

Follow-up

Progress

- IBS-like symptoms improve with Lacteeze.
- ADHB Auckland Adult Immunology clinic waiting list.
- Private psychiatrist wait list.
- Improved energy level since taking multi-vitamins.
- Self-published a Sci-Fi book.

Nutrition Goals

- Empower him to self-manage his food allergies and anxiety around eating.
- Nourish gut microbiome by increasing plant food varieties.



Recommendation & Action Plan

Recommendations

Cooking skills

- Cook once a week with her mum's help.
- Rice cooker - Soy chicken and mushroom + broccoli + rice.
- Stove - white sauce.

Hard-boiled egg yolk food challenge.

His Action Plan

Cook once a week *confidence level 7-8.*

Hard-boiled egg yolk food challenge *confidence level 6.*

First Attempt: Rice cooker chicken + mushroom rice + broccoli

His reflection:

Preparation went well.

Need to work on timing (which ingredients to add at what stage) and portion control (meat-to-rice ratio).

Outcome: Rice and broccoli were undercooked. Meat was well-seasoned and tender.

Second Attempt: Pan-fried fish with creamy mushroom sauce

His reflection:

Cooked everything except for the salad.

Outcome: His mom gave him 85/100. She said it could be 95/100 if she had not assisted.

Third Attempt: Pasta with garlic and herbs

His Reflection:

He prepared and cooked the meal all by himself.

Outcome: Photos of a young man cooking and a delicious meal.

Attempt 4: Recipe for white sauce



Topic discussed:

- 211- Healthy Plate concept.
- Gut Microbiome + Plant food (Fiber and Polyphenols)

Attempt 5: Explored and modified

Replicated "pesce del giorno" (Fish of the Day) dish at Portofino, the restaurant he used to go to.

Meal components:

Risotto rice, mushroom, garlic, onion, wine, olive oil, pan-fried fish, various herbs, cheese, salad.

Cooking process narrative by him

It took nearly an hour to cook the risotto, adding boiled chicken stock every once in a while and constantly stirring the rice.

A lot of herbs were added to the final product.

The differences from the original dish is the lack of the cream sauce, prawns, lemons, and the specific cheese slices and salad leaves that I like.

Attempt 6: Stepping out – packed meal

Cooked the same meal as attempt 3 - Pasta with garlic and herbs

Attempt 7: Replicated a meal in a movie

