

To: [REDACTED];

From: Ike Groff  
Sent: Fri 2/5/2016 10:03:19 PM  
Subject: this looks yummy

[http://blog.myfitnesspal.com/roasted-brussel-sprouts-sweet-potatoes/?utm\\_source=mfp&utm\\_medium=Twitter](http://blog.myfitnesspal.com/roasted-brussel-sprouts-sweet-potatoes/?utm_source=mfp&utm_medium=Twitter)

Ike Groff | 680 Washington Blvd | Stamford, CT 06901 |  [REDACTED] | 

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