

To: [REDACTED]
From: Lesley Groff
Sent: Sat 8/18/2012 8:09:27 PM
Subject: Re: JE Food

Great. Thx

Sent from my iPhone

On Aug 18, 2012, at 3:13 PM, [REDACTED] wrote:

Good plan! Ill keep you posted
Sent from my Verizon Wireless BlackBerry

From: Lesley Groff <[REDACTED]>
Date: Sat, 18 Aug 2012 15:09:37 -0400
To: [REDACTED]
Subject: Re: JE Food

Ah. Ok. I have not heard anything. If you need me to ask I can but I don't want to overlap.
If you don't get an answer let me know and I'll hit him up.!!

Sent from my iPhone

On Aug 18, 2012, at 3:06 PM, [REDACTED] wrote:

I was kinda looking to you for that... Ill see if I cn get anything out of
him today. Ill keep you posted
Sent from my Verizon Wireless BlackBerry

From: Lesley Groff <[REDACTED]>
Date: Sat, 18 Aug 2012 15:03:06 -0400
To: francis derby <[REDACTED]>
Cc: Lynn and Jojo <[REDACTED]>
[REDACTED] brice
gordon <[REDACTED]>
Subject: Re: JE Food

Thanks Francis. Keep us abreast of your schedule if/when it becomes clear!

Sent from my iPhone

On Aug 18, 2012, at 11:41 AM, 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:

██████ 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)

██████ 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

