

To: JE Jail[jeevacation@gmail.com]
From: N E M
Sent: Wed 11/4/2009 5:09:47 PM
Subject: cooking menu tomorrow

I am going to tell him no cheese but is there something you don't like or want to add otherwise?

----- Forwarded Message -----

From: Christian Mailloux <[REDACTED]>
To: nadja2102@yahoo.com
Sent: Tue, November 3, 2009 12:02:54 PM
Subject: Re: lesson

Egg white omlettes with: Asparagus, Herbs & Cheese / Tomato, Basil, Mozz / Mushrooms
Whole wheat blackberry pancakes (very low-fat) Remember the banana maple syrup we made?
Yummy!
Spinach & Egg white Fritatta with Goat Cheese & Roasted Red Peppers (baked)
Awesome Roasted Garlic Hummus

That's a start for the moment. I'll have more for you