THE ABLE DIABETIC
2 week menu plan

13th July - 26th July 2026

INNER CIRCLE RESOURCE

This month will be about wrapping up work and school and getting into the holiday mood whether you're chilling at home, staycationing or venturing to exotic places. This menu has both relaxed vibes and the excitement of flavours from far-off places. It's easy and delivers lots of pleasure and satisfaction. The mood is happy holidays wherever you are.

WEEK 1

MONDAY	Jennifer Garner salad	
TUESDAY	Cheese & spinach tortellini with butternut squash sauce	
WEDNESDAY	Sweet potato enchiladas	LIFE FOOD
THURSDAY	Fish finger sandwiches	
FRIDAY	Spiced lamb stuffed aubergines	
SATURDAY	Panzanella	
SUNDAY	Roast chicken with summer garlicky bean and tomato gratin	
SWEET TREAT	Apple and caerphilly cake	LIFE FOOD

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INNER CIRCLE RESOURCE

WEEK 2

MONDAY	Summer sausage traybake
TUESDAY	Ratatouille and seeded bread
WEDNESDAY	Chicken pad thai
THURSDAY	Broccoli and stilton quiche
FRIDAY	Beefburgers and fries with coleslaw
SATURDAY	Chicken madras, spinach bhaji and naan bread
SUNDAY	Pasta Puttanesca
SWEET TREAT	Millionaire shortbread

LIFE FOOD

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

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