

# PKT Cookbooks

## Senior Project

### Fall 2021

#### I. Overview

##### A. Team

1. Leader – Adam Weizman
2. Clinical Consultant – Emma Hammer
3. Computer Science Consultant – Fareed Khamitov

B. Need for PKT Cookbooks – It is often assumed that PKT meals are unpalatable, have no variety, and use only unhealthy foods. This assumption leads to the belief that patients cannot adhere to the treatment. Cookbooks of PKT recipes are needed to demonstrate the culinary options available during PKT.

C. Long-term Goals – Create cookbooks of meal equivalents as recipes cookbooks for different ages, different dietary restrictions, different cuisines, different complexities of preparation, and different food budgets

D. Fall 2021 Goals – Create a PKT cookbook database that can be used to prepare cookbooks illustrating the recipe options available for different dietary patterns including Lacto-ovo vegetarian PKT, Kosher PKT, Gluten-free PKT, and PKT for toddlers.

#### II. Plan and Progress

##### A.