

**NEW CLIENT FORM**

NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ADDRESS/Delivery Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Allergies:

What are your nutritional goals?

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Are you currently working with a nutritional coach? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

If not are you interested in a custom diet plan?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please circle food likes and cross out dislikes below:

**Proteins**

* Boneless, Skinless Chicken Breast
* Tuna (water packed)
* Salmon
* White fish
* Shrimp
* Extra Lean Ground Beef
* Protein Powder
* Egg Whites
* Eggs
* Ribeye Steaks or Roast
* Steak
* Ground Turkey
* Ground Chicken

**Complex Carbs**

* Oatmeal (Old Fashioned or Quick Oats)
* Sweet Potatoes (Yams)
* Beans (pinto, black, kidney)
* Oat Bran Cereal
* Brown Rice
* Cream of Wheat
* Pasta
* Rice (white, jasmine, basmati, Arborio, wild)
* Potatoes (red, baking, new)

**Fibrous Carbs**

* Green Leafy Lettuce (Green Leaf, Red, Leaf, Romaine)
* Broccoli
* Asparagus
* String Beans
* Spinach
* Bell Peppers
* Brussels Sprouts
* Cauliflower
* Celery
* Cucumbers

**Other Produce & Fruits**

* Cucumber
* Green or Red Pepper
* Onions
* Garlic
* Tomatoes
* Zucchini
* Fruit (if acceptable on diet): bananas, apples, grapefruit, peaches, strawberries, blueberries, raspberries
* Lemons or Limes

**Healthy Fats**

* Natural Style Peanut Butter/Almond Butter
* Olive Oil or Safflower Oil
* Nuts (peanuts, almonds, walnut, etc)
* Flaxseed Oil
* Avacodo’s
* Coconut Oil

**Dairy**

* Low-fat cottage cheese
* Yogurt
* Low or Non-Fat Milk