\*\*SOAP Note\*\*  
  
\*\*Subjective:\*\*  
  
- \*\*Chief Complaint (CC):\*\* Difficulty and lack of interest in meal preparation and cooking.  
   
- \*\*History of Present Illness (HPI):\*\*   
 - RT, an individual who prefers reheating meals and using meal kits over traditional cooking, finds cooking labor-intensive despite enjoying the result. RT expresses interest in expanding cooking skills, particularly in preparing simple recipes. Currently, RT actively participates in a session aimed at using Gemini, an app for finding recipes tailored to their skill level and preferences.  
 - RT enjoys foods like burritos and brownies and cites ease of preparation as a key factor in their meal choices.  
 - RT prefers non-spicy foods, mentioning a dislike for jalapeños, although they are open to having them on the side for family members.  
   
- \*\*Social History:\*\*  
 - Lives with parents and occasionally prepares meals for the family.  
 - Describes self as a visual learner, preferring printed recipe instructions to guide meal preparation.  
  
\*\*Objective:\*\*  
  
- No objective data, vital signs, or physical examination results were discussed during this session, as it focuses solely on dietary preferences and cooking habits.  
  
\*\*Assessment:\*\*  
  
- RT has a keen interest in learning new, simple recipes to improve and vary meal preparation. They enjoy pre-packaged or easy-to-make meals due to convenience.  
- The patient's dislike for spicy foods affects dietary choices, preferring milder meals that accommodate family preferences for spiciness.  
- RT actively uses technology and visual aids to assist in cooking, reflecting a learning preference that can guide future educational interventions.  
  
\*\*Plan:\*\*  
  
1. \*\*Education and Counseling:\*\*  
 - Encourage the exploration of various simple recipes using the Gemini app to gradually expand culinary skills.  
 - Provide guidance on how to adjust recipes for family meals, accommodate preferences, and avoid disliked ingredients like jalapeños in shared dishes.  
  
2. \*\*Dietary Management:\*\*  
 - Explore and practice making recipes that are easy to prepare, such as breakfast burritos and simple pasta dishes.  
 - Introduce RT to recipes categorized by meal type (breakfast, lunch, dinner, and dessert) to encourage meal variety.  
  
3. \*\*Follow-Up:\*\*  
 - Schedule a follow-up session to review progress with using the Gemini app for meal preparation.  
 - Discuss any challenges faced in incorporating new recipes and explore additional resources or strategies to improve cooking skills.  
  
4. \*\*Recommendations for Future:\*\*  
 - Consider introducing RT to nutritional education tools that help assess and track dietary intake relative to daily requirements to ensure a balanced diet.  
 - Encourage RT to use the app's grocery list feature to streamline shopping and improve organization.  
  
The plan is multidisciplinary, focusing on technology use for dietary management and patient education to foster independence in meal preparation.