

TENNESSEE **FITNESS** SPA

Retreat for Mind, Body, and Soul

NAME: _____

(Please Print Clearly)

1. Please **circle** the dietary plan you want to follow during your stay:

Standard Gluten Free Vegetarian Vegan Diabetic Paleo *Keto *Double Protein

*Keto plan and double protein meals are available for an additional \$30 per week and if possible, these requests must be made upon arrival or no less than 24 hours in advance.

2. Please **circle** - Do you eat?

Eggs - YES or NO

Beef - YES or NO

Dairy - YES or NO

Pork - YES or NO

Fish - YES or NO

Shellfish - YES or NO

Soy - YES or NO

3. If you answered "NO" to any of the above, which entrée would you prefer to substitute for those meals?

Please **circle** your response: **CHICKEN ENTRÉE** or **VEGAN ENTRÉE**

4. **Desserts** are served with lunch as part of your daily nutritional allowance. We know that some guests prefer NOT to have them. Would you like to have desserts? (Please **circle**) YES or NO

5. Do you have any other dietary restrictions, such as food allergies? (Please **circle**) YES or NO

If so, please list them here:

6. You may have a Protein Shake as a meal replacement, but it **must be pre-ordered** with the kitchen staff. If you would like a Protein Shake, in **ADDITION** to your meals, they are \$3.50 and **must be pre-ordered**. DETOX drinks are also available for \$1.50 and **must be pre-ordered**.