THE ABLE DIABETIC
2 week menu plan

18th May - 31st May 2026

INNER CIRCLE RESOURCE

I want to be out in the sunshine and fresh air as much as possible in May, and although I still love making food, I want it to be flexible and easy to make, and give me as much freedom as possible. These are easy, high-impact meals, all which would be lovely eaten outside with the sun on your face.

WEEK 1

MONDAY	Asparagus and pea quiche and salad	
TUESDAY	Baked sweet potatoes with beef and feta	
WEDNESDAY	Lentil Bolognese	LIFE FOOD
THURSDAY	Shakshuka and sourdough	
FRIDAY	Grilled kebabs, hummus, flatbreads and salad	
SATURDAY	Nigella's noodle salad	LIFE FOOD
SUNDAY	Shepherd's pie and green vegetables	
SWEET TREAT	Lemon and poppy seed cake	LIFE FOOD

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INNER CIRCLE RESOURCE

WEEK 2

MONDAY	Bean burgers and sweet potato fries	LIFE FOOD
TUESDAY	Spicy sausage and cabbage pasta	
WEDNESDAY	Mexican chicken salad	
THURSDAY	Sweet potato saag aloo and rice	
FRIDAY	Tomato and vodka spaghetti	
SATURDAY	Lasagne and salad	
SUNDAY	Salmon and broccoli filo quiche, new potatoes and salad	LIFE FOOD
SWEET TREAT	Strawberry yogurt blancmange	

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

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