
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]
Required 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 Av=cado

Trout

Squid

Turkey

<=pan>Sweet Shrimps

Whitefish

Tobiko

Tuna

Yellowtail

=span>APPROVED VEGETABLES

APPROVED NUTS

Artichoke

Any=hing unsalted and unroasted

Avocado=br>

Beets

Broccoli</=pan>

CONDIMENTS

=russells sprouts

Most fresh herbs, and Oliv= oil

Cabbage, carrots

Cucumber

Garlic

Olives

Onions

=span>

Peppers

Salad greens=/span>

Spinach

<=span>
AVOID

Dairy

Fruits

Gluten
<=pan>
Grains

Ketchup=br>
Mayo

Mushroom

Peanuts

Pecas=s

Pistachios

Processed foods

Soy Sauce

Sugar

Tomato
=span>
Vinegar

<=pan>

=/html>=