**Personal questionnaire**

Please answer questions thoughtfully. This will help create your perfect plan.

**PLAN DATA**

**1. Your email?**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**3. Male / Female?**
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**5. Your Weight (lb / kg)?**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**2. Your First and Last Names?**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**4. Your Height (ft/in / cm)?**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**6. Your Age (years)?**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**7. Your Primary goal? (underline whatever is applicable)**

Lose weight (fat) / Stay fit / Gain muscles

**8. Expected number of training sessions per week (underline whatever is applicable)**

1….2….3....4….5….6….7....8….9….10….11….12....13….14….15….16....17….18….19….20

**9. Evaluate your fitness level (underline whatever is applicable)**

- Beginner

- Intermediate (You have participated in fitness activities more than twice a week for over a year)

- Sportsman (You have participated in fitness activities more than four times a week for over

three years.)

- Professional athlete

**10. Your activity level** **(underline whatever is applicable)**

- Sedentary job, sedentary lifestyle

- Sedentary job, active lifestyle

- Job requires physical activity, very active lifestyle

**FOOD PREFERENCES***The more ingredients you mark, the more varied the ration/plan will be.*

**11. What carbohydrates do you want in your meal plan? Choose at least 2 elements. (underline whatever is applicable)**

- Oats / Steel cut oats / Granola /White rice / Brown rice / Wild rice / Cream of rice / Cream of wheat / Potatoes / Sweet potatoes / Whole wheat pasta / Lentils / Split peas / Chickpeas

- Another one:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**12. What bread products do you want in your meal plan?** **(underline whatever is applicable)**

- Whole wheat bread / Multi-grain bread / Rye bread / Tortillas / White bread / Gluten-free bread / Whole wheat flour / Rice flour / Oat flour / Almond Flour
- None of the above

**13. Which meat & poultry products do you want in your meal plan? (underline whatever is applicable)**

- Chicken breast / Chicken thigh / Chicken drumstick / Turkey breast / Ground turkey / Low-fat beef / Beef Jerky / Veal / Low-fat pork / Lamb / Beef liver / Elk

 - None of the above

**14. Which fish & seafood products do you want in your meal plan? (underline whatever is applicable)**

- Tilapia / Perch / Cod / Mahi-Mahi / Salmon / Trout / Tuna (canned) / Shrimp / Squid / Mussels / Seafood cocktail / Red caviar / Char / Scallops / Yellowtail/Lacedra / Blue
- Another one:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

- None of the above

**15. What dairy products do you want in your meal plan? (underline whatever is applicable)**

- Milk 2% / Fat free milk / Lactose-free milk / Plant based milk low-sugar / Cottage cheese / Yogurt / Low-fat cheese (up to 20%) / Regular cheese (40% fat) / Cheddar Cheese / Mozzarella sticks
- Another one:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
- None of the above

**16. Do you want eggs in your meal plan? (underline whatever is applicable)**- Whole eggs
- Egg white
- None of the above

**17. Do you eat nuts? If so, which ones do you want in your meal plan? (underline whatever is applicable)**- Almonds / Walnuts / Hazelnuts / Pecans / Cashews / Pistachios / Peanuts / Pine nuts / Macadamia nuts / Coconut / Brazil nuts
- None of the above

**18. Which dried fruits do you want in your meal plan? (underline whatever is applicable)**- Dried apricots / Dried peaches / Dates / Raisins / Prunes / Figs / Dried apples / Dried pears / Dried cherries / Dried mangoes / Dried banana

- None of the above

**19. Which sweet treats do you want in your meal plan?** **(underline whatever is applicable)**

- Honey / Jam / Maple syrup / Agave / Peanut butter / Condensed milk
- None of the above

**20. What kind of vegetables do you want? Choose at least 2 elements. (underline whatever is applicable)**

- Tomatoes / Cucumbers / Sweet pepper / Onions / Carrots / Corn (fresh or canned) / Peas (fresh or canned) / Beans (fresh or canned) / Lettuce / Chinese cabbage / Arugula / Celery / Herbs / Green vegetables / Avocado / Mushrooms

- Another one:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**21. What kind of fruits do you want? Choose at least 1 element and Take into account the seasonality. (underline whatever is applicable)**

- Apples / Pears / Bananas / Mandarins / Mandarin Oranges / Oranges / Kiwis / Lemons / Frozen/fresh berries / Cherries / Grapes / Plums / Grapefruit / Watermelon / Melon

- Another one:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**22.** **What sauces do you want?? (underline whatever is applicable)**

- Tomato ketchup / Tomato paste / Salsa / Vinaigrette / Mayonnaise / Ranch dressing / Olive oil-based dressing / Thousand Island dressing / Soy sauce / Teriyaki sauce / Curry Sauce

- Another one:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
- None of the above

**23. What oils do you want? Choose at least 1 element. (underline whatever is applicable)**

- Olive oil / Sunflower oil / / Linseed oil

**24. What soy products do you want in your meal plan? (underline whatever is applicable)**

- Tofu / Soy meat

- None of the above

**25.** **What toppings/spices do you want? (underline whatever is applicable)**

- Green olives / Kalamata olives / Black olives / Pumpkin seeds / Sunflower seeds / Flax seeds / Sesame / Herbes de Provence / Dried herbs / Bay leaf / Chia / Caraway / Cinnamon

- None of the above

**26. What are you not ready to stop eating?** **(underline whatever is applicable)**- Marshmallow / Marmalade / Dark chocolate / Oatmeal cookies

- Ready to reject everything

**27. What protein supplements do you use? (underline whatever is applicable)**

- Protein shakes (24g protein ps) / Protein bar (20g protein ps)

- None of the above

**28. How many days in a row do you want to eat the same meal? Your answer will affect how often you need to cook.
- for breakfast**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (write a value from 1 to 7 days) **- for lunch**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (write a value from 1 to 7 days) **- for dinner**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (write a value from 1 to 7 days)

**29. Which snacks do you want?** **(underline whatever is applicable)**- Mid-Morning snack / Afternoon snack / Evening snack

- Without snacks

**Thank you!**