THE ABLE DIABETIC
2 week menu plan

23rd March - 5th April 2026

INNER CIRCLE RESOURCE

In spring, thoughts turn to freshness and vibrancy - in keeping with the brighter days, and the way the world comes alive at this time. I'm thinking of food that blends sustenance with a light touch and lots of colour. It also has to be straightforward and workable in a life that balalnces lots of demands. We're talking pleasure, sharing, health and manageability here.

WEEK 1

MONDAY	Thai green chicken curry with rice
TUESDAY	Falafel wraps with salad and creamy garlic sauce
WEDNESDAY	Green mac 'n' cheese LIFE FOOD
THURSDAY	Sausage, sweet potato and red onion traybake
FRIDAY	Fish, chips and peas
SATURDAY	Beef and black bean burritos
SUNDAY	Chicken cacciatore and polenta
SWEET TREAT	Lemon tart

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WEEK 2

MONDAY	Pasta puttanesca
TUESDAY	Mexican eggs
WEDNESDAY	Chilli halloumi, herb salad and brown rice
THURSDAY	Chickpea and prune tagine
FRIDAY	Chicken burgers in baguette with Vietnamese salad
SATURDAY	Fish pie and green vegetables
SUNDAY	Roast lamb and all the trimmings
SWEET TREAT	Simnel cake

LIFE FOOD



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

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