

Menu Planning Food Preferences

Name: _____

Date: _____

ANIMAL			
Bacon (Pork)	Bacon (Turkey)	Beef	Buffalo
Chicken	Duck Egg	Duck	Egg White
Egg Yolk	Egg	Game	Gelatin (Beef)
Gelatin (Pork)	Heart	Kidney	Lamb
Liver	Meat	Organ Meat	Pork
Turkey			
CORN			
Ascorbic Acid	Baking Powder	Citric Acid	Corn (vegetable)
Cornmeal	Cornstarch	Dijon Mustard	High Fructose Corn Syrup
Ketchup	White Vinegar	Xanthan Gum	
DAIRY			
Buttermilk	Butter	Cheese	Cottage Cheese
Cow's Milk	Cream	Ghee	Goat Cheese
Goat Milk	Kefir	Milk	Sheep Cheese
Sheep Milk	Yogurt Cheese	Yogurt	
FERMENTED			
Alcohol	Apple Cider Vinegar	Balsamic Vinegar	Chocolate
Coffee	Fruit	Kombucha	Malt
Rice Vinegar	Vanilla Extract	Vegetables	
Fish/Seafood			
Catfish	Clam	Codfish	Crab

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Fish	Haddock	Halibut	Lobster
Mahi Mahi	Mussels	Oyster	Salmon
Sardines	Scallops	Seaweed	Shellfish
Shrimp	Tuna		
FRUIT			
Acai	Apple	Apricot	Avocado
Banana	Blackberry	Blueberry	Boysenberry
Cacao	Cantaloupe	Carob	Cherry
Citrus	Coconut	Cranberry	Currants
Dates	Dried Fruit	Dried Apricots	Dried Cranberries
Figs	Grapefruit	Grape	Kiwi
Lemon	Lime	Mango	Melons
Nectarine	Orange	Papaya	Peach
Pear	Persimmon	Pineapple	Plum
Pomegranate	Prunes	Quince	Raisins
Raspberry	Strawberry	Tangerine	Watermelon
GRAIN			
Amaranth	Arrowroot	Barley	Brown Rice
Buckwheat	Egg Replacer	Gluten Free	Gluten
Grain Free Grains	Kamut	Millet	Oats (GF)
Oats (non-GF)	Quinoa	Rice Pasta	Rice Vinegar
Rye	Sorghum	Spelt	Starch
Tapioca	Teff	Wheat Germ	Wheat Pasta

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Wheat	White Rice	Wild Rice	
HERBS and SPICES			
Anise seed	Basil	Bay Leaf	Black or White Pepper
Caraway	Cardamom	Chives	Cilantro
Cinnamon	Cloves	Coriander	Cumin
Dill	Fennel Seeds	Lemongrass	Marjoram
Mint	Mustard	Nutmeg	Oregano
Parsley	Rosemary	Saffron	Sage
Salt	Savory	Tarragon	Thyme
Turmeric	Vanilla		
LEGUMES			
Beans	Black Bean	Garbanzo Bean	Kidney Bean
Lentil	Lima Bean	Miso	Natto
Navy Bean	Peanut	Pinto bean	Soy Sauce
Soy Milk	Soy	Split Pea	Tamari (GF)
Tempeh	Tofu		
MISCELLANEOUS			
Baking Soda	Corn-Free Baking Powder	Cream of Tartar	Guar Gum
MSG	Tea		
OILS			
Avocado Oil	Coconut Oil	Flax Seed Oil	Grape Seed Oil
Olive Oil	Peanut Oil	Sesame Oil	

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SEEDS			
Chia Seed	Flax Seed	Hempseed	Poppy Seed
Pumpkin Seed	Sesame Seed	Sunflower Seed	
SWEETENERS			
Agave Nectar	Beet Sugar	Brown Rice syrup	Coconut Sugar or Syrup
Date Sugar	Fructose	Glycerin	Honey
Maple Syrup	Molasses	Rapadura	Raw honey
Stevia	Sucanat	Sugar Cane	Vanilla Extract–Alcohol Free
Xylitol			
TREE NUTS			
Almond	Brazil Nut	Cashew	Chestnuts
Hazelnuts (Filberts)	Macadamia	Pecan	Pinenuts
Pistachio	Walnut		
VEGGIES			
Alfalpa Sprouts	Artichoke	Asparagus	Bamboo Shoots
Beet	Capers	Carrot	Celery root
Celery	Cucumber	Fennel	Ginger
Green beans	Green pea	Jerusalem Artichokes	Jicama
Mushroom	Okra	Olive	Palm
Rhubarb	Snow peas	Sorrel Mushrooms	Sugar Snap Peas
Sunflower Sprouts	Sweet Peas	Tomatillo	Water Chestnuts

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VEGGIES: CRUCIFEROUS			
Bok Choy	Broccoli Rabe	Broccoli	Brussel Sprouts
Cabbage	Cauliflower	Chinese Cabbage	Collard Greens
Daikon	Kale	Kohlrabi	Mustard Seeds
Napa Cabbage	Radish	Rutabaga	Turnip
Wasabi	Watercress	Horseradish	
VEGGIES: LEAFY GREENS			
Arugula	Beet Greens	Dandelion Greens	Endive
Grape Leaf	Lettuce	Radicchio	Spinach
Swiss Chard			
VEGGIES: NIGHTSHADES			
Bell Peppers	Cayenne Pepper	Chili Powder	Curry Powder
Eggplant	Green Chilies	Hot Peppers	Paprika
Potato Starch	Potato	Tomato	
VEGGIES: ONIONS AND GARLIC			
Garlic	Green Onions	Leeks	Onion
Shallots			
VEGGIES: SQUASH			
Acorn	Butternut Squash	Chayote	Pumpkin
Spaghetti Squash	Yellow Squash	Zucchini	

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VEGGIES: STARCHY			
Parsnip	Potato	Sweet Potato	Taro
Yam			
YEAST			
Bakers Yeast	Brewers Yeast	Nutritional Yeast	
STYLES OF EATING			
Paleo	Whole 30	Vegetarian	Vegan
Gluten-Free	Atkins	Raw	Blood Type
Mexican	Asian	Indian	Casseroles
Auto-immune	Dairy-Free	Gluten and Dairy Free	Spicy
Bland	Low-Fat	Mediterranean	Crock Pot/Soups/Stews
Low-Carb			

Directions:

- Cross out or highlight the main heading if you omit a whole food group. (for example, DAIRY)
- Cross out or highlight any foods or types of food you do not eat because of allergies or food preference.
- If you have not eaten a food listed, just leave the food unmarked.
- Please list any additional foods not listed that you dislike or omit from your diet.
- Under "Styles of Eating", circle any preferences you might have.

Comments:

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