



Gluten-free Dairy-free Reset Week 6 (for one person)

MICHELE SPRING

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THRIVING AUTOIMMUNE

I've planned for 4 servings of the beef barbacoa as it's often hard to find smaller cuts of beef. Feel free to make even MORE than this and then freeze the rest in individual portions, as this is a great dish to pull out of the freezer when you want tacos later! All the work will have been done, just take it out of the freezer, reheat from frozen, stick into a tortilla, add your toppings and voila - super quick meal!



MON



BREAKFAST
Morning Glory Muffins



LUNCH
Cream of Celery & Asparagus Soup



SNACK 1
Cranberry & Pumpkin Seed Popcorn



DINNER
One Pan Sausage & Beans

TUE



BREAKFAST
Post Workout Green Smoothie



LUNCH
One Pan Sausage & Beans



SNACK 1
Banana with Peanut Butter



DINNER
Sweet Potato & Black Bean Salad

WED



BREAKFAST
Morning Glory Muffins



LUNCH
Sweet Potato & Black Bean Salad



SNACK 1
Banana with Peanut Butter



DINNER
Beef Barbacoa Tacos

THU



BREAKFAST
Post Workout Green Smoothie



LUNCH
Beef Barbacoa Tacos



SNACK 1
Almonds & Dark Chocolate



DINNER
Vegan Corn Chowder

FRI



BREAKFAST
Morning Glory Muffins



LUNCH
Vegan Corn Chowder



SNACK 1
Almonds & Dark Chocolate



DINNER
Loaded Sweet Potato & Kale Quesadilla

SAT



BREAKFAST
Eggs, Spinach & Potatoes



LUNCH
Loaded Sweet Potato & Kale Quesadilla



SNACK 1
Cranberry & Pumpkin Seed Popcorn



DINNER
Za'atar Drumsticks with Cauliflower & Arugula

SUN



BREAKFAST
Eggs, Spinach & Potatoes



LUNCH
Za'atar Drumsticks with Cauliflower & Arugula



SNACK 1
Cranberry & Pumpkin Seed Popcorn



DINNER
Vegan Corn Chowder

FRUITS

- 1/2 Avocado
- 3 1/2 Banana
- 3/4 Lemon
- 1 Lime

BREAKFAST

- 1/4 cup All Natural Peanut Butter
- 2 tbsps Maple Syrup

SEEDS, NUTS & SPICES

- 1/4 cup Almonds
- 2 Bay Leaf
- 1/2 tsp Cinnamon
- 3/4 tsp Cumin
- 2 tps Cumin Seed
- 1/2 tsp Garlic Powder
- 1/2 tsp Onion Powder
- 1/2 tsp Oregano
- 3/4 tsp Paprika
- 3/4 cup Pumpkin Seeds
- 1 2/3 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Za'atar Spice

FROZEN

- 2 Brown Rice Tortilla
- 1 1/2 cups Frozen Corn

VEGETABLES

- 2 cups Arugula
- 4 cups Baby Spinach
- 2 1/2 Carrot
- 1 head Cauliflower
- 1 1/2 stalks Celery
- 1 cup Cherry Tomatoes
- 1/4 cup Cilantro
- 6 Cremini Mushrooms
- 2 tbsps Fresh Dill
- 10 1/2 Garlic
- 3 cups Kale Leaves
- 4 cups Mini Potatoes
- 1/2 cup Parsley
- 1/3 cup Red Onion
- 1/2 Sweet Onion
- 2 Sweet Potato
- 1/3 tsp Thyme
- 1/2 White Onion
- 1/2 Yellow Onion

BOXED & CANNED

- 1 cup Black Beans
- 1/3 cup Canned Coconut Milk
- 1 cup Diced Tomatoes
- 1 1/2 cups Lima Beans
- 1 1/2 ozs Pickled Chipotle Peppers
- 6 cups Popcorn
- 2 cups Vegetable Broth

BAKING

- 1/2 cup Almond Flour
- 1 3/4 ozs Dark Chocolate
- 3/4 cup Dried Unsweetened Cranberries
- 1/2 cup Oats
- 1/4 cup Raisins

BREAD, FISH, MEAT & CHEESE

- 1 lb Chicken Drumsticks
- 8 Corn Tortilla
- 10 ozs Pork Sausage
- 1 1/2 lbs Top Sirloin Beef Roast

CONDIMENTS & OILS

- 1 tbsp Balsamic Vinegar
- 1 1/2 tbsps Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 3 tbsps Green Goddess Salad Dressing
- 2 tbsps Tahini

COLD

- 5 Egg
- 3 tbsps Unsweetened Almond Milk

OTHER

- 1/4 cup Vanilla Protein Powder
- 3 cups Water

Morning Glory Muffins

5 SERVINGS 40 MINUTES



INGREDIENTS

1/2 cup Almond Flour
1/2 cup Oats
1/4 tsp Cinnamon
1/8 tsp Sea Salt
1/4 cup Raisins
1 2/3 tbsps Extra Virgin Olive Oil
2 1/4 tbsps Maple Syrup
1 1/8 Egg
2 1/4 tbsps Unsweetened Almond Milk
1 1/8 Carrot (grated)
1/2 Banana (ripe and mashed)

DIRECTIONS

- 01 Preheat the oven to 375°F (191°C). Line a muffin tray with liners.
- 02 In a bowl, combine flour, cinnamon, salt, oats and raisins. Mix well.
- 03 In a separate bowl, combine oil, maple syrup, egg, almond milk, carrot and banana. Mix well.
- 04 Combine the wet and dry ingredients and mix well.
- 05 Use a measuring cup to measure even amounts of mixture into the muffin liners. Place in the oven and bake for 30 minutes.
- 06 Remove from oven. Let cool and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Freeze for up to two months.

SERVING SIZE

One serving equals one muffin.

NO RAISINS

Used unsweetened dried cranberries or fresh blueberries instead.

EGG ALLERGY

Mix 2 tbsp ground flax seed with 6 tbsp water and let it sit to form a gel. Use this in replace of 2 eggs.

ADDITIONAL TOPPINGS

Raw honey or butter.

Post Workout Green Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

2 tbsps Vanilla Protein Powder
1 cup Water (cold)
1/4 Avocado
1/2 Banana (frozen)
1 cup Baby Spinach

DIRECTIONS

01 Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

NOTES

NO SPINACH

Use kale instead.

NO PROTEIN POWDER

Add a few spoonfuls of hemp seeds.



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Eggs, Spinach & Potatoes

2 SERVINGS 35 MINUTES



INGREDIENTS

4 cups Mini Potatoes (halved)
2 tbsps Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
2 cups Baby Spinach
4 Egg

DIRECTIONS

- 01 Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.
- 02 Place the potatoes on the prepared baking sheet. Coat with half of the oil and season with salt and pepper. Transfer to the oven and cook for 20 to 25 minutes, flipping halfway through, until cooked.
- 03 Just before the potatoes are done, heat the remaining oil in a non-stick pan over medium heat. Add the spinach and season with salt and pepper. Lightly sauté for one to two minutes or until just wilted.
- 04 Push the spinach to one side of the pan. Crack the eggs into the open side of the pan. Cook the eggs until the whites have set, and the yolks reach your desired doneness.
- 05 Divide the potatoes, spinach, and eggs between plates. Season with salt and pepper and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately. Refrigerate in an airtight container for up to one day. To meal prep, hard boil the eggs and evenly divide items between to-go containers.

SERVING SIZE

One serving is two eggs and two cups of potatoes with spinach.

MORE FLAVOR

Add everything bagel seasoning and/or hot sauce.

Cranberry & Pumpkin Seed Popcorn

3 SERVINGS 5 MINUTES



INGREDIENTS

6 cups Popcorn
3/4 cup Dried Unsweetened Cranberries
3/4 cup Pumpkin Seeds

DIRECTIONS

01 Place the popcorn into a bowl and mix in the cranberries and pumpkin seeds. Enjoy!

NOTES

LEFTOVERS

Best enjoyed fresh.

SERVING SIZE

One serving is 2 1/2 cups.

NO PUMPKIN SEEDS OR CRANBERRIES

Use a pre-made trail mix instead.



THE
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Banana with Peanut Butter

1 SERVING 5 MINUTES



INGREDIENTS

1 Banana (peeled and sliced)
2 tbsps All Natural Peanut Butter

DIRECTIONS

01 Spread peanut butter across banana slices. Happy snacking!

NOTES

NO PEANUT BUTTER

Use any nut or seed butter.

MORE PROTEIN

Sprinkle with hemp seeds.

Almonds & Dark Chocolate

2 SERVINGS 3 MINUTES



INGREDIENTS

1 3/4 ozs Dark Chocolate (at least 70% cacao)
1/4 cup Almonds

DIRECTIONS

01 Divide between bowls. Enjoy!

One Pan Sausage & Beans

2 SERVINGS 30 MINUTES



INGREDIENTS

1 tsp Extra Virgin Olive Oil
1/2 Yellow Onion (small, diced)
10 ozs Pork Sausage (Italian, casing removed, crumbled)
6 Cremini Mushrooms (sliced)
1 cup Diced Tomatoes (from the can, with the juices)
1 1/2 cups Lima Beans (cooked)
2 tbsps Fresh Dill (finely chopped, plus extra for garnish)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Heat the oil in a pan over medium heat. Add the onion and sauté for about five minutes or until soft.
- 02 Add the sausage and mushrooms and cook for another five minutes, stirring occasionally. Add the tomatoes, stir, and cover the pan with a lid. Simmer for about 10 minutes.
- 03 Remove the lid and add the beans, dill, salt, and pepper. Cover and cook for another five to seven minutes or until everything is cooked through. Taste and adjust the seasoning to your taste.
- 04 Top with extra dill and divide evenly between bowls. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately 1 1/2 cups.

MORE FLAVOR

Add bell pepper or zucchini.

NO FRESH DILL

Use parsley or cilantro instead.

Sweet Potato & Black Bean Salad

2 SERVINGS 25 MINUTES



INGREDIENTS

- 1 Sweet Potato (diced into 1/2 inch cubes)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 tsp Cumin
- 1/4 tsp Cinnamon
- 1/4 tsp Paprika
- 2 tsps Tahini
- 1/4 Lemon (juiced)
- 1 Garlic (cloves, minced)
- 1 tbsp Unsweetened Almond Milk
- 1 cup Black Beans (cooked, drained and rinsed)
- 1 cup Cherry Tomatoes (halved)
- 1/2 cup Parsley (chopped)
- Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). Line a large baking sheet with parchment paper.
- 02 In a large mixing bowl, combine diced sweet potato, olive oil, cumin, cinnamon and paprika. Transfer to baking sheet and bake for 25 minutes.
- 03 Meanwhile, make your tahini dressing by whisking together tahini, lemon juice, minced garlic and almond milk.
- 04 In the mixing bowl, combine black beans, tomatoes, chopped parsley and sweet potato. Drizzle with your desired amount of dressing. Season with salt and pepper to taste.

NOTES

NO BLACK BEANS

Use lentils, chickpeas or quinoa instead.

NO TAHINI

Use hummus instead.

STORAGE

Refrigerate in air-tight container up to 3-5 days.

Beef Barbacoa Tacos

4 SERVINGS 3 HOURS 10 MINUTES



INGREDIENTS

1 1/2 lbs Top Sirloin Beef Roast (cut into big chunks)
Sea Salt & Black Pepper (to taste)
1 1/2 ozs Pickled Chipotle Peppers (in adobo sauce)
5 Garlic (cloves)
2 tsps Cumin Seed
2 cups Vegetable Broth
2 Bay Leaf
1 Lime (juiced, plus extra for serving)
8 Corn Tortilla (small)
1/3 cup Red Onion (diced)
1/4 cup Cilantro (chopped)

DIRECTIONS

- 01 Heat a heavy pan over medium-high heat. Season the beef chunks all over with salt and pepper and add to the pan. Cook for about 15 minutes or until browned on all sides, working in batches if needed.
- 02 Meanwhile, in a blender add the chipotle peppers, garlic, cumin, and broth. Blend until smooth. Add the chipotle mixture to the pot along with the bay leaves and stir well. Season with salt and pepper.
- 03 Cover the pot with a lid, turn down the heat to low, and simmer for about two hours. Check occasionally and add more water, if necessary.
- 04 After two hours, remove the beef chunks from the pan. Use two forks and shred the beef. Transfer the beef back to the pan and stir. Cover with a lid and simmer for another 30 minutes.
- 05 Stir in the lime juice. Divide the beef evenly between the tortillas and top with red onion and cilantro. Serve with lime slices on the side and enjoy!

NOTES

LEFTOVERS

Refrigerate the beef in an airtight container for up to three days. Assemble the tacos before serving.

SERVING SIZE

One serving is equal to two tacos.

MORE FLAVOR

Add oregano and cloves to the chipotle mixture.

ADDITIONAL TOPPINGS

Radishes, shredded cabbage, mashed or diced avocado, and/or hot sauce.

Vegan Corn Chowder

3 SERVINGS 40 MINUTES



INGREDIENTS

1/2 head Cauliflower (chopped into florets and divided)
1 1/2 tbsps Coconut Oil
1/2 White Onion (diced)
2 1/2 Garlic (cloves, minced)
1 1/2 Carrot (chopped)
1 1/2 stalks Celery
1 1/2 tsps Sea Salt
1/2 tsp Paprika
1/2 tsp Onion Powder
1/2 tsp Garlic Powder
1/4 tsp Cumin
1/3 tsp Thyme
1/2 tsp Oregano
1 1/2 cups Frozen Corn (divided)
1/3 cup Canned Coconut Milk
1 cup Water

DIRECTIONS

- 01 On the stove, bring a large pot of water to a boil. Drop in half your cauliflower florets and let cook for 5 to 6 minutes (or until tender when pierced with a fork). (Note: You can also steam the cauliflower until tender.)
- 02 Meanwhile, melt coconut oil in a separate large pot over medium-high heat. Add the remaining half of the cauliflower, onion, garlic, carrot, celery, salt, paprika, onion powder, garlic powder, cumin, thyme and oregano. Cook until veggies are softened, about 10 to 15 minutes.
- 03 Add boiled (or steamed) cauliflower to a blender with half the amount of corn and all of the coconut milk and water. Blend into a thick puree.
- 04 Add cauliflower mixture and remaining half of the corn to the sautéed vegetables. Bring to a gentle boil and cook until veggies are soft, about 10 to 20 minutes.
- 05 Add additional salt and spices to taste. Divide into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

SERVING SIZE

One serving is roughly 1 1/2 cups of soup.

ADDITIONAL TOPPINGS

Add quinoa, edamame, or chickpeas for more protein. Stir in kale, spinach and/or nutritional yeast. Top with chopped green onions, avocado, and/or a slice of toast.

NO COCONUT MILK

Use almond milk instead.

LESS WORK

Saute all ingredients except coconut milk and water in a large pot until veggies are tender. Add coconut milk and water and bring to a gentle boil. Before serving, use a handheld blender to puree about half of your chowder.



Loaded Sweet Potato & Kale Quesadilla

2 SERVINGS 20 MINUTES



INGREDIENTS

1 Sweet Potato (medium, peeled)
Sea Salt & Black Pepper (to taste)
3 tbsps Extra Virgin Olive Oil
1/2 Sweet Onion (medium, chopped)
2 Garlic (cloves, minced)
3 cups Kale Leaves (chopped)
1 tbsp Balsamic Vinegar
2 Brown Rice Tortilla

DIRECTIONS

- 01 Preheat oven to 410°F (210°C). Line a baking sheet with parchment paper.
- 02 Chop sweet potato into 1/2 inch slices. Fill a pot with water and bring to a boil. Place sweet potato in a steaming basket and steam for 7 to 10 minutes. Transfer into a bowl and mash with a fork. Season with salt and pepper to taste.
- 03 Meanwhile, heat 1/3 of the olive oil in a pan over medium heat. Saute onions until soft, then add garlic and kale. Heat until kale is wilted.
- 04 In a small bowl, whisk together the balsamic vinegar, remaining olive oil, salt and pepper to taste. Drizzle about 1/2 the balsamic vinaigrette over the kale and stir until well coated.
- 05 Lay a brown rice tortilla on the baking sheet. Spread mashed sweet potato and top evenly with kale mixture. Cover with another tortilla and bake for 10 to 15 minutes or until golden brown and crispy.
- 06 Slice and serve with remaining balsamic vinaigrette.

NOTES

KEEP IT FLAT

Place another baking sheet over the quesadilla to keep the tortilla from curling in the oven.

NO KALE

Use spinach or chopped collard greens instead.

MORE PROTEIN

Add lentils.

Za'atar Drumsticks with Cauliflower & Arugula

2 SERVINGS 35 MINUTES



INGREDIENTS

1 tbsp Extra Virgin Olive Oil
1/2 Lemon (juiced)
1 tbsp Za'atar Spice
Sea Salt & Black Pepper (to taste)
1 lb Chicken Drumsticks
1/2 head Cauliflower (large, chopped into small florets)
2 cups Arugula
3 tbsps Green Goddess Salad Dressing

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 02 In a bowl, whisk together the oil, lemon juice, za'atar, salt, and pepper. Add the chicken and cauliflower and mix well.
- 03 Transfer into the baking sheet and cook in the oven for about 30 minutes or until the chicken is cooked through. Flip the chicken and vegetables halfway.
- 04 Divide the chicken, arugula, and cauliflower evenly between plates. Serve with green goddess sauce and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately one cup arugula, two drumsticks, one cup of cauliflower, and 1 1/2 tablespoons sauce.

MORE FLAVOR

Add carrots and zucchini.

NO GREEN GODDESS SAUCE

Use tahini or any dressing of choice instead.