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**From:** Karyna Shuliak [REDACTED]  
**Sent:** Thursday, August 17, 2017 8:57 PM  
**To:** [REDACTED]  
**Subject:** Fwd: Peter Thiel Dietary Restrictions as of Feb. 4, 2016

Begin forwarded message:

From: L [REDACTED] >=br>Date: August 17, 2017 at 2:13:13 PM EDT  
To: Karyna Shul=ak [REDACTED]  
Subject: Peter Thiel Dietary Restrictions as of Feb. 4= 2016

[REDACTED]  
Re=ui=red Dietary Restriction as of Feb. 4, 2016

APPROVED SUSHI

APPROVED PROTEIN

Kaki Oysters

Bass<=span>

Nigiri

Bee=

Octopus

=atfish

Sashimi

=span>Chicken

Scallops

Eggs

Sea Urchin

Lamb

Seabass

<=pan>

Perch

Spicy Tuna w Avocado

Trout

Squid

Turkey

<=pan>Sweet Shrimps

Whitefish

Tobiko

Tuna

Yellowtail

=span>APPROVED VEGETABLES

APPROVED NUTS

Artichoke

Anything unsalted and unroasted

Avocado=br>

Beets

Broccoli</=pan>

CONDIMENTS

=russels sprouts

Most fresh herbs, and Olive oil

Cabbage, carrots

Cucumber

Garlic

Olives

Onions

=span>

Peppers

Salad greens

Spinach

Avoid

Avoid

Dairy

Fruits

Gluten

Grains

Grains

Ketchup

Mayo

Mushroom

Peanuts

Pecans

Pistachios

Processed foods

Soy Sauce

Sugar

Tomato

Vinegar

Vinegar