

From: "Emad Hanna" <[REDACTED]>
To: "Lesley Groff (External Contact)" <[REDACTED]>
Subject: RE: island days
Date: Wed, 30 Mar 2011 14:41:52 +0000

Yea and with me hobbled right now I'm not getting any exercise so I'm hoping this will help

Thank you

Emad Hanna
Project Controller
HBRK Associates
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Suite 10F
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Cell [REDACTED]
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Fax (646) 350-0221
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-----Original Message-----

From: Lesley Groff [mailto:[REDACTED]]
Sent: Wednesday, March 30, 2011 10:40 AM
To: Emad Hanna
Subject: Re: island days

you will for sure save calories with the jello or yogurt and kellogg bar.

hhmmmm the sandwich...i put the bagel at 250 (cause they are big) the sausage at 125 and the egg at 150...could be more or less, but around 500 calories?...but you will save alot of calories this way for sure.
it is amazing how it can all add up!

On Mar 30, 2011, at 10:24 AM, Emad Hanna wrote:

> Fyi my breakfast routine has changed again
>
> I will no longer be eating breakfast.
>
> I'm having a 60 calorie cup of yogurt or Jell-O before I leave my house
> and a 90 calorie Kellogg's bar when I get here from now on until lunch.
>
> That should reduce my calorie intake.
>
> What do you think that bagel with sausage calorie wise has?
>
> Thank you
>
> Emad Hanna
> Project Controller
> HBRK Associates
> 301 East 66th St
> Suite 10F
> New York, NY 10065
> Cell [REDACTED]
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>
> -----Original Message-----
> From: Lesley Groff [mailto:[REDACTED]]
> Sent: Wednesday, March 30, 2011 10:21 AM
> To: Emad Hanna
> Subject: Re: island days
>
> any time. always happy to help :)
> On Mar 30, 2011, at 10:20 AM, Emad Hanna wrote:
>
>> Great thank you
>>
>>
>> Emad Hanna
>> Project Controller
>> HBRK Associates
>> 301 East 66th St
>> Suite 10F
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>>
>> -----Original Message-----
>> From: Lesley Groff [mailto:[REDACTED]]
>> Sent: Wednesday, March 30, 2011 10:19 AM
>> To: Emad Hanna
>> Subject: island days
>>
>> JE's island days are below!
>>
>> Jan.6-17
>>
>> Feb. 6-9
>>
>> Feb. 16-20
>>
>> March 26-29
>>
>>
>>
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