

🌲 Comforting, anti-inflammatory recipes to support you through the holidays. ✍️ Subscribe to get it straight to your inbox!

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Food that supports your body during the holidays and beyond!

Hi ,

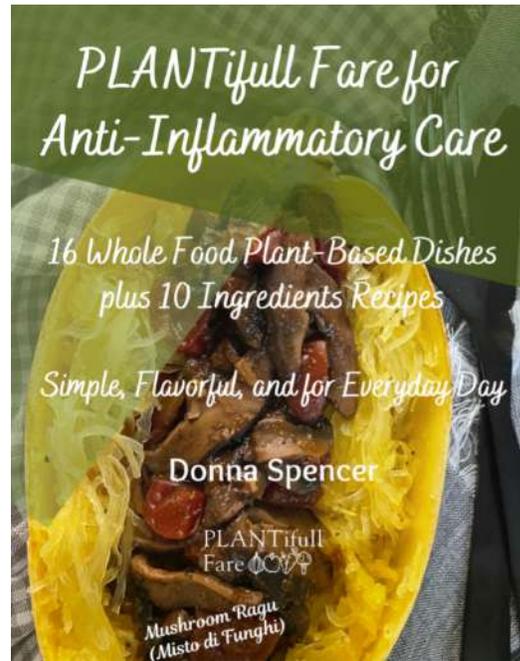
As we move toward the close of the year, many of us naturally begin to reflect, reset, and realign with what matters most. This season is filled with celebration and connection—but also travel, disrupted routines, and often more stress than we expect. When schedules shift and plates overflow, inflammation can quietly creep in, and our bodies feel it.

That's why I believe this time of year isn't about perfection—it's about intention. Small, nourishing choices can help us feel more grounded, supported, and energized as we move through the holidays and into the new year.

A Gift from PLANTifull Fare

Thank you for being part of the PLANTifull Fare community and for joining me on this journey of whole food, plant-based cooking. It truly means so much to me each time you open this newsletter, try a recipe, or share it with someone you love.

As a heartfelt thank-you, I'm gifting you my eCookbook, [PLANTifull Fare for Anti-Inflammatory Care](#), to support you during the holiday season and beyond. Inside, you'll find comforting, flavorful recipes designed to help calm inflammation while still celebrating the joy of beautiful plant-based meals. I truly hope you enjoy it!



Season of Ease and Nourishment

My hope is that these dishes bring ease to your kitchen, nourishment to your body, and a little extra calm to your holidays. May they serve as a reminder that caring for yourself can be simple, delicious, and deeply satisfying.

With gratitude and warm wishes,

~ Donna



Donna Spencer ~ PLANTifull Fare

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P.S. ~ If you enjoyed this newsletter, I'd love for you to pass this along to friends and family so they can [subscribe](#) too! Feel free to direct them to my [home page](#), [join page](#), [follow on instagram](#), or any individual [blog post](#). Your support means the world to me!

P.S.S. – Is this your first time receiving my newsletter? You can [view past issues here](#), and be sure to [subscribe](#) so you don't miss future ones!

Ready to start?

My goal is to inspire YOU to embrace a plant-fueled lifestyle to live a healthier and more vibrant life. Tell me what classes are of interest, or download my free-oil and dairy-free salad dressing recipes and health goal recharger vs depleters worksheet.

Cooking Class Interest

Whole Food Plant-Based Salad Dressings

Health Goal Rechargers vs Depleters Worksheet



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