



Instructions: Complete the following list by selecting the food you Like or Dislike.
If you are Indifferent or have not tried the food item, leave it blank.

Proteins	Like	Dislike
Beans	<input type="checkbox"/>	<input type="checkbox"/>
Beef	<input type="checkbox"/>	<input type="checkbox"/>
Bread	<input type="checkbox"/>	<input type="checkbox"/>
Chicken	<input type="checkbox"/>	<input type="checkbox"/>
Fish	<input type="checkbox"/>	<input type="checkbox"/>
Lamb	<input type="checkbox"/>	<input type="checkbox"/>
Natural cheese	<input type="checkbox"/>	<input type="checkbox"/>
Pork	<input type="checkbox"/>	<input type="checkbox"/>
Shellfish	<input type="checkbox"/>	<input type="checkbox"/>
Tofu	<input type="checkbox"/>	<input type="checkbox"/>
Turkey	<input type="checkbox"/>	<input type="checkbox"/>
Vegetable protein	<input type="checkbox"/>	<input type="checkbox"/>
Venison	<input type="checkbox"/>	<input type="checkbox"/>
White Rice	<input type="checkbox"/>	<input type="checkbox"/>
White Potatoes	<input type="checkbox"/>	<input type="checkbox"/>
Whole grains	<input type="checkbox"/>	<input type="checkbox"/>
Whole rye	<input type="checkbox"/>	<input type="checkbox"/>
Yogurt	<input type="checkbox"/>	<input type="checkbox"/>

Carbohydrates	Like	Dislike
Barley	<input type="checkbox"/>	<input type="checkbox"/>
Bread	<input type="checkbox"/>	<input type="checkbox"/>
Brown Rice	<input type="checkbox"/>	<input type="checkbox"/>
Buckwheat	<input type="checkbox"/>	<input type="checkbox"/>
Bulgur	<input type="checkbox"/>	<input type="checkbox"/>
Farro	<input type="checkbox"/>	<input type="checkbox"/>
Oats	<input type="checkbox"/>	<input type="checkbox"/>
Pasta	<input type="checkbox"/>	<input type="checkbox"/>
Quinoa	<input type="checkbox"/>	<input type="checkbox"/>
Sweet Potatoes	<input type="checkbox"/>	<input type="checkbox"/>
White Rice	<input type="checkbox"/>	<input type="checkbox"/>



Carbohydrates	Like	Dislike
White Potatoes	<input type="checkbox"/>	<input type="checkbox"/>
Whole grains	<input type="checkbox"/>	<input type="checkbox"/>
Winter Squash	<input type="checkbox"/>	<input type="checkbox"/>

Fats	Like	Dislike
Almonds	<input type="checkbox"/>	<input type="checkbox"/>
Avocado	<input type="checkbox"/>	<input type="checkbox"/>
Avocado oil	<input type="checkbox"/>	<input type="checkbox"/>
Brazil nuts	<input type="checkbox"/>	<input type="checkbox"/>
Butter	<input type="checkbox"/>	<input type="checkbox"/>
Cashews	<input type="checkbox"/>	<input type="checkbox"/>
Cocoa powder	<input type="checkbox"/>	<input type="checkbox"/>
Coconut oil	<input type="checkbox"/>	<input type="checkbox"/>
Mixed vegetable oil	<input type="checkbox"/>	<input type="checkbox"/>
Nut butters	<input type="checkbox"/>	<input type="checkbox"/>
Olive oil	<input type="checkbox"/>	<input type="checkbox"/>
Olives	<input type="checkbox"/>	<input type="checkbox"/>
Peanut oil	<input type="checkbox"/>	<input type="checkbox"/>
Sardines	<input type="checkbox"/>	<input type="checkbox"/>
Sesame oil	<input type="checkbox"/>	<input type="checkbox"/>
Sunflower oil	<input type="checkbox"/>	<input type="checkbox"/>
Walnuts	<input type="checkbox"/>	<input type="checkbox"/>

Fibers	Like	Dislike
Almonds	<input type="checkbox"/>	<input type="checkbox"/>
Apples	<input type="checkbox"/>	<input type="checkbox"/>
Bananas	<input type="checkbox"/>	<input type="checkbox"/>
Berries	<input type="checkbox"/>	<input type="checkbox"/>
Blackberries	<input type="checkbox"/>	<input type="checkbox"/>
Blueberries	<input type="checkbox"/>	<input type="checkbox"/>
Cashews	<input type="checkbox"/>	<input type="checkbox"/>
Chia seeds	<input type="checkbox"/>	<input type="checkbox"/>
Figs	<input type="checkbox"/>	<input type="checkbox"/>
Flax seeds	<input type="checkbox"/>	<input type="checkbox"/>



Fibers	Like	Dislike
Grapes	<input type="checkbox"/>	<input type="checkbox"/>
Guava	<input type="checkbox"/>	<input type="checkbox"/>
Kiwi	<input type="checkbox"/>	<input type="checkbox"/>
Mango	<input type="checkbox"/>	<input type="checkbox"/>
Oranges	<input type="checkbox"/>	<input type="checkbox"/>
Papaya	<input type="checkbox"/>	<input type="checkbox"/>
Peaches	<input type="checkbox"/>	<input type="checkbox"/>
Pear	<input type="checkbox"/>	<input type="checkbox"/>
Pineapple	<input type="checkbox"/>	<input type="checkbox"/>
Pumpkin seeds	<input type="checkbox"/>	<input type="checkbox"/>
Raspberries	<input type="checkbox"/>	<input type="checkbox"/>
Strawberries	<input type="checkbox"/>	<input type="checkbox"/>
Watermelon	<input type="checkbox"/>	<input type="checkbox"/>

Phytonutrients	Like	Dislike
Berries	<input type="checkbox"/>	<input type="checkbox"/>
Dark chocolate	<input type="checkbox"/>	<input type="checkbox"/>
Dark leafy greens	<input type="checkbox"/>	<input type="checkbox"/>
Edamame	<input type="checkbox"/>	<input type="checkbox"/>
Mushrooms	<input type="checkbox"/>	<input type="checkbox"/>
Oranges	<input type="checkbox"/>	<input type="checkbox"/>
Red wine	<input type="checkbox"/>	<input type="checkbox"/>
Soy milk	<input type="checkbox"/>	<input type="checkbox"/>
Soy nuts	<input type="checkbox"/>	<input type="checkbox"/>
Tofu	<input type="checkbox"/>	<input type="checkbox"/>
Tomatoes	<input type="checkbox"/>	<input type="checkbox"/>
Turmeric	<input type="checkbox"/>	<input type="checkbox"/>
White tea	<input type="checkbox"/>	<input type="checkbox"/>
Yellow fruits	<input type="checkbox"/>	<input type="checkbox"/>

Vegetables	Like	Dislike
Arugula	<input type="checkbox"/>	<input type="checkbox"/>
Asparagus	<input type="checkbox"/>	<input type="checkbox"/>
Bell peppers	<input type="checkbox"/>	<input type="checkbox"/>



Vegetables	Like	Dislike
Broccoli	<input type="checkbox"/>	<input type="checkbox"/>
Brussels sprouts	<input type="checkbox"/>	<input type="checkbox"/>
Cabbage	<input type="checkbox"/>	<input type="checkbox"/>
Carrots	<input type="checkbox"/>	<input type="checkbox"/>
Cauliflower	<input type="checkbox"/>	<input type="checkbox"/>
Celery	<input type="checkbox"/>	<input type="checkbox"/>
Cucumbers	<input type="checkbox"/>	<input type="checkbox"/>
Eggplant	<input type="checkbox"/>	<input type="checkbox"/>
Green beans	<input type="checkbox"/>	<input type="checkbox"/>
Kale	<input type="checkbox"/>	<input type="checkbox"/>
Leeks	<input type="checkbox"/>	<input type="checkbox"/>
Lettuce	<input type="checkbox"/>	<input type="checkbox"/>
Mushrooms	<input type="checkbox"/>	<input type="checkbox"/>
Onions	<input type="checkbox"/>	<input type="checkbox"/>
Potatoes	<input type="checkbox"/>	<input type="checkbox"/>
Spinach	<input type="checkbox"/>	<input type="checkbox"/>
String beans	<input type="checkbox"/>	<input type="checkbox"/>
Summer squash	<input type="checkbox"/>	<input type="checkbox"/>
Sweet potatoes	<input type="checkbox"/>	<input type="checkbox"/>
Swiss chard	<input type="checkbox"/>	<input type="checkbox"/>
Tomatoes	<input type="checkbox"/>	<input type="checkbox"/>
Watercress	<input type="checkbox"/>	<input type="checkbox"/>
Zucchini	<input type="checkbox"/>	<input type="checkbox"/>
Yellow squash	<input type="checkbox"/>	<input type="checkbox"/>

Herb/Spice/MISC	Like	Dislike
Allspice	<input type="checkbox"/>	<input type="checkbox"/>
Black pepper	<input type="checkbox"/>	<input type="checkbox"/>
Cayenne	<input type="checkbox"/>	<input type="checkbox"/>
Cinnamon	<input type="checkbox"/>	<input type="checkbox"/>
Cloves	<input type="checkbox"/>	<input type="checkbox"/>
Cocoa powder	<input type="checkbox"/>	<input type="checkbox"/>
Coriander	<input type="checkbox"/>	<input type="checkbox"/>
Cumin	<input type="checkbox"/>	<input type="checkbox"/>



Herb/Spice/MISC	Like	Dislike
Dill	<input type="checkbox"/>	<input type="checkbox"/>
Fennel	<input type="checkbox"/>	<input type="checkbox"/>
Garlic	<input type="checkbox"/>	<input type="checkbox"/>
Ginger	<input type="checkbox"/>	<input type="checkbox"/>
Marjoram	<input type="checkbox"/>	<input type="checkbox"/>
Mint	<input type="checkbox"/>	<input type="checkbox"/>
Oregano	<input type="checkbox"/>	<input type="checkbox"/>
Parsley	<input type="checkbox"/>	<input type="checkbox"/>
Rosemary	<input type="checkbox"/>	<input type="checkbox"/>
Saffron	<input type="checkbox"/>	<input type="checkbox"/>
Sage	<input type="checkbox"/>	<input type="checkbox"/>
Tarragon	<input type="checkbox"/>	<input type="checkbox"/>
Turmeric	<input type="checkbox"/>	<input type="checkbox"/>