
From: Karyna Shuliak <[REDACTED]>
Sent: Thursday, June 21, 2012 5:40 PM
To: Karyna Shuliak
Subject: cooking with Francis

stews (beef, veal, lamb, chicken)
pastas
soups (pee hot and chilled, chicken
steak
potato(mashed, double baked
jen's hamburger
healthy snacks (vegetables, egg snacks
how to choose the right grocery

```
<?xml version="1.0" encoding="UTF-8"?>
<!DOCTYPE plist PUBLIC "-//Apple//DTD PLIST 1.0//EN" "http://www.apple.com/DTDs/PropertyList-1.0.dtd">
<plist version="1.0">
<dict>
  <key>conversation-id</key>
  <integer>18598</integer>
  <key>date-last-viewed</key>
  <integer>0</integer>
  <key>date-received</key>
  <integer>1340300415</integer>
  <key>flags</key>
  <integer>8623750145</integer>
  <key>remote-id</key>
  <string>2172</string>
</dict>
</plist>
```