

This week I decided to try a new nutritional strategy by cooking a new recipe. I made a cream-based soup with potatoes, carrots, chopped shrimp, and paired with grilled cheese. I don't usually cook in the dorm since I often lack the motivation, and preparing food feels time-consuming. Most of the time, I rely on quick meals like instant noodles or tuna mayo rice. Because of that, I thought it would be interesting to step outside of my usual habits and try something more nourishing.

The experience was surprisingly positive. Although it required some extra effort, it was rewarding to sit down and enjoy something that I made from leftover ingredients. The meal turned out tasting good, and it felt like I was taking care of myself by eating a more balanced dish compared to my usual convenience foods. It reminded me that cooking doesn't have to feel like a chore, but can be an act of self-care.

I don't think I could realistically cook like this every day, but I do see myself doing this once in a while, maybe twice a week. This feels like a practical balance between eating healthier and managing my time and energy.