**Name: Email address/best way to contact you:**

**Which of the following do you NOT eat? Circle all that apply:**

All Animal Products

All Meats

Beef

Pork

Fish

Shellfish

Dairy

Eggs

Wheat

Soy

Tree Nuts

Peanuts

Sugar

Spicy Foods

Highly Acidic Food

Other, specify:

**What do you prefer to drink in the morning?**

Coffee

Tea

Cocoa

Juice

Milk

**What do you prefer end of day beverage?**

Gatorade

Iced Tea

Hot Tea

Cocoa

Water

Beer (BYO)

**When doing trail work, are you a:**

Light Eater (8-12 oz.)

Average Eater (12-16 oz.)

Big Eater (16 oz. plus)

**What do you prefer for breakfast at camp?**

Fruit

Cold Cereal

Oatmeal

Grits

Yogurt

Granola

Toast/Bagels

Scrambled Eggs

Fried Eggs

Hash Browns

Biscuits & Gravy

French Toast

Pancakes

Breakfast Burritos

Corned Beef Hash

Sausage

Bacon

Ham

Veggie Sausage

**What do you prefer for sandwich breads for lunches?**

White

Wheat

Sourdough

Rye

Multi-grain

Tortillas

Other, specify:

**What do you prefer to take for snacks and lunch on the trail?**

Chips

Granola Bars

Fruit

Cut Vegetables

Candy Bars

Cookies

Nuts

Dried Fruit

Trail Mix

Jerky

Other, specify:

**What sounds good after a day of trail work for dinner?** (All vegetarian/veg option available.)

Burgers

Chili & Cornbread

Spaghetti & Meatballs, Salad

New England Clam Chowder

Manhattan Clam Chowder, Garlic Bread

Polenta w/Sausage & Vegetables

Grilled Salmon Caesar Salad

Shrimp & Grits, Collards

Build Your Own Burrito

Mac 'N’ Cheese, Steamed Vegetable

Stir-Fry & Rice/Noodles

Vegetable Stew (meat optional)

Grilled Cheese & Soup, Salad

Vegetable/Legume Curry

Brats/Italian Sausage Sandwiches

Tamale Pie

Mushroom/Beef Stroganoff

Roast Turkey Breast & Sides

Vegetable Lasagna

**Anything else you’d like the cook to know?** (Use the back for comments/suggestions.)