
From: [REDACTED] <[REDACTED]>
Sent: Monday, March 17, 2014 3:37 AM
To: [REDACTED] (Google Drive)
Cc: [REDACTED]; [REDACTED]
Subject: Re: [REDACTED] Food Recommendations ([REDACTED])

Oooooopsie!!!!!! I didn't see JE is cc'ed on this email too 🙄🙄🙄 now I have given away my scheme

Sent from my iPhone

On Mar 16, 2014, at 10:08 PM, "[REDACTED] (Google Drive)" <[REDACTED]> <mailto:jenkalin@gmail.com> > wrote:

I've shared an item with you.

<<https://ssl.gstatic.com/docs/documentviewer/ui/toolbar/docs.png>> [REDACTED] Food Recommendations
<<https://docs.google.com/document/d/1SPfPbk06s8iuVdRV03v3C8=PeDfZn2glqLqThYWms/edit?usp=sharing>>

Snapshot of the item below:

Yes!

- * Salads with: Grilled chicken or grilled fish
- * Avocado: Add to salads, guacamole, etc.
- * **Egg Whites**
- * Gluten Free Pasta
- * Grilled or Roasted Vegetables: Pumpkin, carrots, broccoli, etc.
- * Kale and Spinach
- * Quinoa and Barley
- * Manna Bread: Contains nuts and fruits
- * Nuts: Pistachios, Almonds, walnuts, hazelnuts, etc.
- * **Almond Butter**
- * Omega Health Spread: Use instead of Butter Spray!
- * Fresh Fruits
- * Dark Chocolate
- * **Sorbet and Frozen Yogurt**
- * Oatmeal
- * Olive oil
- * Small 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: create, share, and keep all your stuff in one place. <<https://drive.google.com>>

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