THE ABLE DIABETIC
2 week menu plan

14th - 27th September 2026

INNER CIRCLE RESOURCE

There's such an abundance of produce at this time of year and I like to make the most of what looks amazing when I'm out shopping. Make these meals adding in what you fancy! There's an emphasis here too on practicality as this time of year things tend to get busier. Every day of this plan contains a moment of pleasure and health for the whole family.

WEEK 1

MONDAY	Spicy beef and bean burritos with tangy salsa	
TUESDAY	Vegetable laksa	
WEDNESDAY	Chef's salad	
THURSDAY	Sweet potato saag aloo and rice	
FRIDAY	Fish & chips with peas	
SATURDAY	Lamb and lentil moussaka	LIFE FOOD
SUNDAY	Pissaladiere and green salad	
SWEET TREAT	Baked apples	LIFE FOOD

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WEEK 2

MONDAY	Vegetable pakora wraps with raita
TUESDAY	Chicken, butternut squash and red onion traybake
WEDNESDAY	Spicy bacon and tomato linguine
THURSDAY	Red pepper filo quiche with mixed roast vegetables
FRIDAY	Meatball subs
SATURDAY	Thai green chicken curry and rice
SUNDAY	Kedgeree LIFE FOOD
SWEET TREAT	Sarah at Number 3 fruit cake LIFE FOOD

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

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