THE ABLE DIABETIC
2 week menu plan

16th - 29th November 2026

INNER CIRCLE RESOURCE

November brings fireworks and frost. At the weekends especially it's nice to come back from a brisk walk to something toasty from the oven. And a few nice treats are good too. It's important to keep up with the vegetables and pulses so these recipes include lots of them. Heart-warming and healthy!

WEEK 1

MONDAY	Cheddar and leek risotto	
TUESDAY	Chickpea curry with homemade flatbreads	
WEDNESDAY	Beetroot and goats' cheese salad	LIFE FOOD
THURSDAY	Broccoli and blue cheese quiche and salad	
FRIDAY	Spicy bacon pesto pasta	
SATURDAY	Carpenter's pie with carrots	LIFE FOOD
SUNDAY	Roast pork with parsnips and red cabbage	
SWEET TREAT	Bakewell tart	

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INNER CIRCLE RESOURCE

WEEK 2

MONDAY	Bacon, tomato, borlotti bean and avocado salad	
TUESDAY	Pesto crusted white fish with French roast potatoes	
WEDNESDAY	Sausage and borlotti bean casserole	LIFE FOOD
THURSDAY	Mexican chicken and vegetable traybake	
FRIDAY	Chicken satay kebabs, rice and salad	
SATURDAY	Mushroom and kale lasagne	
SUNDAY	Chicken and ham pie with savoy cabbage and parsnips	
SWEET TREAT	Poached pears	LIFE FOOD

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

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