REDLINE

CHEAT SHEETS



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

MYREDLINETicket.COM

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We are not licensed medical professionals.
We are not doctors. We are not dietitians.

These recipes, etc are provided for educational and informational purposes only and does not constitute providing medical advice or professional services.

The information provided should not be used for diagnosing or treating a health problem or disease, and those seeking personal medical advice should consult with a licensed physician.

Always seek the advice of your doctor or other qualified health providers regarding a medical condition. We will never tell you to delay, come off, or adjust in any way medication that you are on.
That is between you and your doctor.

Consult with your physician before making any dietary or lifestyle changes. Never disregard professional medical advice or delay in seeking it because of something you have read or watched in relation to The Redline Result, LLC, Eat Plants and Thrive LLC, FoodFixU, the Redline Challenge, Vince Rountree, Rawlin Vanatta, or Mary Beth Laxson or any subsidiaries, contractors or employees related to this organization or anyone representing them.

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REDLINE CHEATSHEET WARNING

READ THIS BEFORE YOU CONTINUE

Let's be real with you up front:
At first glance, the cheatsheet that follows the next page might look... underwhelming.

Some people even dismiss it. But those people? **They miss out**.
Because what looks simple on the surface is actually precision-engineered to flip the switch on your metabolism and ignite a transformation faster than anything you've ever tried.

Smart people get curious. They lean in. And when **they go all in below the Redline**—they get results that look like miracles, but are just biology finally working like it's supposed to.

Now, let's talk about what you're really thinking when you see this list:

If you've ever tried to lose weight by shrinking your portions, slashing your carbs, or grinding out more exercise—you're not alone. That's the norm. And **this cheatsheet**? It breaks every one of those rules. You stare at **these foods BELOW THE REDLINE** thinking, "Wait... **You can eat as much as you want and still lose weight**?"

Yes. Exactly that.

And if you're diabetic—especially with Type 2 Diabetes—the carbs on this list might just scare you out of your mind. You've been taught to fear them. To avoid them at all costs.

But here's the reality... it's NOT TRUE! Carbs don't CAUSE diabetes.

In fact, CARBS—when chosen strategically—are the key to reversing Type 2 Diabetes. That's why in Day 1's class, after we talk about different fat storage locations, **we break down exactly how this works** and why nearly everything you've been told is wrong.

And if you don't have diabetes you might. be thinking.. "well, that doesn't apply to me." That would be a mistake. Because **we link everything to you and your health**, even if it doesn't seem immediately relevant **you will see the connections as the classes unfold**.

- Each class builds on the last.
- Each one uncovers another lie.
- Each one hands you a piece of the puzzle your body's been missing.

This is why **every single class matters**—because without the context, without the science, without the strategy, this cheatsheet could confuse you or even backfire.

Let's be crystal clear, for this week...

- **You can eat as much of the foods below the redline as you want.**
- **You can eat them**, whenever or as often as you want.
- Don't count calories. There are NO portion rules.

If it's BELOW THE REDLINE... It's GAME! (and **you will lose weight**)

But here's the catch—and it's a big one:
Moderation will kill your momentum.
Even one bite of a food above the Redline can stall or completely erase your results.

This week, there will absolutely be foods you want to eat that are off-limits. You'll be tempted. You'll justify. You'll think, "Just a little won't hurt."

It will.

This isn't about eating "better."
This is about resetting your body at a cellular level. And that only happens when you **give it five full days** of nothing but below-the-Redline fuel.

Why?

Because we're here to prove something powerful:

- Just how fast **your body can respond**.
- Just how easily **your mind can feel sharp again**.
- Just how much **inflammation, pain, and fog can vanish...** when you stop compromising.

If you're on medications, keep a written log of your glucose and/or blood pressure and share it with your doctor. Many participants have had their meds adjusted—or even discontinued—(by their doctor) because their bodies simply no longer needed them.
This cheatsheet is powerful—but only when used **with the strategy and support inside the Redline classes**. That's why we don't send this out without context.

- This is not a free-for-all.
- This is not "do your best."
- **This is your mission**—and you've got one 2 jobs:

1. **Eat below the Redline.** Fully. Fiercely. No half-steps.
2. **Don't miss a single class.** (If there is an EMERGENCY watch the REPLAY)

Your body won't just change—it's about to wake up.

Welcome to the REDLINE CHALLENGE.



THE ELEPHANT
IN THE ROOM AND IN THE GARDEN

Let's address "the elephant in the room" The thing almost everyone thinks the moment they see the Cheatsheet:
"Wait… where's the meat? The cheese?"
Does this mean the Redline is a vegan diet? Are you now asking me to start shopping at weird places where people don't wear shoes or deodorant? (hahaha)

Absolutely not.

This is not vegan. This is not vegetarian. And this is definitely not a "plant-based" food fad wrapped in marketing spin. PETA isn't showing up. But neither is your old way of thinking about food. You might even here us suggest things like using small amounts of raw honey to sweeten coffee.

Let's break it down:

- You can eat as much as you want
- You don't have to count a single calorie
- You won't cut carbs
- You don't have to shrink your portions
- And nope—you don't even need to work out to lose weight.

Note* (Exercise is great for your health, and we encourage it. But for weight loss? It's a tiny lever. We're pulling the BIG ones.)

This is so different, it might even scare you a little at first. We get it. But it works. Wildly fast. And it's built on real food—not labels, not trends, not processed substitutions.

In fact, we'll go so far as to say:
If the package says "vegan," "vegetarian," or "plant-based"…
If it says, Keto, Paleo, Whole 30 or Carnivore…
Put. It. Back. And head straight for the produce section.

Because while those buzzwords can sometimes sound healthy, 98.3% of the time they're just ultra-processed food-like products in disguise—loaded with chemicals, gums, flavoring agents. They are shelf-stable science experiments your body doesn't recognize.

The REDLINE LIFESTYLE revolves around the garden, not the factory.
And for one powerful week, you're going to experience what that does to your body.

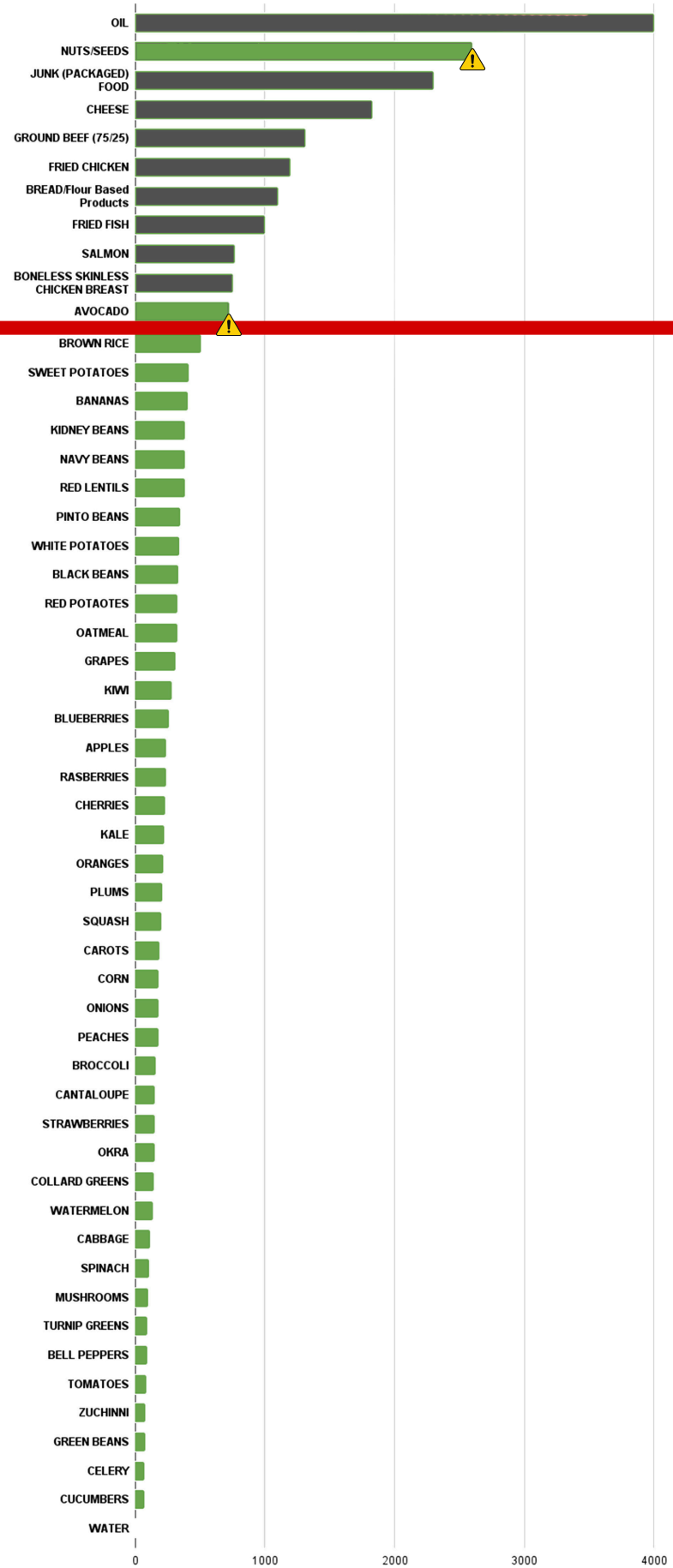
Here's the hardest truth of all:
Most of what we eat in modern life isn't real food.
It's food-like substances—designed to hijack your brain's pleasure centers setting up long-term customers for the food manufacturers. The side effects? They disrupt your hormones, and keep you hungry, bloated, tired and full of chronic disease like diabetes, high blood pressure, heart disease and auto-immune diseases.

The Redline flips that entire system on its head.
And when you experience it—really experience it—you'll feel how different this is.
Not just on the scale. Not just in your bloodwork.
But in your brain, your mood, your sleep, your energy, your clarity, and even the toiler. (hehehe)
And you'll know:
This was never about being vegan.
This was about coming back to real food—and waking up your body in the process.

Welcome to the Redline Challenge.

THE FOODFIXERS

REDLINE CHEATSHEET



AS MUCH AS YOU WANT CATEGORIES

EXCEPTIONS TO THE REDLINE CATEGORIES

Let's Talk Grocery List.

The foods below the Redline are just that—foods. But most people don't eat foods... they eat meals. That's why the next page contains grocery list suggestions—raw components you can mix and match to transform your Cheatsheet into real-world meals that fuel results. You do NOT need to buy everything on the list. As long as you're sticking to Redline-approved foods, you're in the clear. This list is simply a set of low-cost, easy-to-access options to help you get started and bring in variety.

And while fruits make a fantastic snack (you'll find a bunch on the list), if you rely only on fruits and veggies this week, you might find yourself feeling hungry more often. That's because the real staying power comes from the starches—like potatoes, rice, and beans.
Now, if you're diabetic, this might be the part where you freak out. We get it. Carbs like these are usually villainized. But here's the truth: they're not the enemy—they're the key. In fact, they're exactly what helps reverse insulin resistance, stabilize blood sugar, and eliminate hunger without creating more cravings. We'll explain how it works (step-by-step) in the Day 1 Class, so don't miss it. You'll never look at a potato the same way again.

Now, quick note—because it will come up:
Yes, you'll see things like cans of beans on the grocery list. And sure, it's healthier to cook dried beans yourself. And yes, it's even healthier to grow your own beans organically, in hand-tilled soil, under the light of a biodynamic moon with zero fertilizer.

But here's the deal: we don't live in 1920. We live in 2025.
And we're here to pull the biggest levers and not micro-manage the smallest ones.
This list was designed to get you results now, with ingredients that fit into real-life schedules, real-life kitchens, and real-life budgets.

There will always be a more "pure" or "optimal" way to do something—and we dive deep into all of that inside the Foodhacker's Foundry. But this challenge isn't about optimizing every micro-step. It's about making the biggest, most needle-moving shifts in just 5 days.

A final word of caution:
One of the biggest reasons people never see real results is because they get stuck obsessing over details—bouncing from YouTube to TikTok to Facebook to Instagram, learning one "health hack" here and another random tip there, but never following a proven path.
That ends here.

We have a clear, time-tested system. We've helped tens of thousands of people transform their health in record time. You don't need to guess anymore. You just need to trust the process and watch what happens.

Now...

Head to the next page.
Stock your fridge, pantry, cabinets, and countertop.
And get ready to Redline your kitchen—and your life.

EASY GROCERY LIST
SUGGESTIONS

- **Beans Beans Beans (Cans of Beans)**

Pinto Beans, Black Beans, Great Northern Beans, Chlli Beans, Red Beans, Navy Beans, Cannellini Beans, Kidney Beans, etc….

* THINGS TO REMEMBER

1. Make sure none of them have "OIL" listed as an INGREDIENT.
2. On the NUTRITION Label "Cholesterol" should be ZERO!
3. Look for "No Salt Added" or "Low Salt" Versions if possible, but not 100% necessary.
4. There should be no sugar, high fructose corn syrup, or corn syrup listed as ingredients.

- **Potatoes Potatoes Potatoes**

Russet Potatoes, Sweet Potatoes, Idaho Potatoes, Red Potatoes, Yukon Gold Potatoes

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- **Whole Grains**

Old Fashioned Oats (Steel Cut or Rolled) Brown Rice, Wild Rice, Red Rice, Yellow Rice, Black Rice, Quinoa

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- **Peas & Lentils (Dried, Canned, Frozen)**

Green Peas, Black Eyed Peas, Crowder Peas, Split Peas, Snap Peas, Field Peas, Garbanzo Beans/Chickpeas, Brown Lentils, Red Lentils, Green Lentils, Yellow Lentils, etc

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- **Veggies, Veggies Veggies (Fresh, Canned, Frozen)**

Carrots, Green Beans, Collard Greens, Broccoli, Cauliflower, Radishes, Turnips, Turnip Greens, Celery, Red Leaf Lettuce, Green Leaf Lettuce, Okra, Spinach, Kale, Romaine Lettuce, Parsnips, Onions, Mushrooms, etc.

- **Fruit Fruit Fruit, Fresh, All Kinds (Frozen Good Too!)**

Bananas, Oranges, Watermelon, Pomegranate, Pears, Peaches, Grapes (Organic if possible), Blueberries (Organic If Possible), Strawberries (Organic If Possible), Apples (Organic If Possible) Grapefruit, Tomatoes, Cantaloupe, Honeydew, Mandarin Orangies, ETC (best when in season)

- **Condiments/Seasoning to Have on Hand**

1. Salsa
2. Veggie Bouillon Paste
3. Pink Salt
4. Onion Powder
5. Garlic Powder
6. Garlic Salt
7. Chili Powder
8. Cumin
9. Italian Seasoning
10. Cayenne Pepper
11. Hot Sauce
12. Parsley
13. Cilantro
14. Your Favorite Meat Rubs & Seasonings
15. Nutritional Yeast
16. Cinnamon
17. Black Pepper
18. Apple Cider Vinegar

❖ Ingredients to 100% AVOID in ALL THINGS…
- ➢ High Fructose Corn Syrup
- ➢ Corn Syrup
- ➢ Anything With ANY Cholesterol Listed On Ingredients

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
MYREDLINTICKET.COM

Direct Link The LIVE CLASSES Here
REDLINELIVE.COM

Upgrade to VIP Here
REDLINEUPGRADE.COM

Record Your Results on Day 5 Here
REDLINETRACKER.COM

To Apply For Our Redline Rewire Mentorship
FOODFIXERU.COM

To Find Other Programs We Offer:
FOODFIXERCENTRAL.COM