

SUBJECT: Exciting Ways to Use Holiday Leftovers [TV Segment/Article]

PITCH:

Hello [Name of Contact],

The holiday season often means big meals and lots of leftovers. Don't let all that hard work and delicious food go to waste! Repurposing leftovers to create new and exciting meals means reducing food waste and cutting down on additional meal prep time during all the hustle and bustle of the season.

As a Registered Dietitian, I can offer interesting ways to create meals out of leftovers that are both tasty and nutritious like Thanksgiving Ramen and Mixed Vegetable Frittata.

Here are a few examples of previous [TV segments I've done/articles I've written]:

- [Title with link to example 1]
- [Title with link to example 2]
- [Title with link to example 3]

If you're interested in learning more, I'd be happy to chat with you about this [segment/article] idea. Feel free to e-mail me back or give me a call at [###-###-####]. I appreciate your consideration.

Sincerely,

[NAME + CREDENTIALS]