Wellness Story of the Month

ARTURO TORO

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Reflections from Arturo, M4

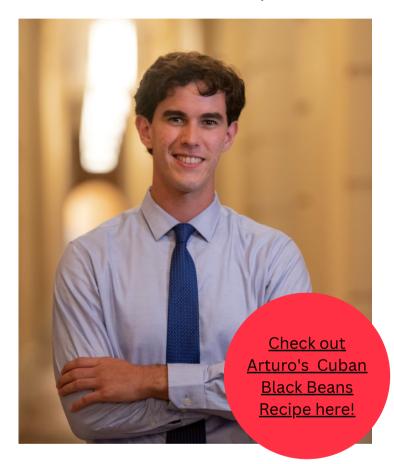
"Throw a fried egg on it and it becomes gourmet" – some guy.

Good cooking is just doing a couple of little things right. A bowl of rice, some veggies, protein, the right sauce, and it becomes a perfect meal. I applied this idea when I would meal prep throughout third year, instead of making a recipe from scratch 3x/week. It was the only way to balance cooking while being in med school.

Some of my staples included:

- Effortless snacks like carrots, hummus, celery, apples
- Rice bowls with veggies, sauce, and lean meat (Bibimbap is a superior food)
- Vegetable rich stews heavy in spices, love and attention, and a lot of beans.





Why is this important to me? Every Cuban recipe I know reminds me of my mom making it for the family with us talking and enjoying it together. Making the recipes brings the memories alive. It's a therapeutic time where I can focus on only one thing and try to make it as well as I can. It costs way less than ordering out. Not having to worry about what I'm going to eat frees up a lot of mental space. Plus, there's the anxiolytic effect of tasty foods and the satisfaction of knowing you made it yourself.