



stephanie dreyer

VEEGMAMA

Leftover Lifesavers:

Makeover Meal Ideas with Last Night's Dinner

I used to dread leftovers: "Ugh, do I have to eat that again?" As a busy meal planning mama of 3, they have become my lifesavers!

The key to serving last night's dinner again is turning it into something new! The ideas in this planner will simplify your meal prep. Instead of wondering how you're going to get your family to eat up the extras, you'll be making more on purpose.

Hugs & veggies,
Stephanie

Make this tonight: **Chili**
Make this later in the week:
Chili Tot Casserole



Make this tonight:
Vegan Beef + Black Bean Tacos
Make this later in the week:
Taco Stuffed Acorn Squash (or sweet potatoes)



Make this tonight:
Roasted potatoes
Make this later in the week:
Black Bean + Potato Enchiladas



Make this tonight: **Falafel (+ rice)**
Make this later in the week:
Tabbouleh Falafel Salad



Make this tonight:
Homemade Pesto (+ pasta)
Make this later in the week:
Pesto + Cream Cheese Veggie Sandwich Wraps



Make this tonight:
Roasted Vegetables + Tofu Steaks
Make this later in the week:
Marinated Tofu + Vegetable Orzo Bowls



Make this tonight:
Butternut Squash + Mushroom Fajitas
Make this later in the week:
Butternut Squash + Lentil Bowls



Make this tonight: **Baked Tempeh**
Make this later in the week:
Tempeh, Lettuce + Tomato Sandwiches



Make this tonight:
Spaghetti + Vegan Meatballs
Make this later in the week:
Meatball Subs



Make this tonight: **Lentil Burgers**
Make this later in the week:
Burger Salad



I created **StephanieDreyer.com** to help my fellow mamas and papas cook and eat healthier. I share meal solutions, prep tips and recipe ideas for busy parents who want to get more nutritious and delicious home cooked meals on the table for their families.

Visit my website for more recipes and meal planning inspiration. And be sure to follow me (@veegmama) on Instagram, Facebook, Twitter and Pinterest.

Happy eating!