
From: Karyna Shuliak <[REDACTED]>
Sent: Sunday, November 2, 2014 5:18 PM
To: ann rodriquez
Subject: Food list

- 1) Granolas (homemade if possible), get a few different ones if there is = choice
- 2) Fresh salmon (wild if possible)
- 3) Green beans (organic if possible)
- 4) Nuts (pistachios, pecans, -whole; almonds-sliced)- raw, unsalted, =rganic if possible
- 5) Rolled oats - old fashioned, NOT instant!
- 6) Organic maple syrup
- 7) Brown sugar
- 8) Organic mixed greens
- 9) Organic red grapes=?xml version=.0" encoding=TF-8"?> <!DOCTYPE plist PUBLIC "-//Apple//DTD PLIST 1.0//EN" "http://www.apple.com/DTDs/PropertyList-1.0.dtd">
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