
From: [REDACTED]
Sent: Friday, September 23, 2011 12:58 AM
To: Jeffrey Epstein; [REDACTED]
Subject: Veg&fruit
Attachments: photo 1.JPG; Untitled attachment 00031.txt; photo 2.JPG; Untitled attachment 00034.txt

Veg:	Fruits:
1 Tomato.	1 Orange
4 Asparagus	1 Banana
Broccoli 1 piece	Pineapple
Celery 1	1 Apple
Spinach 20 lvs	1 Pear
1 Brussels sprout	blueberries

1 Carrot
1 Cauliflower 1 piece

Cabbage 2 leaves.
Fresh Ginger small piece

1 table spoon of flaxseed
1 teaspoon of green magma

Half a glass of water

Some ice cubes

makes 9 tall glasses

1-Put in the blender Broccoli, asparagus cauliflower ,carrots spinach brusse=s ,sprout ,celery tomato, 2-add half a glass of water and blend till liquid.

3- put peeled orange, pear with the skin ,apple with the skin, peeled banana= ,Pineapple and blend add 1 table flaxseed and green magma