

Auto Immune Protocol Assessment Printout

This PDF is intended for printing. If you'd prefer to fill in a Word document or the online assessment, please visit www.cookingforyourlifestyle.com/assessment

Please fill out as much of this form as you can.

When you're done, scan it or take a photo and send it to:

CookingForYourLifestyle@gmail.com

Your Information

First and last name:

Your address:

Phone number:

Preferred contact method:

How did you hear about us?

Family Information

Please provide the names and ages of family members whose meals you prepare.

Vegetables

	I love it!	It's okay / I'm willing to try it	I can't or won't eat this	My family won't eat this
Artichoke				
Arugula				
Asparagus				
Bok choy				
Broccoli				
Brussels sprouts				
Cabbage				
Cauliflower				
Celery				
Collard greens				
Cucumbers				
Fennel				
Green beans				
Kale				
Leeks				
Lettuce				
Mushrooms				
Rhubarb				
Snap peas				
Spinach				
Squash				
Watercrest				

Root Vegetables

	I love it!	It's okay / I'm willing to try it	I can't or won't eat this	My family won't eat this
Beet				
Carrot				
Celeriac				
Jicama				
Onion				
Parsnip				
Radish				
Rutabaga				
Shallot				
Sweet Potato				
Turnip				
Yam				

Meats

	I love it!	It's okay / I'm willing to try it	I can't or won't eat this	My family won't eat this
Beef				
Bison				
Buffalo				
Chicken				
Duck				
Fish				
Lamb				
Pork				
Rabbit				
Shellfish				
Turkey				
Venison				

Fruits

	I love it!	It's okay / I'm willing to try it	I can't or won't eat this	My family won't eat this
Apple				
Apricot				
Avocado				
Banana				
Blackberry				
Blueberry				
Cantaloupe				
Cherry				
Clementine				
Coconut				
Date				
Fig				
Grape				
Grapefruit				
Guava				
Huckleberry				
Honeydew				
Kiwi				
Lemon				
Lime				
Mango				
Marionberry				
Nectarine				
Orange				

Fruits (continued)

	I love it!	It's okay / I'm willing to try it	I can't or won't eat this	My family won't eat this
Papaya				
Peach				
Pear				
Persimmon				
Pineapple				
Plum				
Pomegranate				
Raspberry				
Strawberry				
Tangerine				
Watermelon				

Spices

	I love it!	It's okay / I'm willing to try it	I can't or won't eat this	My family won't eat this
Basil				
Bay leaves				
Chamomile				
Chives				
Cilantro				
Cinnamon				
Cloves				
Dill				
Garlic				
Ginger				
Lavender				
Lemongrass				
Marjoram				
Mint				
Parsley				
Peppermint				
Rosemary				
Saffron				
Sage				
Sea salt				
Shallots				
Spearmint				
Tarragon				
Thyme				
Turmeric				

Other

	I love it!	It's okay / I'm willing to try it	I can't or won't eat this	My family won't eat this
Anchovies				
Animal fat				
Apple-cider vinegar				
Avocado oil				
Coconut aminos				
Coconut flakes				
Coconut vinegar				
Coconut flour				
Coconut oil				
Dates				
Dried fruit				
Fermented vegetables (carrot, beet, etc.)				
Kombucha				
Olives				
Salmon				
Sauerkraut				
Sardines				
Tuna				
Vinegar				
Water kefir				