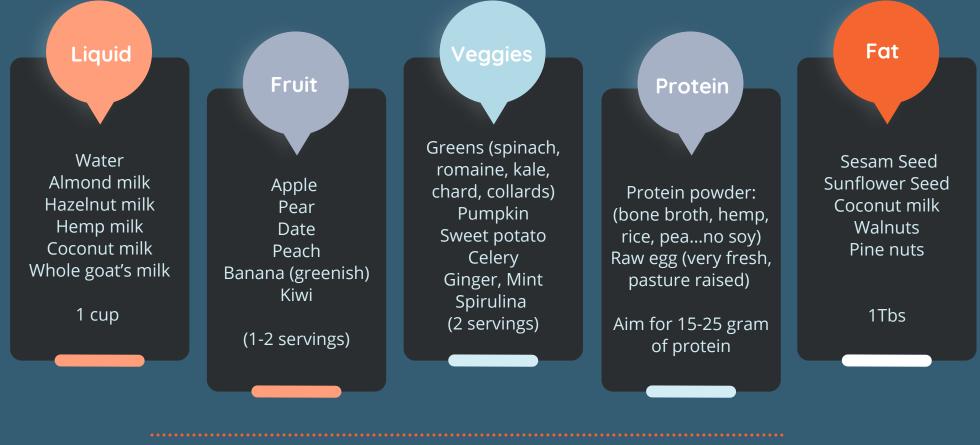
## LUTEAL PHASE Smoothie days 16-28





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