



NAME: _____ DATE: _____

NUTRITIONAL SYSTEM QUESTIONAIR

Question # 1

If none are applicable, please choose your closest option.

Which meal would typically satisfy your hunger at breakfast?

- Hot or cold cereal, toast, bagel or cereal type bar
- Turkey sausage, soft boiled eggs, and baby spinach with cheese
- Bacon or sausage with eggs cooked in butter
- Egg white omelet with vegetables and cheese
- I have no set breakfast and I may eat a combination within any of the above foods
- I typically skip breakfast.
- A protein shake with or without fruit
- I consume a plant based vegetarian or vegan style breakfast on a regular basis

Question # 2

If none are applicable, please choose your closest option.

If you had a challenging morning ahead of you and had to be at your best which breakfast would you choose if you needed to have lasting energy through the morning that would last until lunch with no opportunities for a snack?

- Yogurt with mixed berries and toast with butter
- Sausage patties or bacon with eggs and a small amount of hash browns with butter
- Leftovers from the prior night's dinner such as a chicken leg and green beans reheated in oven
- A bowl of oatmeal with cream and nuts
- Almost any food would provide that lasting energy

Question # 3

If none are applicable, please choose your closest option.

Do you require or desire a snack or stimulant such as coffee between breakfast and lunch when you have eaten the breakfast chosen above?

- Yes
- No

Question # 4

If none are applicable, please choose your closest option.

Which meal would typically satisfy your hunger at lunch?

- Steamed vegetables with baked whitefish
- Cheeseburger and small spinach salad with avocado and cheese
- Mixed greens salad topped with grilled chicken and vegetables
- I have no set lunch and I may eat any of the above foods
- I typically skip lunch
- Sandwich with deli meat such as chicken breast with cheese and lettuce
- Steak burrito with guacamole
- I consume a plant based vegetarian or vegan style lunch on a regular basis

Question # 5

If none are applicable, please choose your closest option.

Do you desire any type of snack and/or stimulant such as coffee between lunch and dinner?

- Yes
- No

Question # 6

If none are applicable, please choose your closest option.

If you had a challenging afternoon ahead of you and had to be at your best which lunch would you choose if you needed to have lasting energy through the afternoon that would remain strong until dinner?

- Large assorted leafy vegetable salad with baked chicken breast
- Beef tenderloin with creamed spinach followed by an apple with peanut butter
- Organic mixed green salad w/ tomato & cucumber, low-fat organic cottage cheese and fresh cantaloupe slices
- Sirloin burger with cheese and a baby spinach salad with avocado, mushroom and olive oil
- Albacore tuna packed in water mixed with a low fat mayonnaise over a bed of lettuce with sliced bell peppers
- Spinach salad with garbanzo beans, artichoke hearts with grilled salmon
- Almost any food would give me lasting energy

Question # 7

If none are applicable, please choose your closest option.

Which meal would typically satisfy your hunger at dinner?

- A meat such as filet or roast, cauliflower with cheese sauce, and potato with a good quantity of butter
- Large salad with tomato, cucumber, red onion, bell peppers with a light fish such as tilapia or a chicken breast
- Grilled jumbo shrimp, steamed vegetable, with a side of brown rice
- Stir fry with assorted vegetables and chicken breast
- Salmon filet with a spinach salad including mushroom, avocado, olives, cheese, and crushed walnuts, with olive oil
- I have no set dinner and I may eat any of the above foods
- I typically skip dinner
- I consume a plant based vegetarian or vegan style dinner on a regular basis

Question # 8

If none are applicable, please choose your closest option.

Do you require any type of snack and/or stimulant such as coffee between dinner and bedtime?

- Yes
- No

Question # 9

If none are applicable, please choose your closest option.

If you had a challenging evening ahead of you and had to be at your best which dinner would you choose if you needed to have lasting energy through the evening that would remain strong until bedtime?

- Tilapia with broccoli covered with a small amount of olive oil
- King crab legs with creamed spinach and a small baked potato loaded with butter or sour cream
- Ribeye steak and green beans with sliced almonds and a generous amount of butter along with a small dish of brown rice
- Red or green leaf lettuce salad with nuts, cucumber, tomato and olive oil with strips of seasoned chicken breast
- Almost any of the above meal choices would provide that lasting energy

Question # 10

If none are applicable, please choose your closest option.

Food Preferences

- At dinner, I prefer to have a heavy meal like prime rib or several chicken thighs, with a potato and vegetables to satisfy my hunger
- At dinner, I typically enjoy both light and dark meat chicken or turkey for dinner to satisfy my hunger
- At dinner, I would prefer a light fish or chicken breast and salad for dinner to satisfy my hunger

Question # 11

If none are applicable, please choose your closest option.

Food Preferences - Continued

- When I eat dessert, I would prefer a creamy dessert such as cheesecake
- When I eat dessert, any dessert would be fine with me
- When I eat dessert, I would prefer a fruit pie or a dish of fresh fruit

Question # 12

If none are applicable, please choose your closest option.

Food Preferences - Continued

- I love and think about food often
- I enjoy food but I do not focus on it
- I rarely think about food and at times may even forget to eat

Question # 13

If none are applicable, please choose your closest option.

Food Preferences - Continued

- I crave salt and frequently salt my food
- I occasionally salt my food
- I don't crave salty food and I rarely salt my food

Question # 14

If none are applicable, please choose your closest option.

Food Preferences - Continued

- Eating some type of meat with my meal energizes me
- Eating meat with my meal creates no noticeable difference in my energy
- Consuming meat with my meal creates symptoms of fatigue
- I am a vegetarian, this does not apply

Question # 15

If none are applicable, please choose your closest option.

Food Preferences - Continued

- Eating fatty foods such as avocado, seeds and nut butters make me feel lethargic
- I feel no noticeable difference in energy when I eat fatty foods such as avocado, seeds, and nut butters
- Eating fatty foods such as avocado, seeds and nut butters make me feel energized

Question # 16

If none are applicable, please choose your closest option.

Food Preferences - Continued

- Drinking a glass of juice (without any food) would give me lasting energy
- Drinking a glass of juice (without any food) would make me feel poorly (jittery, anxious, or nauseous)
- I have no noticeable negative or positive effects when drinking a glass of juice without any food

Question # 17

If none are applicable, please choose your closest option.

Food Preferences - Continued

- If I skip a meal I don't feel well (anxious, jittery, nauseous)
- I feel okay skipping a meal as long as I eat a snack prior to my next meal
- Skipping a meal has little or no affect on me and I do this regularly

Question # 18

If none are applicable, please choose your closest option.

Food Preferences - Continued

- I feel fine on a juice or water fast
- I do not feel well at all when fasting (anxious, jittery, nauseous)
- I have no noticeable negative or positive effects when fasting
- I have never fasted to assess the results

Question # 19

If none are applicable, please choose your closest option.

Food Preferences - Continued

- When I eat chicken or turkey, I would prefer to eat the leg or thigh
- When I eat chicken or turkey, I would prefer to consume the breast meat
- When I eat chicken or turkey, both white and dark meat would satisfy my taste buds
- I am a vegetarian, this does not apply

Question # 20

If none are applicable, please choose your closest option.

Food Preferences - Continued

- When I eat red meat, I frequently experience GI discomfort, such as gas, bloating, feeling of being "too full"
- When I eat red meat, I have normal digestion (experience no GI discomfort)
- I digest meat with ease
- I am a vegetarian, this does not apply

Question # 21

If none are applicable, please choose your closest option.

Personality Traits

- I am easily pushed into depression
- I have average mental/ emotional energy and seldom depressed
- I have good mental/ emotional energy and rarely depressed

Question # 22

If none are applicable, please choose your closest option.

Personality Traits - Continued

- I am typically patient, laid back, and/or easy going
- I am often impatient, aggressive, and stress easily
- I have average patience

Question # 23

If none are applicable, please choose your closest option.

Can you skip meals without feeling jittery, anxious, or nauseous?

- Sometimes
- Yes
- No

Question # 24

If none are applicable, please choose your closest option.

Which foods tend to cause weight gain

- Breads and pasta
- No particular foods
- Fatty meats and fatty foods

Question # 25 *

If none are applicable, please choose your closest option.

Would you be open to incorporating some animal based proteins in your diet? (Whey Protein, milk, eggs)

- Yes
- No