

THE 5 DAY

REDLINE

CHALLENGE

QUICK EATS

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We are not doctors. We are not dietitians.

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About these recipes...

You Don't Need Fancy—You Need Traction.

Remeber you're stepping into a 5-day sprint that's designed to flip your body's switch now, not "someday."Most people get stuck not because they don't want results, but because they waste time on complicated, Pinterest-perfect meals they'll never make again.

So this section? It's built different.

These Quick-Eats aren't flashy. They aren't Instagram showstoppers.
They're fast, fuel-packed, and Redline-approved—designed to help you win the next five days with speed and simplicity. This is your shortcut to traction.

Could we spend time showing you how to make brownies, ice cream, lasagna, and creamy Alfredo that actually burns fat instead of storing it? Absolutely. And we will. But not now. That comes later, once you've seen how powerful this lifestyle really is. Right now, you need to understand the science behind this.

These meals will get you through the week.
Everything here was crafted from the same raw components you'll find on your Grocery List Suggestions—real foods below the Redline, turned into real meals.

The meals here are deceptively simple, just like the Cheatsheet, and just like the Grocery List.

But don't underestimate them—this is Phase One.
It's not about perfection.

Don't fall into the trap of trying to do everything perfectly and ending up doing nothing consistently.
That's what happens when people live off bits and pieces from YouTube, TikTok, Facebook, and Instagram... and never follow a proven, guided path.

You're not here to spin. You're here to Redline.
So use these meals, have fun creating your own. Just keep it simple. Stay below the line.
And let's show your body what's actually possible in just five days.



THE OATMEAL ODYSSEY

INGREDIENTS

- 3-4 Unpitted Medjool dates
- 1 organic apple
- 3.5 cups organic rolled oats
- 40 oz water
  (filtered or purified is best)
- 1/4 tsp salt
- 2 tsp ceylon cinnamon
- 1/4 cup Organic Raisens
- 2 tsp ground flaxseed
- 2 tsp chia seeds
- 2 tsp hemp seed

TOPPINGS

- Pumpkin Seeds
- Raw Honey
- Pecans, Walnuts, etc (Raw)
- Cut Up Banana
- Blueberries (Raw or Frozen)
- Strawberries (Raw or Frozen)
- Mango (Raw of Frozen)
- Other Fruits

DIRECTIONS

STEP !: Pit Dates and Core Apple

STEP 2: Add Dates and Apple in 16 oz of purified water with a blender.

Step 3: Pour above mixture in large pot, add 40 oz of water. and bring to boil.

STEP 4:Add all other ingredients into water and turn to low-medium for 10-15 min. (stirring occasionally)

STEP 5: Put a portion in a bowl and top with assorted topping of your choice.



MARY BETH'S CHICKPEA CABBAGE SOUP

INGREDIENTS

- ½ Cup Veggie Broth (or create your own with veggie bouillon) For Sauteing; + 2-4 Cups For Soup
- 1 Small Head of Cabbage (or ½ large head of cabbage) Chopped Into Bite Sized Pieces
- 1 Onion; Chopped
- 4 Garlic Cloves; Chopped
- 1 TBSP Dried Basil
- ½ TSP Salt
- ½ TSP Ground Black Pepper
- 2 15 oz Cans of Chickpeas (garbanzo beans); Rinsed
- 3 cups of Diced Tomatoes (canned or fresh)
- Optional: Fresh Chopped Basil For Garnish

DIRECTIONS

STEP 1: In a large soup pot, heat the ½ cup of Veggie Broth.

STEP 2: Add the Salt, Basil & Pepper

Step 3: Add the Chopped Onion & sautee until soft & translucent; (about 3-4 minutes)

STEP 4: Add Garlic & sautee for another 2 minutes

STEP 5: Add Diced Tomatoes, Cabbage & cooked Chickpeas

Step 6: Cover with Veggie Broth

STEP 7: Bring to a boil and cook for app. 15-20 minutes; add more Salt, Pepper or Basil if needed

STEP 8: Serve hot, garnished with Basil or Parsley



MARY BETH'S TUSCAN KALE SOUP

INGREDIENTS

- 2 Cups Frozen Kale
- 4 oz Fresh, Sliced Mushrooms
- 1 Cup Frozen, Tricolor Onions & Peppers
- 1 tsp Minced Garlic
- ½ tsp Onion Powder
- ½ tsp Garlic Salt
- 1 Can Fire Roasted Tomatoes
- 1 Quart Of Veggie Broth (or veggie bouillon and water mixed)
- Salt To Taste
- Optional: Red Pepper flakes

DIRECTIONS

STEP 1: Place all ingredients in pot

STEP 2: Bring to boil

STEP 3: Let simmer until everything is cooked well

STEP 4: Serve Hot & Enjoy



QUICK CURRY

INGREDIENTS

- Large Bowl Brown Minute Rice
- 12 oz Bag Frozen, California Style Veggie Medley
- 1-2 cold, left Over chopped Baked Potatoes (optional)
- ¼ Cup Raw Cashews, (halves & pieces)
- 1 Medium Sweet Onion Cut In Wedges
- 1 can diced Tomatos
- 2-3 tsps Curry Powder
- Small Knob Of Fresh Ginger (start super small & increase based on preference)
- 1 tsp ground Cumin
- 1 tsp Minced Garlic
- 2 Cup Of Water
- Salt to taste

OPTIONAL: Cayenne Pepper To Taste, Snipped Fresh Cilantro

DIRECTIONS

STEP 1: Use leftover or make large bowl of Minute Brown Rice

STEP 2: In a medium/large sauce pan add the Veggie Medley cook on high occasionally stirring until hot.

Step 3: In a blender combine: Raw Cashews, Sweet Onion Wedges, Diced tomatoes undrained, Salt Curry Powder, Knob of Ginger, Cumin, Minced Garlic & 1 Cup of Water and blend until smooth. (add more water and salt if needed)

STEP 4: Transfer sauce to the veggie skillet, and stir in 1 more Cup of Water. bring sauce to boiling; add in cold leftover cubbed baked potatoes; reduce heath to medium-high and cook 5 min and then simmer for to 10-15 min.

Step 5: Serve over Rice



SOUTHERN VEGGIE FEAST

INGREDIENTS

- 2 Cans (15oz) Pinto Beans
- 2 Cans (15oz) Greens Beans
- Potatoes (stewed)
- 2 Cans (15oz) Low Sodium Turnip/Collard Greens (or frozen)
- 3 Cans (15oz) Corn (no sugar or salt added)
- 4 (or more) Sweet Potatoes
- Unpitted Medjool Dates (pit yourself for sweater & better dates)
- Maple Syrup & Cinnamon
- Liquid Smoke
- Salt
- ¼ Cup Off Raw Cashews (or avocado)

DIRECTIONS

STEP 1: Cut up Potatoes cover with water, Salt & Pepper, cook until Potatoes are soft. Heat & serve

STEP 2:Season Pinto Beans with ½ a pureed Date & Salt. Heat & Serve

Step 3: Cook Green Beans down until juice from cans is gone. Heat & Serve (cook w/ slice of onion for extra flavor)

STEP 4: Sweeten Greens with 1 pureed, pitted Date, Salt and + a few drops of Liquid Smoke. Heat & Serve

STEP 5: Blend 1 Can of Corn until smooth with 3 pitted Dates + dash of Salt. Put in medium pan. heat & combine with below Corn Open 2nd Can of Corn, pulse blend (leave chunky) Add to pan, open 3rd Can of Corn, drain then pulse blend & add to pan. Heat, combine & serve

Step 6: Bake Sweet Potatoes in microwave.

STEP 7: Make sweet butter drizzle (blend pitted Dates, Maple Syrup, dash of Cinnamon, dash of Salt & ¼ Cup Raw Cashews & just a bit of purified water) for Sweet Potato topping



CHUNKY CHILI

INGREDIENTS

- ½ Cup Quinoa
- 2 Cans (15oz) No-Salt Canned Diced Tomatoes
- 1 Can (15oz) Black Beans, White Beans/Pinto Beans, Kidney Beans (drain & rinse all beans)
- 2 Cups Frozen Bell Peppers
- 4 Cups Spinach (frozen or fresh)
- 1 Cup Water
- ½ tsp Chili Powder
- 2 tsp Cumin
- Optional 1 tsp Salt & Pepper

DIRECTIONS

STEP 1: Add the Quinoa, Diced Tomatoes, Frozen Peppers, Spinach, Water, Chili Powder, Cumin into a pot. Mix everything together and cover

STEP 2: Cook over low-medium heat for 20 minutes or longer. Drain and rinse the Canned Black Beans. Add the rinsed Beans in about 10 minutes before serving. The idea is to heat the Beans without cooking them further, because you don't want mushy Beans!

Kid-Friendly tip: This recipe is usually a kid pleaser, but if you're feeding a particularly picky eater, they may enjoy this more with a few modifications. Add a kid-sized portion (or 2) of Beans and Veggies to a small saucepan and heat them separately. add just a dash of each spice and a little salt. Serve the Quinoa separately and Salt as desired.



8 MINUTE BAKED POTATO

STEP 1: Throw a White Potato in the microwave

STEP 2: Salt & Pepper to taste

STEP 3: Top with chunky chili or Vince's 5 min 3 ingredient lunch

STEP 4: Make a bunch for prep for other recipes using chopped baked potatoes!

NOTE: Trade the White Potato w/ a Sweet Potato for a different flavor profile!



POWER SMOOTHIE

INGREDIENTS

- 1 Ripe Banana (fresh is best)
- 1 Cup Frozen Strawberries
- ½ Cup Blueberries (frozen is best)
- 1 Cup Packed Fresh Or Frozen Kale Leaves (or spinach)
- 1 Cup Unsweetened Soy/Almond/Cashew Milk

DIRECTIONS

STEP 1: Combine the ingredients in a blender and blend until smooth.

NOTE: If you want a thicker texture, you can add ice, but be sure to blend all other ingredients until smooth first as the ice will get in the way of your green leafies being pureed!



FAST RICE & BEANS

INGREDIENTS

- 1 Cup Brown Rice
- ½ Green Pepper
- ½ Clove Garlic
- ¼ tsp Chili Powder
- ⅛ tsp Cumin
- ¼ tsp Dried oregano
- ⅛ tsp Thyme
- ½ Can No Salt Kidney Beans
- 1 TBSP Tomato Paste
- ½ Cup Fresh Spinach
- ¼ Cup Fresh Parsley Salt & Pepper to taste

DIRECTIONS

STEP 1: Cook Brown Rice in separate pot(or reheat leftover rice)

STEP 2: Rinse Green Pepper, remove the stem and seeds, and dice into small piece. Mince the Garlic. Bring pot with lid to medium heat with a touch of Water. Stir the Green Peppers and cook for a few minutes. stir in Garlic, Chili Powder, Cumin, Dried Oregano and Dried Thyme and cook for one more minute

STEP 3: Rinse and drain the Canned Kidney Beans and add them to the pot. Add bit more Water, if needed. once the Brown Rice is cooked/heated, add to pot as well, stir and cover.

STEP 4: Rinse and chop Spinach and Parsley. If you'd like your Spinach cooked down a bit, add it to the pot to cook for a few minutes (if you are cooking it then Frozen Spinach will do just as well, if not maybe better, than fresh). If you'd like your Spinach as a fresh topping, set it aside until the cooking is done.

STEP 5: Season the Red Beans and Rice with Salt and Pepper to taste. Top w/ Spinach and/or Fresh Parsley and enjoy!



VINCE'S 5 MIN. 3 INGREDIENT LUNCH

INGREDIENTS

- 1 Can (15oz) Drained & Rinsed Black Beans (low sodium)
- 1 Can (15oz) Drained Whole Kernel Corn
- 1-3 TBSP Of Your Favorite Salsa (make sure to read ingredients. Salsa with NO oil or dairy)
- Dash of Garlic salt (optional)

DIRECTIONS

STEP 1: Place all ingredients in bowl, then warm in microwave. OR You can put all ingredients in a pot and heat on the stovetop

STEP 2: Enjoy!



MEXICAN STIR FRY

INGREDIENTS

- 1 Bag Frozen Of Mixed Vegetables (carrots, green beans, corn, & peas)
- 1 Drained Can of Navy Beans
- Taco Seasoning Salt
- 3 Cups Brown Rice
- 1/½ cup Tomato Sauce
- 1 tsp Onion Powder
- 1 tsp Garlic Powder
- Taco Sauce

DIRECTIONS

STEP 1: Bring 6 Cups of Water to boil; Add Brown Rice, Onion Powder, Garlic Powder, TomatoSsauce, and Taco Seasoning & Salt to taste.

STEP 2: Let Brown Rice cook

STEP 3: While Rice is cooking, put 1 Bag Frozen Veggies in pot on stove top; season to taste with beans, Taco Seasoning & Salt to taste

STEP 4: Let Veggies cook down; stirring consistently. Cook very well

STEP 5: Once cooked, add half plate of Rice, half plate of Veggies and top with Taco Sauce. ENJOY!

STEP 6: Save any leftovers for next meal



SNACKS THIS WEEK

🍓 Fruit is Your Go-To Snack This Week!

If you're feeling snacky during the challenge, reach for fruit—it's sweet, satisfying, and Redline-approved.

But remember—this week isn't about becoming a kitchen wizard. It's about proving how fast your body can change when you fuel it with foods only below the Redline—and understanding the science behind why it works.

We'll talk more about the Foodhacker's Foundry toward the end of the challenge (yes, that's where the brownies and caramel magic lives and a whole lot more)

For now, focus on two things:

- Show up to every class
- Stay fully below the Redline

That's the formula. Simple. Powerful. Non-negotiable.

SUGGESTIONS

- Bananas
- Apples
- Watermelon
- Cantaloupe
- Honeydew
- Tomatoes
- Pineapple
- Grapes
- Oranges
- Pears
- Strawberries
- Blueberries
- Peaches
- Pomegranate
- Grapefruit

⚠️

DO NOT SNACK ON NUTS!

Note: Find the best fresh fruit in season, (or pick your favorite frozen fruits) Organic is always ideal, but not required for these 5 days. We go more into the specifics in future trainings. for now, enjoy as snacks anytime, anywhere!



DON'T MISS THE

LIVE CLASSES

STARTING TIMES

4pm - 6pm PST
5pm - 7pm MST
6pm - 8pm CST
7pm - 9pm EST

ACCESS All Your Stuff In One Place

MYREDLINEPORTAL.COM

Can't Find Something?



Every morning of the challenge, we send out a short, powerful teaching emails as well as links to each LIVE CLASS to help you stay focused, aligned, and ready to win the day.
But here's the catch—sometimes people accidentally mistype their email or phone number when they register... and then they miss everything.

🛑 Don't risk it.

If you haven't received anything from us yet—or if you used an old, mistyped, or temporary email—please email us now at 👉 admin@foodfixsecrets.com with your name and your best email address. That way, we can make sure you're getting every message, every link, and every tool to succeed.
This challenge moves fast. Let's make sure you don't miss a single step.

All Your Redline Stuff In One Place
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Direct Link The LIVE CLASSES Here
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