THE ABLE DIABETIC
2 week menu plan

20th April - 3rd May 2026

INNER CIRCLE RESOURCE

I'm thinking of food that has new season freshness to it, and makes the most of colourful vegetables and salads, as well as being uncomplicated and suitable for normal life: work, juggling, errands, school etc. These are meals that are straightforward and deliver daily enjoyment.

WEEK 1

MONDAY	Spanish quiche, new potatoes and salad	
TUESDAY	Puy lentil, feta and red pepper filo pie	LIFE FOOD
WEDNESDAY	Beef spaghetti Bolognese	
THURSDAY	Vegetable frittata and salad	
FRIDAY	Chicken curry, dhal and yogurt flatbreads	
SATURDAY	Chicken Tex-Mex wraps	
SUNDAY	Beef burgers, sweet potato fries and coleslaw	
SWEET TREAT	Clementine Cake	LIFE FOOD

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WEEK 2

MONDAY	Chicken and spinach curry and rice
TUESDAY	Jennifer Garner salad
WEDNESDAY	Sausages with root veg mash
THURSDAY	Vegetable Thai red curry and rice
FRIDAY	Pasta Primavera
SATURDAY	Italian tapas - focaccia, tuna & cannellini, pesto green salad and roasted vegetables
SUNDAY	Roast chicken and green salad
SWEET TREAT	Choc 'n' nút bark

LIFE FOOD

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

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