

From: [REDACTED] <[REDACTED]>

To: "jeffrey E." <jeevacation@gmail.com>

Subject: Re:

Date: Sun, 01 Jan 2017 18:19:32 +0000

Done!

On Sun, Jan 1, 2017 at 5:38 AM jeffrey E. <jeevacation@gmail.com> wrote:

tell valdson, only protein, , meat chicken. eggs. no sweets breads or pasta potatoes for the week i am there.

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please note

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