THE ABLE DIABETIC
2 week menu plan

15th June - 28th June 2026

INNER CIRCLE RESOURCE

Ah, the joy of summer eating! Bold flavours. Fresh vegetables and fruit. Zing and wholesomeness. I can imagine eating all of these meals sat in the garden in the warmth of the sun. They're great for family and friends, casual, relaxed, nothing complicated but will be greeted with enthusiasm. Enjoy!

WEEK 1

MONDAY	Tex-Mex salad	
TUESDAY	Falafel wraps and herb salad	
WEDNESDAY	Indian-spiced beef cottage pie	
THURSDAY	Roast vegetable strudel and green salad	
FRIDAY	Chicken kebabs, lemon rice, cucumber and tomato salad	
SATURDAY	Roast aubergines, chickpea mash and harissa	LIFE FOOD
SUNDAY	Poached salmon, new potatoes and broccoli	
SWEET TREAT	Tropical crumble	LIFE FOOD

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INNER CIRCLE RESOURCE

WEEK 2

MONDAY	Black bean and avocado quesadillas
TUESDAY	Summer minestrone
WEDNESDAY	Beef, broccoli and water chestnut stir fry
THURSDAY	Spaghetti carbonara
FRIDAY	Pesto cod, mash and green vegetables LIFE FOOD
SATURDAY	Chicken and prawn laksa
SUNDAY	Vegetable lasagne
SWEET TREAT	Apricot and walnut chocolate cookies

LIFE FOOD Sarah's book LIFE FOOD is available on Amazon

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