
From: [REDACTED]
Sent: Thursday, February 4, 2016 12:49 PM
To: Jeffrey Epstein
Subject: Fwd: Meeting - Feb 4 - 9:30 AM - Peter Thiel dietary restrictions - CONFIDENTIAL

Sent from my iPhone
=br>Begin forwarded message:

From: Alisa Bekins <[REDACTED]>
Date: February 3, 2016 at 6:20:23 PM E=1
To: [REDACTED]
Subject: Meeting - Feb 4 - 9:30 AM-- Peter Thiel dietary restrictions - CONFIDENTIAL

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Hi Lesley –

APPROVED SUSHI

APPROVED PROTEIN

Kaki Oysters

Bass

Nigiri

Beef

Octopus

Catfish

Sashimi

Chicken

Scallops

Eggs

Sea Urchin

Lamb

Seabass

Perch

Spicy Tuna w Avocado</=>

Trout

Squid

Turkey

Sweet Shrimps

Whitefish

Tobiko

Tuna

Yellowtail

APPROVED VEGETABLES

APPROVED NUTS

Artichoke

Anything unsalted and unroasted

Avocado

Beets

Broccoli

CONDIMENTS

Brussels sprouts

Most fresh herbs, and Olive oil

Cabbage, carrots

Cucumber

Garlic

Olives

Onions

Peppers

Salad greens

Spinach

AVOID

Dairy

Fruits

Gluten

Grains

Ketchup

Mayo

Mushroom

Peanuts

Pecans

Pistachios

Processed foods

Soy Sauce

Sugar

Tomato

Vinegar

MEAL SUGGESTIONS

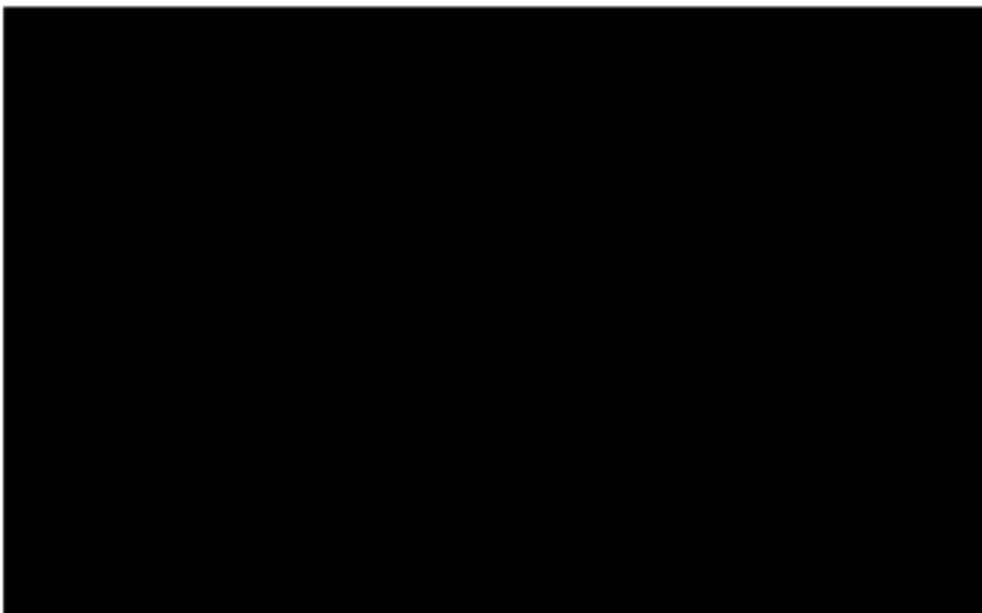
Breakfast * Egg whites or greens/salad=with some form of protein (Steak etc)

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Alisa Bekins

Executive Office of Peter Thiel

Thiel Capital, LLC





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