
From: Lesley Groff <[REDACTED]>
Sent: Friday, December 1, 2017 10:27 PM
To: Peter Thiel
Cc: Karyna Shuliak; [REDACTED]
Subject: Jeffrey Epstein

Hello Alisa...Hope you are well. I was wondering if you have an updated list of dietary restrictions for Peter? I have the old one...Please let me know if there is a new list when you can.

Thanks
Lesley
Assistant to Jeffrey Epstein

Required Dietary Restriction as of Feb. 4, 2016

APPROVED SUSHI

APPROVED PROTEIN

Kaki Oysters

Bass

Nigiri

Beef

Octopus

Catfish

Sashimi

Chicken

Scallops

Eggs

Sea Urchin

Lamb

Seabass

Perch

Spicy Tuna w Avocado

Trout

Squid

Turkey

Sweet Shrimps

Whitefish

Tobiko

Tuna

Yellowtail

APPROVED VEGETABLES

APPROVED NUTS

Artichoke

Anything unsalted and unroasted

Avocado

Beets

Broccoli

CONDIMENTS

Brussels sprouts

Most fresh herbs, and Olive oil

Cabbage, carrots

Cucumber

Garlic

Olives

Onions

Peppers

Salad greens

Spinach

AVOID

Dairy

Fruits

Gluten

Grains

Ketchup

Mayo

Mushroom

Peanuts

Pecans

Pistachios

Processed foods

Soy Sauce

Sugar

Tomato

Vinegar

MEAL SUGGESTIONS

Breakfast * Egg whites or greens/salad with some form of protein (Steak etc)

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