THE ABLE DIABETIC
2 week menu plan

17th - 30th August 2026

INNER CIRCLE RESOURCE

Time spent in the kitchen at this time of the year is about gently pulling together meals not slaving over a hot stove. It's nice to potter but also nice to enjoy the sunshine when it arrives. This menu plan is focused on making people happy through simple efforts. Yes, there's cooking but it is easy-going and the opposite of stressful. Relax and enjoy summer!

WEEK 1

MONDAY	"KFC-style chicken" with sweet potato fries and coleslaw	
TUESDAY	Simple mixed vegetable curry and rice	
WEDNESDAY	Roasted peppers and toasted ciabatta	LIFE FOOD
THURSDAY	Cheese and roasted tomato gnocchi	
FRIDAY	Salmon tacos with tex-mex sides	
SATURDAY	Pho (Vietnamese noodle soup)	LIFE FOOD
SUNDAY	Chicken Caesar salad	
SWEET TREAT	Yogurt, banana and brown sugar trifles	LIFE FOOD

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WEEK 2

MONDAY	Ham and leek macaroni cheese
TUESDAY	Courgette and mint soup with cheddar scones
WEDNESDAY	Tomato and mozzarella salad with focaccia
THURSDAY	Chicken and lentil korma and rice
FRIDAY	Pizza and salads (green, tomato and avocado, three-bean in vinaigrette)
SATURDAY	Steak sandwiches
SUNDAY	Griddled asparagus, pear and goats' cheese salad
SWEET TREAT	Victoria sandwich cake

LIFE FOOD

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

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