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**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