



# MEAL PLAN QUESTIONNAIRE

Fill out the questionnaire below and email back to us within 2 days to make sure you receive your customized plan!



We will create a custom meal plan based on your likes and dislikes. Each Meal Plan will include recommended macros, example meals, a shopping list and rules to follow. Please be as thorough as possible in your answers so we can create the best Meal Plan possible for your unique needs. Feel free to link recipes you love and often use if you would like them included.

Part One

*Personal Information*

Name:

Email:

Age:

Sex:

Weight:

# Goals & Conditions

What are your main goals?

Are there any health issues or symptoms I should be aware of?

Do you experience any digestive issues? If so, do you have any known triggers?

How active are you? Activities include (type, frequency, intensity, & duration)

# *Dietary Preference*

Do you follow a particular diet?

Do you have food allergies or sensitivities?

Which meal is typically the biggest for you?

Do you prefer to include snacks or stick to 3 meals per day?

# *Dietary Preference*

Typical breakfast & time eaten?

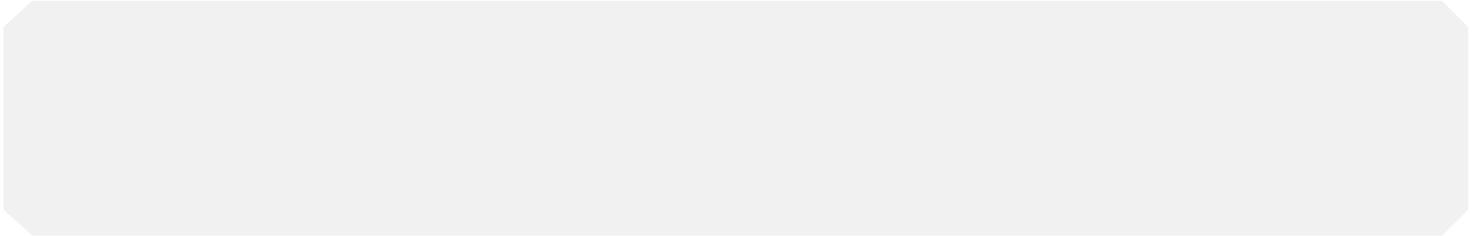
Do you have time to cook breakfast in the morning?

Typical Lunch & Time Eaten?

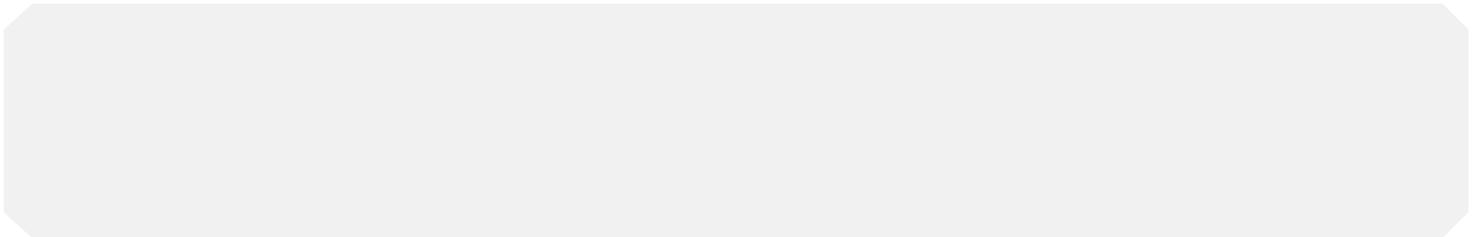
Typical Dinner & Time Eaten?

# *Dietary Preference*

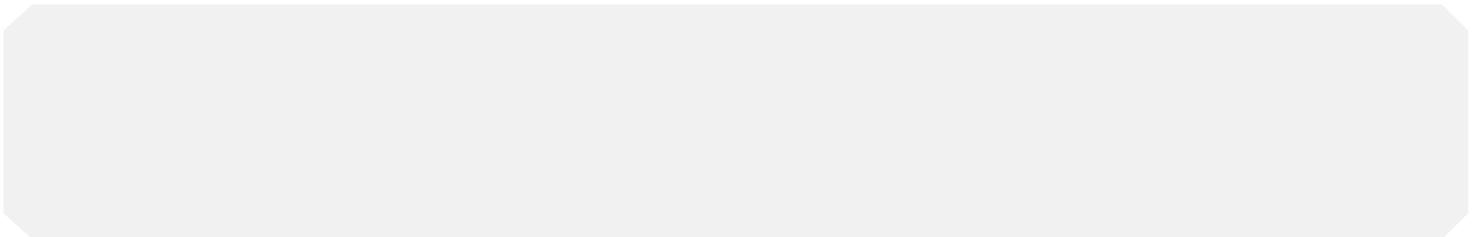
What are your favorite fruits?



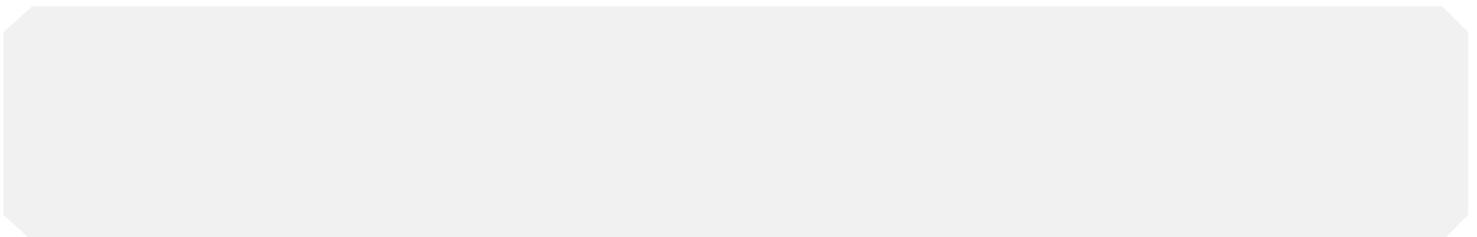
What are your favorite veggies?



What are your favorite protein sources?



What are your favorite carb sources (oats, potato, rice, bread, pizza, quinoa, beans, carrots, sweet potatoes, etc...)?



Drinks (including quantity & type - water, coffee, pop, juice, tea, alcohols, smoothies)?

Part Four

# Cooking & Prep

How do you feel about leftovers? If you enjoy them, how many days in a row do you eat the same meal?

When you dont know what to eat, what are your go tos?

Do you enjoy cooking?

# Cooking & Prep

Do you prefer cooking each night or prepping on the Weekend?

Are you willing and able to commit to give 2-3 hours towards meal prep each week? Yes or No - If no, what can you give?

What is your biggest challenge when it comes to planning, shopping, preparing, and healthy eating as a part of your lifestyle?

Do you prefer a recipe style menu (specific ingredients, amounts & directions) ?

# One Last Thing

Is there any other information you want us to know before receiving your meal plan?

