

Wellness Story of the Month

SWETHA TUMMALA



September 2023

Reflections from Swetha, M4

"I had relied on dining hall food throughout college and I was an avid baker, but had only dabbled in cooking. When I moved into the MSR, which has no dining hall, I struggled to plan and make meals in my first year of medical school.

Breakfast is my favorite meal of the day but unfortunately the busiest due to my morning hustle and impatiently grumbling stomach. That is why overnight oats was such a game changer for me.

Its make-ahead nature relieved my stress of planning breakfast on busy mornings and quickly satisfied my hungry tummy.



*Looking for more inexpensive, make-ahead meals? Register for **Healthy Eating on a Budget** on September 13th!*



Swetha's blueberry overnight oats

Because I am only cooking for one, I do not buy a large variety of ingredients. Make-ahead meals that used inexpensive, staple ingredients, like oats and milk, really proved to be nourishing and simple.

Amidst all the newness in that first year of medical school, overnight oats reassured me that I would continue to find simple ways to take care of myself."

