
From: Lesley Groff [REDACTED]
Sent: Thursday, January 10, 2013 1:00 PM
To: Epstein Jeffrey
Subject: Groceries for [REDACTED]

[REDACTED] is requesting the below groceries. Is it ok to send [REDACTED] out to f=ct them for her? (Or just some of below?)

>
> If its possible to get groceries, I'd love the following:
>
> 1 liter penta water bottles - a case?
> I drink 2 a day, usually
>
> Raspberries, blueberries
> 5 bananas
> 5-6 avocados
> Olive oil
> Sea salt
> Old fashioned gluten free oatmeal
> Pure maple syrup
> - Sardines packed in water/salt (plain) - bar harbor is a great brand, or w=atever you find -4 cans
> - Chopped or minced canned or frozen clams.
> 2 packages white rice noodles
> 3 packages 100% buckwheat noodles
> - Bonito (dried tuna - often near the dried seaweed at the market)
> - if easy, good quality coconut water (in bottle, not can)
>
> I'm just getting my schedule together, will email about times to see Jeffr=y.
>
> 60th birthday year! Is he eating home made cookies anymore or did he give=those up?
>
> Thank you!
>
> Xo
>
>>
>>
<?xml version=.0" encoding=TF-8"?>
<!DOCTYPE plist PUBLIC "-//Apple//DTD PLIST 1.0//EN" "http://www.apple.com/DTDs/PropertyList-1.0.dtd">
<plist version=.0">
<dict>
 <key>conversation-id</key>
 <integer>241912</integer>
 <key>date-last-viewed</key>
 <integer>0</integer>
 <key>date-received</key>
 <integer>1357822821</integer>
 <key>flags</key>
 <integer>8623750145</integer>

```
<key>gmail-label-ids</key>
<array>
    <integer>6</integer>
    <integer>2</integer>
</array>
<key>remote-id</key>
<string>268900</string>
</dict>
</plist>
```