



Laura Ruebush <le.ruebush@ctr.al.org>

2018 0718 1947

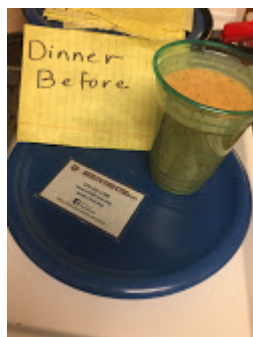
1 message

Clinical ResearchUnit <cru@ctr.al.org>

Thu, Jul 19, 2018 at 2:46 PM

To: Laura Ruebush <le.ruebush@ctr.al.org>, Macro Study <cgmstudycr.al@gmail.com>

Smoothie with (8 oz) fresh pineapple,
(8 oz) fresh peach,
(5.3 oz) Silk Dairy Free Yogurt (2) tsp spectrum organic ground chia seed

2 attachments**IMG_1590.jpg**
813K**IMG_1591.jpg**
657K