

NAME

Age ____

A little about yourself (optional)

YOUR DIETARY CONCERN (FOOD ALLERGIES, KOSHER, ETC.)

Are you anaphylactic? Do you carry your epinephrine everywhere? Are you sensitive to cross contamination, if so, do you avoid "may contain items"?

Nice image of yourself

SEVERE FOOD ALLERGENS

The most important part of the chef card. Put all your allergens in caps on the left to make it easy for chefs to see and read. As an option, you can put side notes about your allergies that need to be clarified on the right of them.

PEANUTS

EGG

(cannot tolerate baked egg)

SEAFOOD

(no clams, crab, lobster, shrimp, or tuna)

FAVORITE FOODS

Just a big list of all your favorite foods (meats, sides, fruits and veggies, desserts, etc.). Include specific brands for dessert and other foods if possible.

Bacon, salmon, pasta with marinara, pancakes, Mickey Waffles, Enjoy Life cookies and chocolate bars, etc.

SAFE INGREDIENTS

Also super important, list as many safe ingredients that can be used in your food as possible to the point where the chefs could prepare you a meal before you even get there. Include specific categories, like how I use Safe Proteins, Safe Carbs, Safe Seeds, Safe Oils, Safe Vegetables, and Safe Fruits.

Safe Proteins: pork, chicken, salmon, ...

Safe Carbs: wheat, corn, rice, ...

Safe Seeds: pumpkin seeds, flax seed, and sunflower seeds

Safe Oils: coconut, olive, canola, ...

Safe Vegetables: green peas, onions, peppers, ...

Safe Fruits: strawberries, apples, oranges, ...