

Blissfully Lively Kitchen Makeover Questionnaire

1. Do you have the following items in your kitchen?

- * Good set of pots & pans
- * Good set of knives
- *Spatula
- *blender
- *Tea Kettle/Keurig
- *Tupperware
- * Lunch box
- *Shaker bottle
- *Food processor/ blender

- A. Yes I have all of them (-5)
- B. I have more than half (-2)
- C. I have less than half (+2)
- D. I don't have any of them. (+5)

2. Do you have the following items in your pantry?

- * Whole oats
- *Quinoa
- *Whole-grain pasta
- *Natural PB
- *Mixed nuts
- * Canned beans
- *Olive oil
- *Vinegar
- *green/herbal tea
- * protein supplements
- *Fish oil
- *Green foods supplements

- A. Yes I have all of them (-5)
- B. I have more than half (-2)
- C. I have less than half (+2)
- D. I don't have any of them. (+5)

3. Do you have the following items in your fridge/ freezer

- * Extra lean beef
- *Chicken
- *Salmon
- *Eggs
- *Egg whites
- * Real cheese
- * 4 varieties of fruit
- *5 varieties of veggies
- *flax seed oil
- * water filter
- *sweet potatoes

- A. Yes I have all of them (-5)
- B. I have more than half (-2)
- C. I have less than half (+2)
- D. I don't have any of them. (+5)

4. Do you have the following items in your pantry?

- * potato/corn chips
- *crackers
- *bread crumbs/croutons
- *regular PB
- *fruit/granola bars
- * Instant foods: Cake mix/ Mashed potatoes
- *chocolate/candy
- *4 types of alcohol
- *regular/ lowfat cookies
- *soft drinks/soda

- A. Yes I have all of them (+5)
- B. I have more than half (+2)
- C. I have less than half (-2)
- D. I don't have any of them. (-5)

5. Do you have the following items in your fridge/ freezer

- * 4 types of sauces
- *fruit juice
- *Frozen dinners
- *Big bowl of mashed potatoes/pasta
- *steak/sausage
- * soft drinks/soda
- *bread/bagels
- *margarine
- * baked goods
- *Take-out/leftovers

- A. Yes I have all of them (+5)
- B. I have more than half (+2)
- C. I have less than half (-2)
- D. I don't have any of them. (-5)

6. Do you have bowls of candy, chips, crackers or other snacks sitting around your home?

- A. Yes (+5)
- B. No (-5)

7. When you have parties or dinner guests, do you serve them what you think they'll want or what you think is healthy?

- A. What I think is healthy (-3)
- B. What I think they'll want (+3)

