THE ABLE DIABETIC
2 week menu plan

12th - 25th October 2026

INNER CIRCLE RESOURCE

With the nights closing in, thoughts of food turn to warming and homely things. It's nice to spend time in the kitchen when its colder outside. I balance out the heartier recipes like pies and my increasing use of root vegetables with healthy veg-based soups. Healthy and sustaining!

WEEK 1

MONDAY	Macaroni cheese with butternut	
TUESDAY	Lancashire Hotpot casserole	
WEDNESDAY	Mexican bean soup	LIFE FOOD
THURSDAY	Mushroom risotto	
FRIDAY	Fish fajitas with avocado and coriander salad	
SATURDAY	Vodka and tomato orzo	
SUNDAY	Cassoulet	
SWEET TREAT	Raspberry and apple pie	LIFE FOOD

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INNER CIRCLE RESOURCE

WEEK 2

MONDAY	Curried salmon fillets with rice and chilli broccoli
TUESDAY	Vegetable strudel and coleslaw
WEDNESDAY	Ham and mushroom linguine
THURSDAY	Spinach, chicken and blue cheese warm salad
FRIDAY	Aubergine Parmigiana
SATURDAY	Mediterranean chicken borek
SUNDAY	Chicken cacciatora with white bean mash
SWEET TREAT	Peach and apple crumble

LIFE FOOD

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

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