

**From:** Lesley Groff <[REDACTED]>  
**To:** "Emad Hanna" <[REDACTED]>  
**Subject:** Re: island days  
**Date:** Wed, 30 Mar 2011 14:50:54 +0000

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it will. :)

On Mar 30, 2011, at 10:41 AM, Emad Hanna wrote:

> 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  
> 301 East 66th St  
> Suite 10F  
> New York, NY 10065  
> Cell [REDACTED]  
> LSJ Office [REDACTED]  
> St. Thomas Office [REDACTED]  
> NY Office [REDACTED]  
> Fax (646) 350-0221  
> [REDACTED]

> -----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.

>  
> hhhmmmm 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]  
>> LSJ Office [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  
>>> New York, NY 10065  
>>> Cell [REDACTED]  
>>> LSJ Office [REDACTED]  
>>> St. Thomas Office [REDACTED]  
>>> NY Office [REDACTED]  
>>> Fax (646) 350-0221  
>>> [REDACTED]  
>>>  
>>> -----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  
>>>  
>>>  
>>  
>