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Two Hearty Plant-Based Mains and Thanksgiving Tips for Hosts and Guests Alike!

Hi ,

In my last newsletter, I shared that I would be serving two hearty main dishes on my Thanksgiving table—[Savory Stuffed Cabbage Rolls with Rich Herb Mushroom Gravy](#) and [Roasted Acorn Squash and Quinoa with Miso Maple Sauce](#). I also wanted to pass along a few tips for prepping ahead for a stress-free, plant-based Thanksgiving.

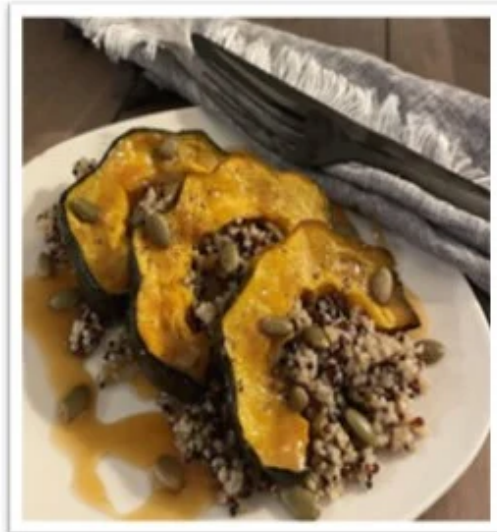
Recipes

Both of these festive mains bring comforting, savory flavors that fill your home with the familiar scents of the holiday season.

The [Savory Stuffed Cabbage Rolls with Rich Herb Mushroom Gravy](#) are layered with cozy aromatics and a satisfying, grain-based and veggie filling, then finished with a silky, herb-infused mushroom sauce that feels truly celebratory.

The [Roasted Acorn Squash and Quinoa with Miso Maple Sauce](#) offers a beautiful balance of textures and taste—sweet roasted squash, nutty quinoa, and a drizzle of salty-sweet goodness—all coming together in a vibrant, nutrient-packed centerpiece.

Together, they highlight how delicious and abundant a plant-based Thanksgiving can be, especially when paired with a few smart make-ahead steps to ease the holiday rush.



Tips for Successful Thanksgiving

If You're Hosting

1. **Prep Ahead in Layers:** Chop veggies, cook grains, mix sauces, prep sides, and assemble casseroles one to three days early so Thanksgiving Day is mostly about reheating and adding finishing touches.
2. **Create a Heating Schedule:** Map out what goes in the oven, stovetop, crockpots, rice cooker, or air fryer—and when. This prevents last-minute chaos and keeps every dish warm and ready at the same time.
3. **Set the Table and Serving Dishes the Day Before:** Lay out dinnerware, napkins, serving dishes, and utensils with labels ahead of time to save effort and cut day-of stress.
4. **Use Flexible, Make-Ahead Recipes:** Choose dishes that hold well—like gravies, hearty sides, roasted veggies, and stuffed mains—so you're not juggling multiple "cook at the last second" items.
5. **Delegate Strategically:** Say yes when guests offer to help. Assign simple tasks—like bringing a side or dessert—to lighten your load while helping them feel included.

If You're a Guest

1. **Confirm Dietary Needs Early:** Ask your host what they're serving and whether you can bring something that complements any plant-based or allergy-friendly considerations.
2. **Bring a Ready-to-Serve Dish:** Choose something that doesn't require oven space or last-minute prep so you don't add stress to the host's kitchen.
3. **Pack Your Own Containers:** Perfect for taking home leftovers without making the host search for containers.
4. **Offer to Help with Simple Tasks:** Refill water, slice bread, or help tidy the table—small gestures go a long way.
5. **Arrive on Time and with Gratitude:** Show up when expected, bring a thoughtful note or small treat, and remember that kindness and those you are sharing the holiday with—not perfection—is what makes the holiday memorable.

Sweet & Healthy Holiday Gifts and Stocking Stuffers

If you're looking for a unique gift for the plant-based foodie in your life, want to kick off the new year with a healthy pantry swap, or simply crave some truly exceptional balsamic vinegars—I've got you covered! I've been using **California Balsamic's** gourmet vinegars for years, and they fit perfectly into my plant-based cooking and everyday meals. They're **salt-free, sugar-free, and oil-free**, yet bursting with flavor. I even drizzle them straight over salads as a simple, delicious dressing!

Some links in this newsletter are affiliate links, which means I may earn a small commission if you purchase through them—at no extra cost to you. *I only recommend products I truly love and use in my own kitchen!*



Give the gift of pure, premium and healthy balsamic this season! Every bottle is:

- Naturally grape-sweetened
- Free from processed sugars
- Vegan, sodium & gluten-free
- Perfect for any diet

And there is a new special! Free 3oz bottle for every \$25!

★[Order](#) by **December 11** to ensure delivery before December 25th. 📺

Your Plant-Based Thanksgiving Wrap-Up

If you're anything like me, I want to test-drive a new recipe before sharing it with guests. You've still got a comfortable window to try out both of these Thanksgiving mains. And remember—I'm just a **[reply]** away if you have questions or want a little kitchen guidance!

Wishing you a holiday season brimming with warmth, abundance, and moments that make you and yours feel extra special. 🌻

With peas, love, and plenty of plant-based goodness,

~ Donna



Donna Spencer ~ PLANTifull Fare

Founder/Wellness Cooking Coach

PCRM Food for Life Instructor

Pod Lead PlantPure Communities PLANTifull Fare

PLANTifull Fare, LLC
Austin, TX United States



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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



PLANTifull Fare, LLC

4002 Emory Peak Pass, Austin Texas

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