

SELF ALIGN BY DESIGN

30-Day Autoimmune Reset *Workbook*

Gluten-Free · Dairy-Free · Simple, Repeatable, Realistic

How to Use This Workbook

This plan is built around real, familiar food — eggs, sandwiches, soups, roasted dinners — swapped into gluten-free and dairy-free versions rather than reinvented from scratch. The goal is compliance, not complexity: a small rotating list of breakfasts, lunches, and dinners repeats across each week, so shopping and prep stay simple even as the food stays interesting.

Each of the four weeks below follows the same structure: seven breakfasts to rotate, seven lunches, seven dinners, and a grocery list built to cover them. You don't need to follow the meals in order — pick whichever combination fits your day, and lean on leftovers when things get busy.

A note on autoimmune eating: the version here is gluten-free and dairy-free — a solid, sustainable baseline for most people managing autoimmune symptoms. If you're following a stricter AIP (Autoimmune Protocol) elimination, a few meals note a nightshade-free or tomato-free swap; work with your practitioner to decide how strict a starting point makes sense for you.

Why This Approach Works

A few principles run underneath every week of this plan — understanding them makes it easier to adapt the plan to your own kitchen and preferences.

GLUTEN-FREE SWAPS

Gluten can drive intestinal permeability and immune reactivity in sensitive people. GF bread, pasta, wraps, and grains (quinoa, cauliflower rice) let familiar meals stay familiar without the trigger.

DAIRY-FREE SUBS

Dairy is one of the most common inflammatory triggers reported in autoimmune conditions. Coconut yogurt, almond milk, and avocado-based creaminess fill the same role in a meal without the reactivity.

MINIMAL, REPEATABLE INGREDIENTS

The same core proteins and vegetables reappear meal to meal, week to week. Less decision fatigue, less food waste, and a grocery list that's actually realistic to shop from.

COMFORT FIRST

Omelets, sandwiches, tacos, and pasta stay on the menu. Restriction that feels punishing rarely lasts — this plan is designed to be lived with, not white-knuckled through.

Supporting the Reset Beyond the Plate

Food is one lever. These additions from the broader Self Align by Design nervous-system and gut-healing framework tend to compound the results of a 30-day dietary reset.

NERVOUS SYSTEM REGULATION

Digestion runs on the parasympathetic "rest and digest" state — a nervous system stuck in stress mode can't fully digest or absorb nutrients, no matter how clean the food is. A few slow breaths before meals, eating without screens, and chewing thoroughly all help the body actually receive what this plan provides.

GUT-HEALING SUPPORT

Bone broth, fermented foods (in small, well-tolerated amounts), and steady hydration support the gut lining underneath the elimination work this plan is already doing. If bloating or discomfort persists past 30 days, that's a signal worth bringing to a practitioner rather than pushing through.

SLEEP & RHYTHM

Inflammation and blood sugar regulation are both deeply tied to sleep quality. A consistent wake time and a wind-down routine support the same systems this food plan is trying to calm.

OI Week One

BREAKFASTS (ROTATE)

1. Scrambled eggs + avocado + GF toast
2. Overnight oats with chia seeds + blueberries + almond milk
3. Turkey bacon + sweet potato hash
4. Smoothie (banana, spinach, almond milk, chia)
5. Coconut yogurt + gluten-free granola + berries
6. Omelet with spinach + mushrooms
7. Hard boiled eggs + fruit

LUNCHES

1. Chicken salad (GF wrap or over greens)
2. Tuna salad sandwich on GF bread
3. Lentil & veggie soup
4. Turkey & avocado lettuce wraps
5. Quinoa bowl with chicken + broccoli
6. Salmon salad (canned salmon, mayo, celery)
7. Leftover dinner

DINNERS

1. Baked salmon + roasted sweet potato + broccoli
2. Chicken stir-fry with cauliflower rice
3. Turkey chili (tomato-free AIP if needed)
4. Sheet pan cod + carrots + zucchini
5. Beef & veggie skillet with GF rice
6. Roasted chicken thighs + Brussels sprouts
7. Zucchini pasta with turkey marinara (GF pasta option)

WEEK 1 GROCERY LIST

Proteins: chicken breasts, chicken thighs, ground turkey, salmon (fresh or canned), cod, turkey bacon, tuna (canned), beef, eggs

Veggies/Fruit: spinach, mushrooms, zucchini, carrots, broccoli, sweet potatoes, Brussels sprouts, lettuce, celery, bananas, blueberries, avocado

Pantry: GF bread, GF pasta, GF wraps, GF granola, oats, quinoa, lentils, cauliflower rice, almond milk, coconut yogurt, olive oil

Herbs/Spices: garlic, basil, oregano, turmeric

BASE FORMULA — TURKEY CHILI & BEEF & VEGGIE SKILLET

Turkey chili: brown 1 lb ground turkey with diced onion + garlic. Add 1 can beans (if tolerated), 1 cup broth, cumin + oregano + salt. Simmer 20 min. (Tomato-free: sub a diced sweet potato + extra broth for body.)

Beef & veggie skillet: sear 1 lb sliced beef in olive oil, remove. Sauté chopped veggies on hand (carrots, zucchini, broccoli) 5-7 min, return beef, season with garlic + salt + pepper, serve over GF rice.

O2 Week Two

BREAKFASTS

1. Veggie omelet + GF toast
2. Smoothie (strawberries, banana, almond milk, collagen)
3. Overnight oats with apple + cinnamon
4. Turkey sausage + sautéed spinach
5. Chia pudding with coconut milk + berries
6. Scrambled eggs + mushrooms + avocado
7. Coconut yogurt + sliced fruit

LUNCHES

1. Turkey & veggie soup
2. Chicken Caesar salad (dairy-free dressing)
3. Tuna-stuffed avocado
4. GF pasta salad with chicken + olives
5. Salmon salad lettuce cups
6. Hummus + GF wrap with turkey & veggies
7. Leftovers

DINNERS

1. Shrimp stir-fry + zucchini noodles
2. Chicken fajitas (GF tortillas)
3. Turkey burger patties + sweet potato fries
4. Beef stew (carrots, celery, potatoes)
5. Salmon cakes + side salad
6. Sheet pan chicken + broccoli + carrots
7. Spaghetti squash + turkey meatballs

WEEK 2 GROCERY LIST

Proteins: chicken, ground turkey, salmon, shrimp, tuna, turkey sausage, beef

Veggies/Fruit: zucchini, mushrooms, spinach, sweet potatoes, carrots, celery, lettuce, broccoli, potatoes, apple, strawberries, banana, avocado

Pantry: GF tortillas, GF bread, GF pasta, spaghetti squash, oats, chia seeds, coconut milk, almond milk, coconut yogurt, olives, hummus

Spices/Herbs: cumin, oregano, paprika (nightshade-free if AIP strict)

BASE FORMULA — FAJITAS, BEEF STEW & SALMON CAKES

Chicken fajitas: slice chicken + bell pepper + onion, toss with olive oil, cumin, paprika, garlic, salt. Sauté 8-10 min until chicken is cooked through. Serve in warmed GF tortillas.

Beef stew: brown 1.5 lb cubed beef, add chopped carrots, celery, potatoes, and broth to cover. Simmer covered 45-60 min until tender; season with salt, pepper, thyme.

Salmon cakes: mix 2 cans salmon + 1 egg + 2 tbsp almond flour + chopped celery/scallion; form patties, pan-sear 3-4 min per side in olive oil.

03 Week Three

BREAKFASTS

1. Smoothie (blueberries, spinach, chia, almond milk)
2. Scrambled eggs + avocado + GF toast
3. Overnight oats with strawberries
4. Turkey bacon + sautéed kale
5. Coconut yogurt parfait with GF granola
6. Omelet with mushrooms + spinach
7. Chia pudding + banana slices

LUNCHES

1. Chicken salad GF sandwich
2. Lentil soup + side salad
3. Tuna & cucumber salad
4. Turkey wrap in lettuce or GF tortilla
5. Quinoa & roasted veggie bowl
6. Salmon salad with avocado
7. Leftovers

DINNERS

1. Baked cod + roasted Brussels sprouts
2. Chicken stir fry with cauliflower rice
3. Turkey meatloaf (GF breadcrumbs) + sweet potato mash
4. Beef tacos (GF tortillas, lettuce wraps)
5. Shrimp & zucchini noodles with garlic
6. Sheet pan chicken drumsticks + carrots
7. Salmon with asparagus + lemon

WEEK 3 GROCERY LIST

Proteins: chicken, ground turkey, turkey bacon, cod, shrimp, salmon, tuna, beef

Veggies/Fruit: spinach, mushrooms, kale, Brussels sprouts, asparagus, zucchini, carrots, cucumber, sweet potatoes, strawberries, blueberries, bananas, avocado, lettuce

Pantry: GF bread, GF tortillas, GF granola, GF breadcrumbs, quinoa, lentils, chia seeds, oats, almond milk, coconut yogurt

Herbs/Spices: garlic, thyme, basil, oregano

BASE FORMULA — TURKEY MEATLOAF & BEEF TACOS

Turkey meatloaf: mix 1.5 lb ground turkey + 1 egg + 1/3 cup GF breadcrumbs + diced onion + garlic + salt. Shape into a loaf, bake at 375°F for 40-45 min.

Beef tacos: brown 1 lb ground beef with cumin, garlic, paprika, salt. Warm GF tortillas or use lettuce cups; top with avocado + lettuce.

O4 Week Four

BREAKFASTS

1. Veggie omelet + GF toast
2. Smoothie (mango, spinach, chia, coconut milk)
3. Overnight oats with cinnamon + pear
4. Turkey sausage + sautéed broccoli
5. Chia pudding + strawberries
6. Scrambled eggs + avocado
7. Coconut yogurt + fruit

LUNCHES

1. Chicken veggie soup
2. Turkey BLT (GF bread, dairy-free mayo)
3. Salmon salad wrap (GF wrap or lettuce)
4. Quinoa bowl with ground turkey + spinach
5. Tuna avocado boats
6. Hummus plate with GF crackers, veggies, turkey slices
7. Leftovers

DINNERS

1. Baked salmon + roasted zucchini + potatoes
2. Chicken stir fry + cauliflower rice
3. Turkey chili (tomato-free if AIP strict)
4. Shrimp tacos (GF tortillas)
5. Beef & veggie skillet + sweet potato
6. Roasted chicken thighs + Brussels sprouts
7. Spaghetti squash + turkey marinara

WEEK 4 GROCERY LIST

Proteins: chicken, ground turkey, turkey sausage, salmon, shrimp, tuna, beef

Veggies/Fruit: spinach, zucchini, broccoli, Brussels sprouts, potatoes, cauliflower rice, sweet potatoes, carrots, cucumber, pear, mango, strawberries, avocado, lettuce

Pantry: GF bread, GF wraps, GF crackers, quinoa, GF pasta, spaghetti squash, chia seeds, oats, coconut yogurt, almond/coconut milk

Herbs/Spices: garlic, rosemary, oregano, basil, turmeric

BASE FORMULA — SHRIMP TACOS

Shrimp tacos: sauté shrimp in olive oil with cumin, garlic, paprika, salt until pink (2-3 min per side). Serve in warmed GF tortillas with avocado + lettuce.

What This Structure Gives You

- Familiar meals (eggs, sandwiches, pasta, tacos) for comfort and easier compliance
- Autoimmune-friendly swaps: gluten-free, dairy-free, nightshade-light where noted
- Minimal ingredients repeated weekly for easier shopping and prep
- Four full grocery lists to keep the month organized start to finish

Before You Begin

This workbook is educational and not a substitute for individualized medical or nutritional advice. Autoimmune presentations vary widely — work with your doctor, dietitian, or functional medicine practitioner before making significant dietary changes, especially if you're managing a diagnosed condition or taking medication.

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