



Lifestyle Questionnaire

Name (Please Print) _____

Please list any food allergies or dietary restrictions you may have _____

Who does the most cooking? _____ Who does the clean up most? _____

1) In your daily meal planning, please number the 3 most important items (1 being most important).

Nutrition	Speed	Clean Up	Flavor
Cost	Variety	Presentation	Quantity

2) Please circle if you have family history of any of the health issues below.

Heart Disease	High Cholesterol	Cancer	Alzheimer's	Colitis
Diabetes	High Blood Pressure	Stroke	Obesity	Acid Reflux

3) Are you trying to eat healthier? ___ YES ___ NO

4) Do you find it difficult to get your children to eat healthy? ___ YES ___ NO ___ N/A

5) What kind of cookware, bakeware, and serveware do you presently use? Please circle below.

Stainless Steel	Aluminum/Anodized Aluminum	Teflon Coated	Cast Iron
Copper	Waterless Cookware	Porcelain or Enamel	

6) Do you shop for the lowest price, highest quality, or best value? _____

7) If you were impressed, would you recommend us to your family and friends? ___ YES ___ NO



Who is hungry? Let's talk about today's menu!

Today's Menu	Regular Method	SALADMASTER	% Savings
Chicken Thighs			
Oil For Chicken			
Cake			
Oil For Cake			

How long would it take you to cook all of these for 6 adults if you were making them from scratch?

Total time to prepare & serve the meal?			
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Please Circle Weekly Grocery Cost	Monthly Cost	10%-20% Savings	Yearly Savings	10 Year Savings
\$50	\$200	\$20 - \$40	\$240 - \$480	\$2,400 - \$4,800
\$100	\$400	\$40 - \$80	\$480 - \$960	\$4,800 - \$9,600
\$150	\$600	\$ 60 - \$120	\$720 - \$1,440	\$7,200 - \$14,400
\$200	\$800	\$80 - \$160	\$960 - \$1,920	\$9,600 - \$19,200
\$250	\$1,000	\$100 - \$200	\$1,200 - \$2,400	\$12,000 - \$24,000

HEY Home Cooking

<https://kaizen-7.com/>

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