Tso Chicken			
Grilled Chicken			
Ground Turkey			
Gluten Free Chicken Strips			
Honey Mustard Shredded Chicken			
Impossible Burger			
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			
Sliced Turkey			
Steak			
Taco Meat			
Tilapia			
Tofu			
Tuna Melt			
Tuna Zucchini Cakes			
Tuna Salad			
Turkey Burger			
Turkey Meatballs			
Turkey Sausage			
Walnut Chicken			

NOTES:

NAME: _____

VEGGIES	LIKE	Dislike	WILL TRY
Asian Stir Fry			
Asparagus			
Broccoli			
Brussel Sprouts			
Carrots- Raw			
Carrots- Cooked			
Catalina Blend			
Cauliflower (Flavor of the Day)			
Celery- Raw			
Green Beans			
Green Peas			
Green Peppers			
Mediterranean Vegetables			
Mushrooms			
Red Peppers			
Romaine Lettuce			
Snap Peas			
Spaghetti Squash			
Spinach			
Squash			
Yellow Peppers			
Zucchini			
Zucchini Noodles			

NOTES:

NAME: _____

CARBS	LIKE	DISLIKE	WILL TRY
Baby Baker White Potatoes with skin			
Black Beans			
Black Eye Peas			
Brown Rice			
Chickpea Salad			
Falafel			
Flour Shells			
Grilled Diced White Potatoes			
Grits			
Gluten Free Dinner Roll			
Gluten Free Bun			
Gluten Free Hot Dog Bun			
Gluten Free Pasta			
Gluten Free Mac & Cheese			
Jasmine Rice			
Kale-Quinoa Grain			
Lentils			
Pinto Beans			
Pita Bread			
Quinoa			
Sweet Potato Fries			
Sweet Potatoes			
Taco Corn Shells			
Tortilla Wrap			
Twisted Chips			
White Rice			

NOTES:

NAME: _____

SNACKS	LIKE	DISLIKE	WILL TRY
Almond Butter			
Apple Crisp			
Baked Cinnamon Apple Wrap			
Baked Apples			
Bananas			
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			
Lemon CranBites			
Mozzarella Sticks			
Mississippi Mud Rounds			
Nacho Pretzel Bittes			
PB2 Roll Ups			

NAME: _____

SNACKS	CONTINUED	LIKE	DISLIKE	WILL TRY
Peaches				
PB2				
Pineapple				
Peanut Butter Cups				
Pepperoni Cheesy Bread				
Protein Bars				
Protein Chocolate Apple Turnover				
Protein Cookies				
Protein Pizza				
Protein Pudding				
Protein Rounds				
Protein Shakes				
Pudding				
Pumpkin (seasonal)				
Red Seedless Grapes				
Rice Cakes				
Roasted Chick Peas				
Smores Dessert Bagel				
Spinach Dip				
Strawberries				
Twisted Cookie Dough				
Waffle Cookie				
Whipped Chocolate Dessert				

NOTES:

NAME: _____

TOPPINGS	LIKE	DISLIKE	WILL TRY
A1 Sauce			
Almonds – Sliced			
Avocado			
Avocado Sauce			
Bacon			
Bananas			
Banana Pepper			
BBQ Sauce			
Black Olives			
Blackberries			
Blueberries			
Buffalo Sauce			
Butter			
Cashews			
Cheddar-shredded			
Chipotle Ranch			
Chocolate Chips			
Coconut Cream Sauce			
Coconut Flakes			
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			
Honey			
Jalapeno Corn			
Jalapeno Pepper			
Kiwi			
Lemons			
Mandarin Oranges			
Mango			
Mayonnaise			
Mushrooms			
Mustard			
Olive Oil – flavored			
PB2			
Parmesan-shredded			
Peanut Butter			
Peaches			
Pepperjack Cheese			
Pepperoncini			
Pesto			
Pineapple			
Pistachios			
Ranch Dip			
Raspberries			

NAME: _____

TOPPINGS CONTINUED

LIKE

DISLIKE

WILL TRY

Red Seedless Grapes

Salsa

Santa Fe Blend Vegetables

Sour Cream

Strawberries

Swiss Cheese

Syrup

Tzatziki Sauce

Tomatoes

Tomato Sauce

Walnuts

White Cheese Dip

Yum Yum Sauce

Yellow Cheese Dip

Walden Farms Dressing Flavors

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

Super Fruits Balsamic Vinaigrette

Thousand Island

Zesty Italian

NOTES:

