DANIEL EDLUND

The Food Preference List

Before I cook for anyone, I have them fill this in. Ten minutes of your time gives me a blueprint instead of a guess.

Three boxes against each item: you hate it, it's alright, or you love it. There is no wrong answer and nothing here is a test of how well you eat — it is a map of what you will actually finish.

Hate it is absolute and I will not cook it. It's alright is the useful middle: those are the things that show up as a component rather than the centre of a plate. Love it is where the menu gets built from.

Leave anything you have never tried blank. That is information too.

NAME

DATE

ALLERGIES AND INTOLERANCES

Anything that makes you unwell, however mild. Be specific about severity.

ANYTHING YOU WILL NOT EAT, FOR ANY REASON

Religious, ethical, textural, or you simply cannot stand it. No justification needed.

HOW YOU EAT

☐ No restrictions ☐ Vegetarian ☐ Pescatarian ☐ Vegan ☐ Dairy-free ☐ Gluten-free ☐ Low FODMAP

☐ Other

HEAT

☐ None at all ☐ Mild ☐ Medium ☐ Bring it

HOW ADVENTUROUS

☐ Stick to what I know ☐ Open to new things ☐ Cook me anything

WHO ELSE EATS THESE MEALS, AND ANYTHING I SHOULD KNOW ABOUT THEM

VEGETABLES

	HATE	ALRIGHT	LOVE
Artichoke	☐	☐	☐
Artichoke hearts (jarred)	☐	☐	☐
Arugula / rocket	☐	☐	☐
Asparagus	☐	☐	☐
Avocado	☐	☐	☐
Beetroot	☐	☐	☐
Bell pepper	☐	☐	☐
Bok choy	☐	☐	☐
Broccoli	☐	☐	☐
Broccolini	☐	☐	☐
Brussels sprouts	☐	☐	☐
Cabbage, green or red	☐	☐	☐
Cabbage, savoy	☐	☐	☐
Carrot	☐	☐	☐
Cauliflower	☐	☐	☐
Celeriac	☐	☐	☐
Celery	☐	☐	☐
Chard / Swiss chard	☐	☐	☐
Chicory / endive	☐	☐	☐
Collard greens	☐	☐	☐
Corn, sweet	☐	☐	☐
Cucumber	☐	☐	☐
Eggplant / aubergine	☐	☐	☐
Fennel	☐	☐	☐
Garlic	☐	☐	☐
Ginger, fresh	☐	☐	☐
Green beans	☐	☐	☐
Hearts of palm	☐	☐	☐
Jicama	☐	☐	☐
Kale	☐	☐	☐
Kohlrabi	☐	☐	☐
Leek	☐	☐	☐
Lettuce, butter or gem	☐	☐	☐
Lettuce, romaine	☐	☐	☐
Mushrooms, button or cremini	☐	☐	☐
Mushrooms, shiitake or oyster	☐	☐	☐
Okra	☐	☐	☐
Onion, brown or yellow	☐	☐	☐
Onion, red	☐	☐	☐
Parsnip	☐	☐	☐
Peas, green	☐	☐	☐
Peppers, hot (jalapeño, serrano)	☐	☐	☐
Pickled vegetables	☐	☐	☐
Potato, floury	☐	☐	☐
Potato, waxy or new	☐	☐	☐
Pumpkin	☐	☐	☐
Radicchio	☐	☐	☐
Radish	☐	☐	☐
Rutabaga / swede	☐	☐	☐
Scallion / spring onion	☐	☐	☐
Seaweed / nori	☐	☐	☐

VEGETABLES (CONT.)

	HATE	ALRIGHT	LOVE
Shallot	☐	☐	☐
Snow peas / sugar snap	☐	☐	☐
Spinach	☐	☐	☐
Sprouts (alfalfa, bean)	☐	☐	☐
Squash, butternut	☐	☐	☐
Squash, summer / zucchini	☐	☐	☐
Sun-dried tomato	☐	☐	☐
Sweet potato	☐	☐	☐
Tomato, fresh	☐	☐	☐
Tomato, cooked or sauce	☐	☐	☐
Turnip	☐	☐	☐
Water chestnut	☐	☐	☐
Watercress	☐	☐	☐
Yam	☐	☐	☐
Yuca / cassava	☐	☐	☐

FRUIT

	HATE	ALRIGHT	LOVE
Apple	☐	☐	☐
Apricot	☐	☐	☐
Banana	☐	☐	☐
Blackberries	☐	☐	☐
Blueberries	☐	☐	☐
Cantaloupe / melon	☐	☐	☐
Cherries	☐	☐	☐
Coconut	☐	☐	☐
Cranberries	☐	☐	☐
Dates	☐	☐	☐
Figs, fresh	☐	☐	☐
Figs, dried	☐	☐	☐
Grapefruit	☐	☐	☐
Grapes	☐	☐	☐
Honeydew	☐	☐	☐
Kiwifruit	☐	☐	☐
Lemon	☐	☐	☐
Lime	☐	☐	☐
Mango	☐	☐	☐
Nectarine	☐	☐	☐
Orange	☐	☐	☐
Papaya	☐	☐	☐
Passion fruit	☐	☐	☐
Peach	☐	☐	☐
Pear	☐	☐	☐
Pineapple	☐	☐	☐
Plum	☐	☐	☐
Pomegranate	☐	☐	☐
Prunes	☐	☐	☐
Raisins	☐	☐	☐
Raspberries	☐	☐	☐
Strawberries	☐	☐	☐
Watermelon	☐	☐	☐

MEAT AND POULTRY

	HATE	ALRIGHT	LOVE
Bacon	☐	☐	☐
Beef, braising cuts (chuck, short rib)	☐	☐	☐
Beef, ground	☐	☐	☐
Beef, steak	☐	☐	☐
Bison	☐	☐	☐
Bone broth	☐	☐	☐
Chicken breast	☐	☐	☐
Chicken thigh	☐	☐	☐
Chicken, whole roast	☐	☐	☐
Cured meats (prosciutto, salami)	☐	☐	☐
Duck	☐	☐	☐
Lamb	☐	☐	☐
Liver	☐	☐	☐
Organ meats (heart, kidney)	☐	☐	☐
Pork belly	☐	☐	☐
Pork loin or chops	☐	☐	☐
Rabbit	☐	☐	☐
Sausage, fresh	☐	☐	☐
Turkey breast	☐	☐	☐
Turkey, ground	☐	☐	☐
Veal	☐	☐	☐
Venison and game	☐	☐	☐

FISH AND SEAFOOD

	HATE	ALRIGHT	LOVE
Anchovies	☐	☐	☐
Calamari / squid	☐	☐	☐
Clams	☐	☐	☐
Cod	☐	☐	☐
Crab	☐	☐	☐
Halibut	☐	☐	☐
Herring	☐	☐	☐
Lobster	☐	☐	☐
Mackerel	☐	☐	☐
Mussels	☐	☐	☐
Octopus	☐	☐	☐
Oysters	☐	☐	☐
Prawns / shrimp	☐	☐	☐
Roe / caviar	☐	☐	☐
Salmon, fresh	☐	☐	☐
Salmon, smoked	☐	☐	☐
Sardines	☐	☐	☐
Scallops	☐	☐	☐
Sea bass	☐	☐	☐
Snapper	☐	☐	☐
Sole / flounder	☐	☐	☐
Swordfish	☐	☐	☐
Tilapia	☐	☐	☐
Trout	☐	☐	☐
Tuna, fresh	☐	☐	☐
Tuna, tinned	☐	☐	☐

EGGS AND DAIRY

Where a product is listed twice, tick the one you actually eat. For most people the question here is lactose rather than fat, and where fat level matters it is usually a physique decision. Quality of the product matters more than either.

	HATE	ALRIGHT	LOVE
Eggs, chicken	☐	☐	☐
Eggs, duck or quail	☐	☐	☐
Butter, grass-fed	☐	☐	☐
Cream / crème fraîche	☐	☐	☐
Cow's milk, whole	☐	☐	☐
Cow's milk, low-fat or skim	☐	☐	☐
Goat's milk	☐	☐	☐
Sheep's milk products	☐	☐	☐
Yoghurt, whole	☐	☐	☐
Yoghurt, low-fat	☐	☐	☐
Greek yoghurt	☐	☐	☐
Kefir	☐	☐	☐
Cottage cheese	☐	☐	☐
Ricotta	☐	☐	☐
Mozzarella / burrata	☐	☐	☐
Feta	☐	☐	☐
Goat cheese	☐	☐	☐
Blue cheese	☐	☐	☐
Hard cheese (parmesan, pecorino)	☐	☐	☐
Cheddar or gouda	☐	☐	☐
Cream cheese	☐	☐	☐

BEANS AND LEGUMES

	HATE	ALRIGHT	LOVE
Black beans	☐	☐	☐
Butter / lima beans	☐	☐	☐
Cannellini / white beans	☐	☐	☐
Chickpeas	☐	☐	☐
Edamame	☐	☐	☐
Kidney beans	☐	☐	☐
Lentils, brown or green	☐	☐	☐
Lentils, red	☐	☐	☐
Miso	☐	☐	☐
Navy beans	☐	☐	☐
Peanuts	☐	☐	☐
Pinto beans	☐	☐	☐
Split peas	☐	☐	☐
Tempeh	☐	☐	☐
Tofu	☐	☐	☐

GRAINS AND STARCHES

	HATE	ALRIGHT	LOVE
Barley	☐	☐	☐
Bread, rye	☐	☐	☐
Bread, sourdough	☐	☐	☐
Bread, whole wheat	☐	☐	☐
Buckwheat / soba	☐	☐	☐
Bulgur	☐	☐	☐

GRAINS AND STARCHES (CONT.)

	HATE	ALRIGHT	LOVE
Corn tortilla	☐	☐	☐
Couscous	☐	☐	☐
Farro	☐	☐	☐
Millet	☐	☐	☐
Oats, rolled	☐	☐	☐
Oats, steel-cut	☐	☐	☐
Pasta, gluten-free	☐	☐	☐
Pasta, wheat	☐	☐	☐
Polenta / grits	☐	☐	☐
Quinoa	☐	☐	☐
Rice, basmati	☐	☐	☐
Rice, brown	☐	☐	☐
Rice, jasmine	☐	☐	☐
Rice, short-grain / sushi	☐	☐	☐
Rice, wild	☐	☐	☐
Spelt	☐	☐	☐

NUTS AND SEEDS

	HATE	ALRIGHT	LOVE
Almonds	☐	☐	☐
Brazil nuts	☐	☐	☐
Cashews	☐	☐	☐
Chia seeds	☐	☐	☐
Flaxseeds	☐	☐	☐
Hazelnuts	☐	☐	☐
Hemp seeds	☐	☐	☐
Macadamia	☐	☐	☐
Nut butter, almond	☐	☐	☐
Nut butter, peanut	☐	☐	☐
Pecans	☐	☐	☐
Pine nuts	☐	☐	☐
Pistachios	☐	☐	☐
Pumpkin seeds	☐	☐	☐
Sesame / tahini	☐	☐	☐
Sunflower seeds	☐	☐	☐
Walnuts	☐	☐	☐

FATS AND OILS

	HATE	ALRIGHT	LOVE
Avocado oil	☐	☐	☐
Butter	☐	☐	☐
Coconut oil	☐	☐	☐
Duck fat / tallow	☐	☐	☐
Ghee	☐	☐	☐
Olive oil, extra virgin	☐	☐	☐
Sesame oil	☐	☐	☐
Walnut and other nut oils	☐	☐	☐

HERBS AND SPICES

This is the section most people skip and the one that changes the food most. Cilantro, tarragon, anise and dill divide households more reliably than any protein.

	HATE	ALRIGHT	LOVE
Basil	☐	☐	☐
Bay leaf	☐	☐	☐
Caraway	☐	☐	☐
Cardamom	☐	☐	☐
Chilli / cayenne	☐	☐	☐
Chives	☐	☐	☐
Cilantro / coriander leaf	☐	☐	☐
Cinnamon	☐	☐	☐
Cumin	☐	☐	☐
Curry blends	☐	☐	☐
Dill	☐	☐	☐
Fennel seed / anise	☐	☐	☐
Garam masala	☐	☐	☐
Ginger, ground	☐	☐	☐
Horseradish / wasabi	☐	☐	☐
Lemongrass	☐	☐	☐
Mint	☐	☐	☐
Nutmeg	☐	☐	☐
Oregano	☐	☐	☐
Paprika, sweet or smoked	☐	☐	☐
Parsley	☐	☐	☐
Rosemary	☐	☐	☐
Saffron	☐	☐	☐
Sage	☐	☐	☐
Star anise	☐	☐	☐
Tarragon	☐	☐	☐
Thyme	☐	☐	☐
Turmeric	☐	☐	☐
Vanilla	☐	☐	☐

CONDIMENTS AND FERMENTS

	HATE	ALRIGHT	LOVE
Balsamic vinegar	☐	☐	☐
Capers	☐	☐	☐
Cider vinegar	☐	☐	☐
Dijon mustard	☐	☐	☐
Fish sauce	☐	☐	☐
Harissa	☐	☐	☐
Hot sauce	☐	☐	☐
Hummus	☐	☐	☐
Ketchup	☐	☐	☐
Kimchi	☐	☐	☐
Mayonnaise	☐	☐	☐
Olives, black or kalamata	☐	☐	☐
Olives, green	☐	☐	☐
Pesto	☐	☐	☐
Pickles / gherkins	☐	☐	☐
Sauerkraut	☐	☐	☐
Soy sauce / tamari	☐	☐	☐

CONDIMENTS AND FERMENTS (CONT.)	HATE	ALRIGHT	LOVE
Sriracha	☐	☐	☐
Wine vinegar	☐	☐	☐
Yeast extract	☐	☐	☐

DRINKS AND SWEET THINGS

	HATE	ALRIGHT	LOVE
Coffee, filter	☐	☐	☐
Espresso	☐	☐	☐
Tea, black	☐	☐	☐
Tea, green	☐	☐	☐
Tea, herbal	☐	☐	☐
Kombucha	☐	☐	☐
Sparkling water	☐	☐	☐
Fruit juice	☐	☐	☐
Beer	☐	☐	☐
Wine, red	☐	☐	☐
Wine, white	☐	☐	☐
Spirits	☐	☐	☐
Dark chocolate	☐	☐	☐
Honey	☐	☐	☐
Maple syrup	☐	☐	☐
Stevia / monk fruit	☐	☐	☐

ANYTHING ELSE

Dishes you already love, things you have always wanted to try, a meal that changed your mind about something.

WHAT HAPPENS WITH THIS

Everything marked hate it comes off the menu and stays off. I do not cook around it, I cook without it.

The overlap between everybody at the table decides the shared components: two or three things that go into every plate that week.

It's alright is the most useful column on the sheet. Those are the foods that work as part of a dish rather than the centre of one, and they are what makes a week of eating varied instead of repetitive.

Love it sets the anchor of each meal, and it is the reason a prepared week gets eaten rather than left in the fridge.