



MAKING THE MOST OF THANKSGIVING & HOLIDAY LEFTOVERS

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Hi, I'm Birgitte — a holistic health practitioner for more than 20 years, and now the heart behind Hygge Homestead.

Through my work and writing, I've learned that true wellness comes from simple, steady practices — not quick fixes or chasing perfection.

That's why I created My Seven Steps:

*food, water, sleep, exercise, fresh air,
silence, and gratitude.*

These steps are the foundation for living with more balance and less stress, no matter where you are.

Over the years, I've seen how powerful small changes can be — a glass of clean water, a walk outside, a pause for gratitude — and how they often bring more lasting results than the biggest health trends.

My focus is on helping people reconnect with what really matters: nourishment, rhythm, and the joy of everyday life.

Today, I do my best to live out these steps in my own life, whether I'm tending the garden, working on projects alongside my husband, or cooking in my Homestead Kitchen and sharing simple, nourishing recipes.

For me, health is built one small choice at a time. My hope is to inspire you to slow down, breathe a little deeper, and discover that health and happiness often begin with the simplest everyday moments.



In This Guide, We'll Explore:

A Season of Gratitude

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Let's Talk About Leftovers (And Why They Matter)

Easy Ways to Use Holiday Leftovers

Avoid Food Waste This Season

Holiday Staples to Keep in Your Kitchen

Final Thoughts

A Season of Gratitude

The holidays seem to come with their own kind of magic—slower mornings, warm kitchens, familiar smells, and the chance to sit down with people we love. This is the time of year when we naturally pause and look back on everything we've made it through, everything we've built, and even the things we're still working on.

Gratitude doesn't have to be loud. It often shows up in the little things:

- A quiet cup of tea before the house wakes up
- The moment you pull something warm out of the oven
- A laugh across the dinner table
- A walk after a big meal
- A hug from someone you haven't seen in a while

And because life gets busy the rest of the year, these holiday days give us a chance to look around and remember how blessed we really are.

Just taking a moment to whisper "thank you" shifts our whole body and settles our nervous system.

It truly is one of the simplest forms of self-care.

Use this season as a gentle reminder to slow down, breathe, and be present with the people and moments that make your life feel full.



Gratitude turns the simplest moments
into the biggest blessings.

The Gift of Time & Togetherness

Food is wonderful, but the real treasure this season is time together.

We spend so much of our year rushing, planning, cleaning, working, and trying to keep everything together that sitting down with loved ones suddenly feels like a deep exhale.

This season is a reminder to:

- Let conversations linger
- Put the phones away for a bit
- Share stories from the year
- Ask how people really are
- Laugh at old memories
- Make new ones
- Enjoy meals without hurrying

Holiday gatherings pull us back to what truly matters—connection, warmth, and feeling like we belong to each other.

And yes... sometimes the turkey gets a little dry, someone forgets the rolls in the oven, or the mashed potatoes get a bit lumpy. But honestly?

Those things end up being the funny stories we tell next year.

It's never about perfection. It's about being present.



Lets talk about leftovers

After the big meals and full tables, most of us are left with a fridge stuffed with food. And while that can feel overwhelming, it's also such a blessing—because nothing says “abundance” like leftovers.

But food waste is a real issue, especially during the holidays. So here are simple, fun ways to turn all those delicious leftovers into new meals without feeling like you're eating the same thing four days in a row.

Holiday Kitchen Tip You'll Love

Before we jump into the ideas, here's one of my favorite little holiday kitchen tricks:

Always keep a cabbage head, a bag of carrots, and a couple of onions as staples during the holidays.

They last forever in the fridge, they're inexpensive, and you can add them to almost any leftover dish.

Chop them into a soup, shred them into a stir fry, roast them with leftover meat, or toss them into a grain bowl.

They bring freshness, crunch, color, and nourishment to your meals when the holiday dishes start to feel a bit heavy.

Easy Ways To Use Holiday Leftovers

1. Cozy Holiday Soup

Use leftover turkey or ham, chopped veggies, and homemade broth.

Just sauté onions and carrots in a little olive oil, add broth, leftover meat, leftover vegetables, and sliced cabbage.

Simmer 15–20 minutes, season, and enjoy a fresh comforting meal.

2. Leftover Veggie Hash

Chop any leftover roasted vegetables and fry them in a skillet with olive oil or butter. Add shredded cabbage or diced onions if you want to stretch it.

Cook until the edges get crispy and golden.

Season with salt, pepper, and herbs—simple and delicious.

3. Warm Holiday Bowl

Heat up a skillet, and add a tbs of coconut oil. Then add quinoa, brown rice, or even leftover potatoes.

Add with turkey or ham, roasted veggies, stuffing, or cabbage.

Top with diced onions, fresh herbs, nuts, or a drizzle of olive oil.



4. Turkey and Veggie Pot Pie

Combine leftover meat and vegetables with a simple sauce made from broth thickened with a little flour or cornstarch.

Pour into a baking dish, top with pie crust or puff pastry, and bake until golden.

Cabbage softens beautifully and adds great texture.

5. Stuffing Muffins

Mix leftover stuffing with 1–2 eggs until it holds together.

You can also mix in leftover veggies or chopped turkey if you want more protein or flavor.

Freeze them and use them for breakfast or lunch later.

Scoop into a greased muffin tin and bake at 350°F for 20–25 minutes until firm and lightly crispy. Great for snacks or lunches.



6. Holiday Quesadillas

Layer turkey, a little cranberry sauce, and cheese (or goat cheese) between tortillas. Add thin-sliced onions for the perfect bite.

Cook in a skillet until golden and melted, then cut into wedges.

Fast, fun, and surprisingly delicious.

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Waste less, enjoy more—leftovers are abundance in disguise.

~Birgitte, *The Hygge Homestead*



Avoid Food Waste This Season

Freeze in small portions

Slice leftover meats and freeze them in small containers so nothing gets lost or forgotten.

Reinvent your sides

- Mashed potatoes → savory pancakes
- Roasted veggies → blended into creamy soups
- Sweet potatoes → breakfast mash
- Cranberry sauce → stirred into yogurt, oatmeal, or smoothies

Make homemade broth

Use turkey or ham bones to make a rich, nourishing broth you can freeze for winter soups.

Share the love

Send leftovers home with guests, drop off a container to a neighbor, or make a warm bowl for someone who didn't cook this year.

Plan next-day meals

Choose 2–3 leftover ideas before the holiday meal starts. It keeps things simple and reduces stress and waste.

Holiday Staples to Keep in Your Kitchen

These simple ingredients help stretch leftovers and build nourishing meals all season long:

A head of cabbage (green and red)
A bag of carrots
Yellow or red onions
Garlic
Olive oil
Fresh herbs (parsley, thyme, rosemary)
Broth or broth ingredients
Brown rice or quinoa
Pasta
Your favorite beans
Lemons
Sea salt & pepper
A good quality Sandwich bread or make a Paleo Bread

Remember, you can also freeze meats and vegetables, and use them in soups, stews and casseroles later.



A little creativity turns leftovers
into a whole new feast.

~Birgitte, The Hygge Homestead

Final Thoughts

The holidays aren't about doing everything perfectly.
They're about warmth, gratitude, and connection.

And with a little creativity, we can take the abundance from our tables and stretch it into even more goodness—without waste, stress, or complicated recipes. Leftovers are just another way to keep the love going.



Time with loved ones is truly the warmest kind of nourishment. It feeds something deeper than any holiday meal ever could.

When we slow down long enough to look around the table, take in the laughter, the stories, and even the quiet pauses, we realize these are the moments we'll want back someday. The simple ones. The imperfect ones. The ones where we felt connected, seen, and safe.

Holidays come and go, but the feeling of being together is what lingers—and that's the real gift.

Your next step toward simple,
no stress, and seasonal living...

"Thanks for reading! I've gathered extra tips, recipes,
and seasonal living guides for you on my website.

Scan to explore them anytime."



LET'S STAY CONNECTED



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