

From: [REDACTED] <[REDACTED]>
To: Epstein Jeffrey <jeevacation@gmail.com>
Cc: [REDACTED] <[REDACTED]>
Subject: [REDACTED]
Date: Wed, 09 Jan 2013 17:25:32 +0000

[REDACTED] will be staying in 11B from Jan. 13-19. She is asking for some groceries, see below. Is it ok for [REDACTED] to purchase for [REDACTED]?

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 whatever 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)