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**From:** [REDACTED] <[REDACTED]>  
**Sent:** Thursday, March 1, 2012 9:19 PM  
**To:** [REDACTED]

[REDACTED]. JE is trying to do a Gluten free diet, so has been eating oatmeal for breakfast and not his muffins. Wanted to give you the heads up <?xml version=.0" encoding=TF-8"?> <!DOCTYPE plist PUBLIC "-//Apple//DTD PLIST 1.0//EN"

"http://www.apple.com/DTDs/PropertyList-1.0.dtd">

<plist version=.0">

<dict>

<key>date-sent</key>

<real>1330636764</real>

<key>flags</key>

<integer>8590195713</integer>

<key>original-mailbox</key>

<string>imap://[REDACTED]/Sent%20Messages</string>

<key>remote-id</key>

<string>9070</string>

<key>subject</key>

<string></string>

</dict>

</plist>