

**From:** [REDACTED] <[REDACTED]>  
**To:** Karyna Shuliak <[REDACTED]>  
**Subject:** [REDACTED] food list for the island  
**Date:** Sat, 23 Nov 2013 21:33:30 +0000

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- 1) Greek yogurt ( as JE's favorite brand but 0% fat )
- 2) grapefruits
- 3) apples
- 4) pomegranate
- 5) steel cut oatmeal
- 6) baby carrots
- 7) broccoli
- 8) cauliflower
- 9) spinach
- 10) green peas
- 11) mushrooms
- 12) cucumber
- 13) cherry tomatoes
- 14) salmon filet
- 15) kefir ( non fat or if no than low fat )

Sent from my iPhone