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**From:** [REDACTED] <[REDACTED]>  
**Sent:** Monday, March 17, 2014 3:36 AM  
**To:** [REDACTED] (Google Drive)  
**Cc:** [REDACTED]; [REDACTED]  
**Subject:** Re: [REDACTED] Food Recommendations ([REDACTED])

If we only bring this food into the ho=se baba will have to eat it because there will be nothing else. And he will=be well and healthy :)))

Sent from my iPhone

On Mar 16= 2014, at 10:08 PM, "[REDACTED] (Google Drive)" <[REDACTED]> <mailto:[REDACTED]> > wrote:

I've shared an i=em with you.

<<https://ssl.gstatic.com/docs/documents/share/images/services/document-2.png>> [REDACTED] Food Recommenda=ns  
<<https://docs.google.com/document/d/1SPfPbk06s8iuVdRV03v3C8=PeDfZn2glqpLqTlhYWms/edit?usp=sharing>>

Snapshot of the item below:

Yes!<span>

- \* Salads with: G=illed chicken or grilled fish
- \* Avocado: Add to salads, guacamole, etc.
- \* =span style="font-weight:bold">Egg Whites
- \* Gluten Free Pasta
- \* Grilled or Roasted Vegetables: Pumpkin, carrots, broc=oli, etc.
- \* Kale and Spinac=
- \* Quinoa and Barley=/li>
- \* Manna Bread: Contai=s nuts and fruits
- \* Nuts: Pistachios, Almonds, walnuts, hazelnuts, etc.
- \* <span style="font-weight:bold">Almond Butter
- \* Omega Health Spread: Use instead of Butter S=ray!
- \* Fresh Fruits<li>
- \* Dark Chocolate
- \* <span style="font-weight:bold">Sorbet and Frozen Yogurt
- \* Oatmeal
- \* Olive oil
- \* Sma=l amount of Ricotta Cheese

No, no, no!

- \* Milk: NO ice cream...!
- \* Candy
- \* White Flour: NO cookies, cake, white bread, pizza, bagels, etc.
- \* Tuna / Swordfish: high in mercury
- \* : try to avoid

Google Drive: c=reate, share, and keep all your stuff in one place. <<https://drive.google.com>>  
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