

From: "[REDACTED] (Google Drive)" <[REDACTED]>
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Subject: Eva's Food Recommendations ([REDACTED])
Date: Mon, 17 Mar 2014 02:08:18 +0000

I've shared an item with you.

 Document [Eva's Food Recommendations](#)

Snapshot of the item below:

Yes!

- **Salads** with: Grilled chicken or grilled fish
- **Avocado:** Add to salads, guacamole, etc.
- **Egg Whites**
- **Gluten Free Pasta**
- **Grilled or Roasted Vegetables:** Pumpkin, carrots, broccoli, etc.
- **Kale and Spinach**
- **Quinoa and Barley**
- **Manna Bread:** Contains nuts and fruits
- **Nuts:** Pistachios, Almonds, walnuts, hazelnuts, etc.
- **Almond Butter**
- **Omega Health Spread:** Use instead of Butter Spray!
- **Fresh Fruits**
- **Dark Chocolate**
- **Sorbet and Frozen Yogurt**
- **Oatmeal**
- **Olive oil**
- **Small amount of Ricotta Cheese**

No, no, no!

- **Milk:** NO ice cream...!
- **Candy**
- **White Flour:** NO cookies, cake, white bread, pizza, bagels, etc.
- **Tuna / Swordfish:** high in mercury
- **Shellfish:** try to avoid

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