

Food Assessment

Circle ALL Allergies (Add those not included)
 Mark "X" next to ingredients you will NOT eat

Real Meals

PERSONAL CHEF SERVICE
 630.307-0174
 www.realmeals-pcs.com

Vegetables	Vegetables	Vegetables
Alfalfa Sprouts	Cucumber	Parsnip
Anise	Daikon	Pea, Black-eyed
Artichoke	Eggplant	Pea, Sugar Snap
Arugula	Eggplant, Japanese	Pea, Sweet Green
Asparagus	Endive	Peapod
Avocado	Escarole	Pepper, Banana
Bean Sprouts	Fennel	Pepper, Bell
Bean, Black	Frisee	Pepper, Jalapeno
Bean, Cannellini	Garlic	Pepper, Poblano
Bean, Chinese Long	Ginger	Potato
Bean, Fava	Gourd	Pumpkin
Bean, Garbanzo	Greens, Dandelion	Rabe, Broccoli
Bean, Green	Greens, Mustard	Radicchio
Bean, Kidney	Greens, Collard	Radish
Bean, Lima	Horseradish	Rhubarb
Bean, Soy	Jicama	Rutabaga
Bean, Yellow	Kale	Sauerkraut
Bean, Pinto	Kohlrabi	Scallion
Beet	Leek	Shallot
Bok Choy	Lentil	Spinach
Borage	Lettuce, Iceberg	Squash, Acorn
Broccoli	Lettuce, Leaf	Squash, Hubbard
Brussel Sprout	Lettuce, Romain	Squash, Spaghetti
Cabbage, Chinese	Mushroom, Cremini	Squash, Summer
Cabbage, Green	Mushroom, Porcini	Squash, Yellow
Cabbage, Napa	Mushroom, Portobello	Squash, Zucchini
Cabbage, Red	Mushroom, Shitake	Sweet Potato
Cabbage, Savoy	Mushroom, White	Swiss Chard
Carrot	Okra	Taro
Cauliflower	Olive, Black	Tofu
Celeriac (Celery Root)	Olive, Greek (Kalamata)	Tomatillo
Celery	Olive, Green	Tomato, Fresh
Chayote	Onion, Green	Tomato, Sun-dried
Chicory	Onion, Sweet (Vidalia)	Turnip
Corn	Onion, Yellow/Spanish	Watercress

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Vegetables	Grains	Herbs/Spices/Condiment
Yams	Barley	Lemongrass
Fruits	Buckwheat (Kasha)	Maple Syrup
Apple	Bulgar	Marjoram
Apricot	Cornmeal	Mayonnaise
Banana	Couscous	Mint
Blackberry	Pasta	Miso
Blueberry	Polenta	Molasses
Boysenberry	Quinoa	MSG
Cantaloupe	Rice, Basmati	Mustard, Brown
Casaba Melon	Rice, Brown	Mustard, Dijon
Cherry	Rice, Jasmine	Mustard, Whole Grain
Clementine	Rice, Risotto	Mustard, Yellow
Coconut	Rice, White	Nutmeg
Cranberry	Rice, Wild	Oregano, Dried
Currant	Herbs/Spices/Condiments	Oregano, Fresh
Date	Allspice	Oyster Sauce
Fig	Anchovy Paste	Paprika
Gooseberry	Anise	Parsley
Grapefruit	Basil	Peanut Butter
Grapes, Green	Bay Leaf	Peanut Sauce
Grapes, Red	BBQ Sauce	Pepper, Black
Guava	Borage	Pepper, Cayenne
Honeydew Melon	Cajun Seasoning	Pepper, Green
Kiwi	Capers	Pepper, Pink
Kumquat	Caraway	Pepper, White
Lemon	Cardamom	Pesto
Lime	Chervil	Rosemary
Mango	Chili Paste	Saffron
Muskmelon	Chives	Sage
Nectarine	Chocolate	Salsa
Orange	Chutney	Savory
Papaya	Cilantro	Seed, Poppy
Peach	Cinnamon	Seed, Pumpkin
Pear	Clove	Seed, Sesame
Persimmon	Corriander (Dried)	Seed, Squash
Pineapple	Cumin	Seed, Sunflower
Plantain	Curry, Green	Sesame Oil
Plum	Curry, Red	Soy Sauce
Pomegranate	Curry, Yellow	Sweet Relish
Prune	Dill	Sweet/Sour Sauce
Quince	Fennel	Tabasco Sauce
Raisin	Food Coloring	Tarragon
Raspberry	Garlic	Tartar Sauce
Star Fruit (Carambola)	Ginger	Thyme
Strawberry	Guacamole	Tumeric
Tangelo	Honey	Vanilla
Tangerine	Jerk Sauce	Vinegar, Balsamic
Watermelon	Ketchup	Vinegar, Cider
Herbs/Spices/Condiments	Meats	Fish/Seafood
Vinegar, Fruit Flavored	Pancetta	Sole
Vinegar, Malt	Pork	Squid

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Vinegar, Red Wine	Rabbit	Sturgeon
Vinegar, Rice	Salami, Italian	Swordfish
Vinegar, White Wine	Sausage, Andouille	Talapia
Worcestershire Sauce	Sausage, Breakfast	Trout
Dairy	Sausage, Italian Hot	Tuna, Canned
Butter	Sausage, Italian Sweet	Tuna, Fresh
Cheese, American	Sausage, Polish	Turbot
Cheese, Asiago	Sausage, Smoked	Walleye
Cheese, Bleu	Veal	Whitefish
Cheese, Boursin	Venison	
Cheese, Brie	Poultry	
Cheese, Camembert	Chicken	Nuts
Cheese, Cheddar	Duck	Almond
Cheese, Cottage	Turkey	Brazil
Cheese, Cream	Other	Cashew
Cheese, Farmer's	Fish/Seafood	Chestnut
Cheese, Feta	Abalone	Hazelnut
Cheese, Goat	Bass	Macadamia
Cheese, Gouda	Calamari	Peanut
Cheese, Gruyere	Catfish	Pecan
Cheese, Havarti	Clam	Pine/Pignoli
Cheese, Jarlsberg	Cod	Pistachio
Cheese, Mascarpone	Crab	Walnut
Cheese, Monterey Jack	Flounder	Other
Cheese, Mozzarella	Grouper	
Cheese, Parmesan	Haddock	Other Foods
Cheese, Pecorino	Halibut	
Cheese, Provolone	Herring	
Cheese, Ricotta	Lobster	
Cheese, Romano	Mackeral	
Cheese, Swiss	Mahi Mahi	
Cream	Monkfish	
Eggs	Mussel	
Egg Substitute	Orange Roughy	
Margarine	Oyster	
Milk	Perch	
Sour Cream	Pike	
Yogurt	Pompano	
Meats	Red Snapper	
Bacon, American	Redfish	
Bacon, Canadian	Salmon, Fresh	
Bacon, Italian	Salmon, Smoked	
Beef	Sardine	
Ham	Scallop	
Lamb	Scrod	
Liver, Beef	Shrimp	
Liver, Chicken	Smelt	