

To: francis derby [REDACTED]
Cc: Lynn and Jojo [REDACTED]
From: [REDACTED]
Sent: Sat 8/18/2012 3:43:31 PM
Subject: Re: JE Food

Lesley Groff [REDACTED]

Ok, I will sort the coconut water

Sent from my iPhone

On 18 Aug 2012, at 11:41, francis derby <[REDACTED]> wrote:

Je is still dieting for now. He is not eating much at all mostly striaght prtien.
I will send with him tonight:

-Beef jerky(he's eating a good amount of this through out the day i am sending 4 large zip lock bags. We have gone through about 70 pounds of Steak for beef jerky in the last 2 weeks...no joke. Lyn please put it out in small amounts and make sure you keep refilling it when he finishes.

-Muffins (still using butter spray, we will from here on out ALWAYS pack the spray with the muffins)

-Yogurt and granola

Things to have on hand:

[REDACTED] has been making a ginger tea for him she will be able to make more in NYC
(Please have lots of fresh ginger and lemons for this. Also need cardamom and anise seed in the spice cabinet)

[REDACTED] JE mentioned having coconut water from your favorite juice place in the fridge, can you please order just in case he'd like to have some)

Cottage cheese

The usual assortment of ham, roast beef, prosciutto, bagels, etc...

JE bread(he has not been having breakfast but just in case)

Roasted chicken breast (you can get a rotisserie chicken from Eli's on 80th and have It simply sliced thin in the fridge)

Kesso Greek yogurt also from Eli's

So basically lots of protein and very little of anything else....I'm still waiting to hear about mondays schedule and if I will be there that day or not.

Francis

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Francis J. Derby

