

## Therapeutic Taco Protocol

### Ingredients

- **Protein:** 1 lb chicken breast, cubed.
  - **Vegetables:** 2 large bell peppers, thinly sliced.
  - **Base:** Corn tortillas.
  - **Side/Filling:** 2 bags instant cilantro lime rice (or preferred variety).
  - **Cooking Agent:** 1-2 tablespoons olive oil or avocado oil.
  - **Seasoning:** Salt, pepper, and optional lime juice for finishing.
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### Step-by-Step Instructions

1. **Workstation Setup:** Adjust counter height to accommodate the patient's posture. Ensure all tools are within a functional reach range to target **sitting or standing balance**.
  2. **Protein Searing:** Heat oil in a large skillet over medium-high heat. Add chicken cubes. Cook until browned and nearly opaque (approx. 5–6 minutes). Remove chicken from the pan and set aside.
  3. **Vegetable Sauté:** In the same pan, add sliced bell peppers. Sauté until softened and slightly browned. This order ensures peppers maintain texture without overcooking the protein.
  4. **Integration:** Return the chicken to the pan with the peppers. Mix thoroughly and finish cooking together for 2–3 minutes to allow flavors to meld and ensure the chicken reaches an internal temperature of 165°F.
  5. **Rice Preparation:** Microwave the instant rice bags for 90 seconds each. Empty into a bowl and fluff with a fork. This task targets **bilateral coordination** and manual dexterity.
  6. **Tortilla Heating:** On a separate burner or clean skillet, heat corn tortillas until pliable.
  7. **Manual Shaping:** Immediately fold the warm tortillas into a taco shape. This requires **fine motor precision** to achieve a "soft-hard" shell consistency without tearing.
  8. **Assembly:** Portion the rice and the chicken-pepper mixture into the folded shells.
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### Nutrition Facts (Per 2 Tacos)

- **Calories:** 340 kcal
- **Protein:** 28g
- **Fiber:** 4g
- **Carbohydrates:** 42g
- **Vitamin C:** 120% DV (from bell peppers)

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## Patient Outcomes

- **Fine Motor Coordination:** Slicing bell peppers and cubing chicken promotes precision grip and controlled knife skills.
- **Bilateral Integration:** Using one hand to steady the pan while the other stirs encourages coordinated movement across the midline.
- **Executive Functioning:** Managing multiple cook times (rice, tortillas, and protein) requires high-level cognitive sequencing and time-management skills.
- **Standing Tolerance:** The multi-stage sauté process provides a functional interval for building lower-extremity endurance and postural stability.