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Happy 2026!

Hi ,

I fall into the New Year's resolution trap every year—drawn in by good intentions and the hope that this year's goals aren't too big, overwhelming, or out of reach. The truth is, follow-through has never been my struggle. I'm a go-getter who commits, stays the course, and sees things through. And if my persistence sometimes leans toward stubborn—or even a little relentless—I've learned to see that as part of the journey... and a story for another time.

As I step into 2026, it feels different somehow. The world seems to be moving faster than ever—does it feel that way to you, too?

So instead of asking myself *what I should accomplish next*, a better, gentler question has emerged: *How do I want to continue nourishing body and soul—for myself and for the people I love?*

This coming March will mark three years since I retired from Corporate America. My days are now filled with grandbabies, learning about food and technology, and creativity—nourishing my growing family (grandbaby number three arrives in May!), developing recipes and building a website ecosystem, and finding inspiration at the table and along the way. PLANTifull Fare has become less about productivity and more about purpose: cooking with intention, curiosity, and joy.

A 2026 Cooking Intention

Cook to nourish, not to restrict.

Choose meals that feel grounding and satisfying.

Let the kitchen be a place of creativity, not pressure.

Simple, plant-forward food is enough.

Get the Recipe

This WFPB Italian Alfredo sauce is everything Alfredo should be—creamy, rich, and deeply satisfying, without dairy or oil. Made with whole foods like cauliflower and cashews, it might just change your mind about plant-based Alfredo for good.

→ [Best WFPB Italian Alfredo Sauce](#)

Make it once, then make it your own—toss in greens or other vegetables, switch up the pasta, and share it with someone you love. Pure comfort in a bowl, every single time.



Pull Up a Chair

If this resonates, I'd love to hear from you. Leave a recipe [comment](#), step into the kitchen and cook along with me in 2026, or simply take a moment to reflect on what nourishment looks like in your own life right now.

If this newsletter speaks to you, feel free to [share it](#) with family or friends who might enjoy pulling up a chair at the PLANTifull Fare table.

Here's to a 2026 full of flavor, creativity, and mindful living!

~ Donna



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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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