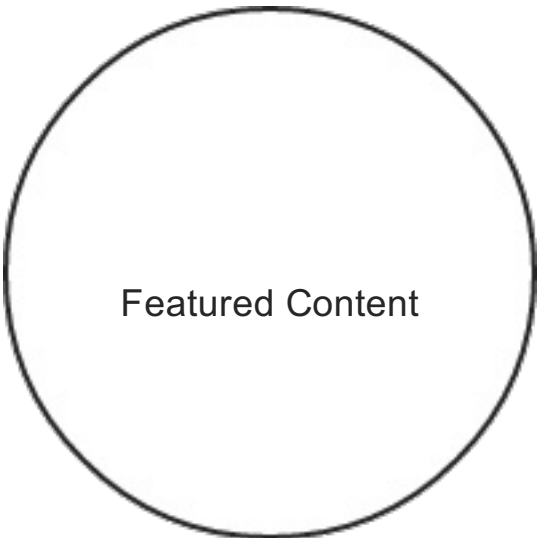
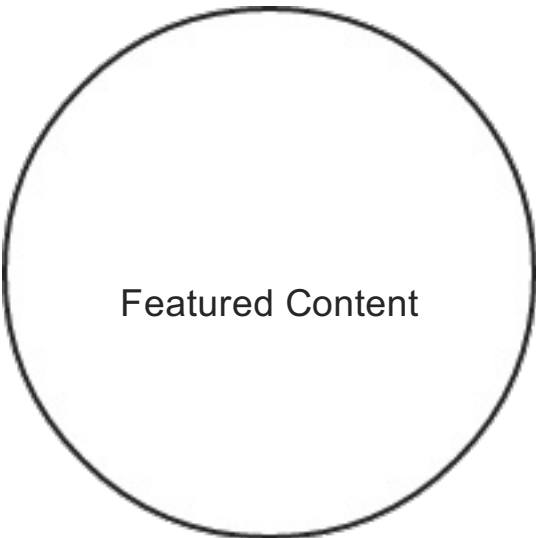
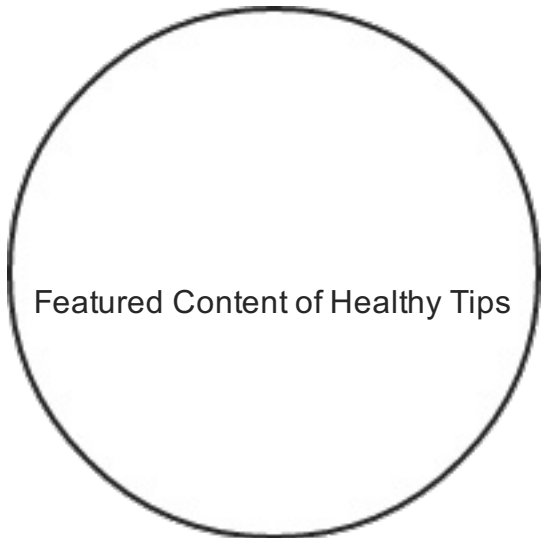


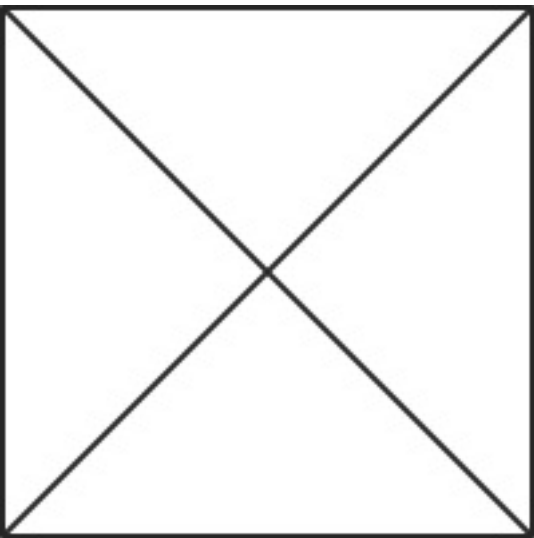


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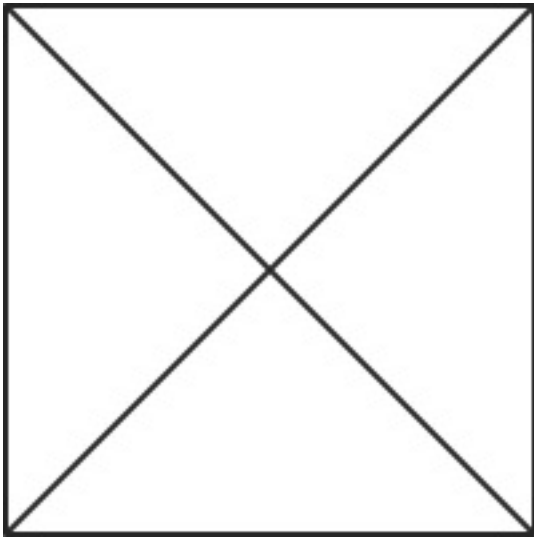


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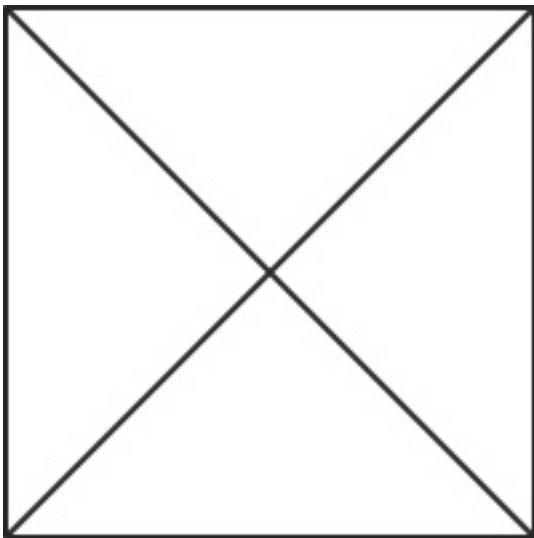


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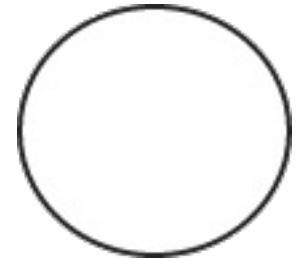
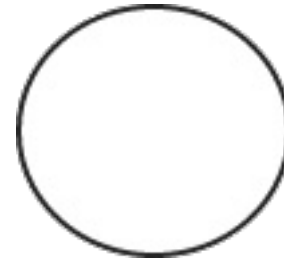
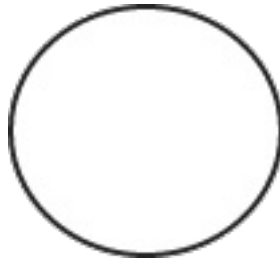
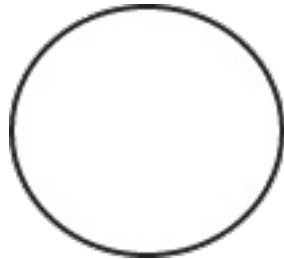
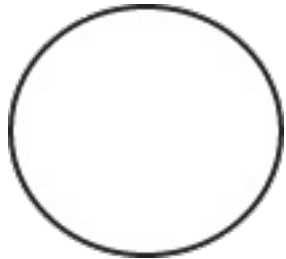
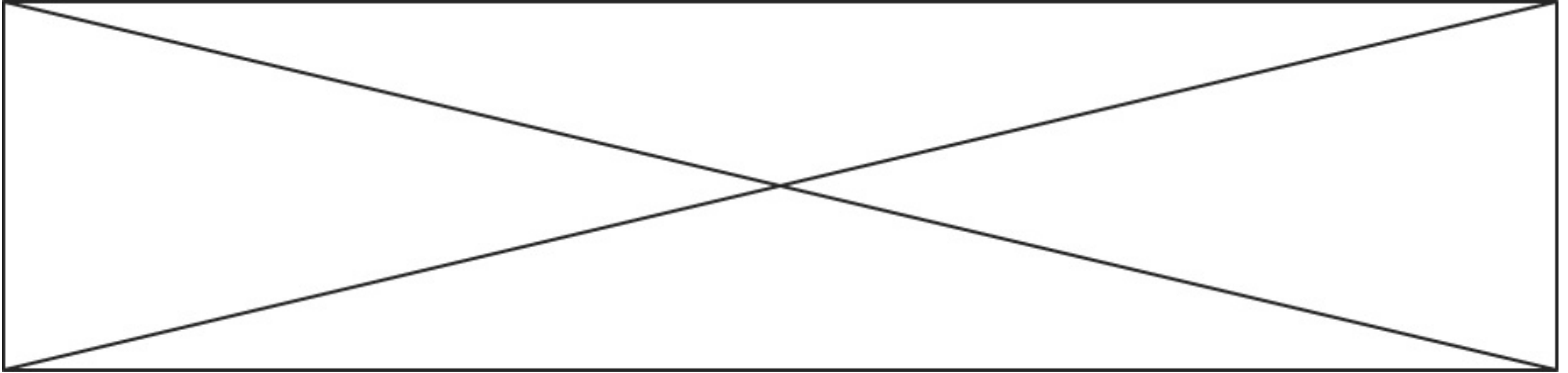
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Recipe Title Lemony Yogurt Poundcake



Images of Fruits and Veggies with explanations as to how the cut down is healthy for you

1 skinned salmon-good lean protein for hair growth

-
1. Recipe Instructions
 2. 1/2 cup Veggies
 3. 1/2 cup Fruits

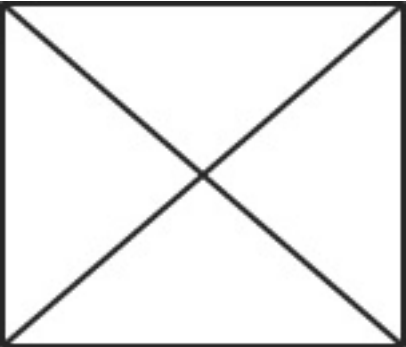
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This will be a short intro to our blog posts
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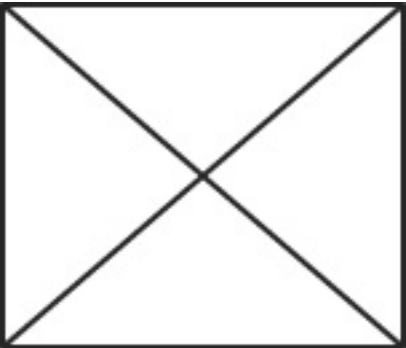
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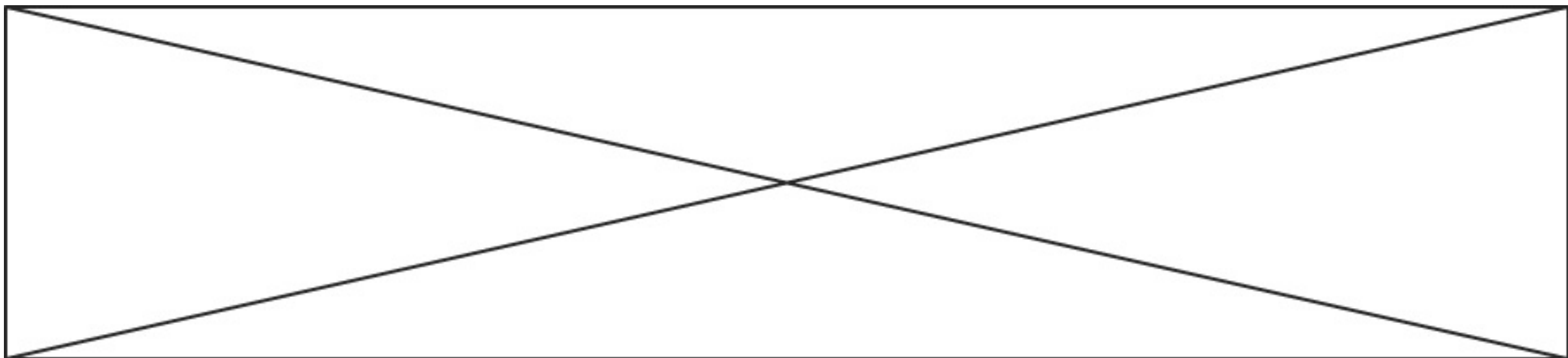
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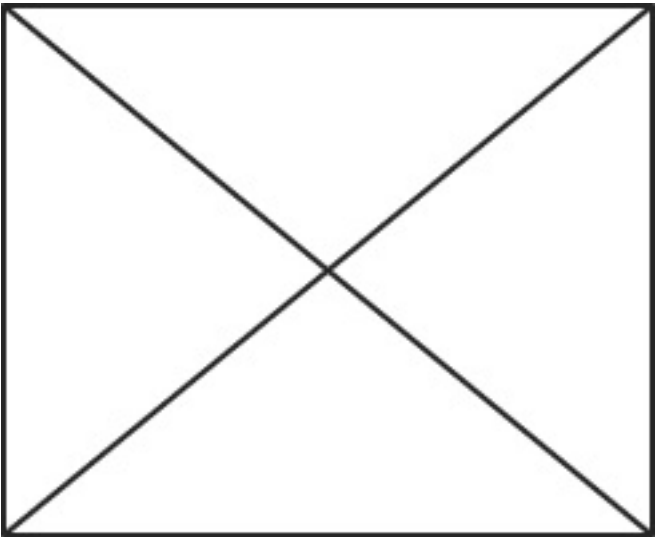
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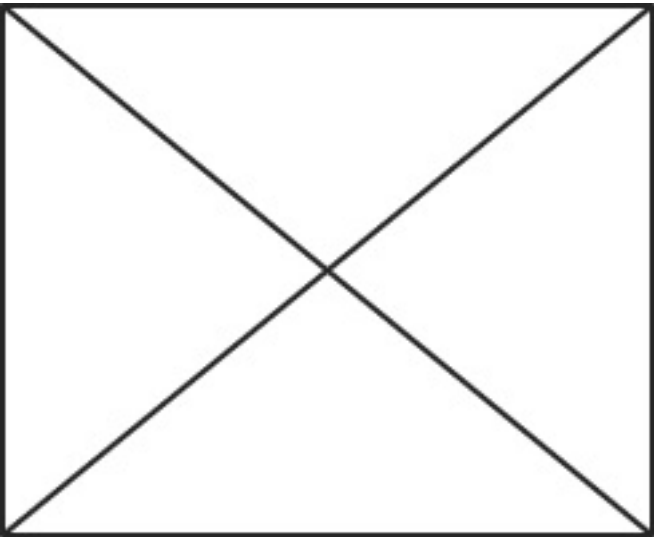
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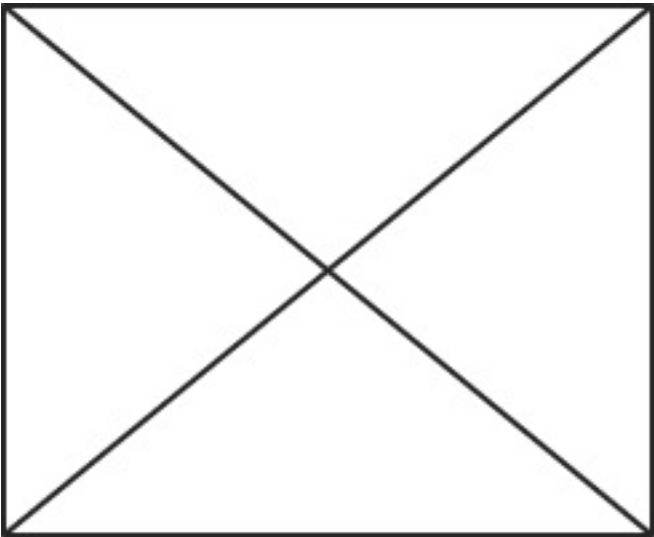
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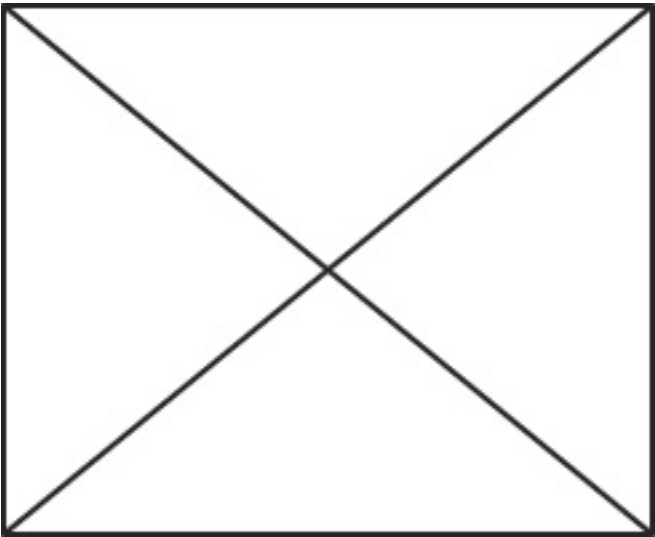
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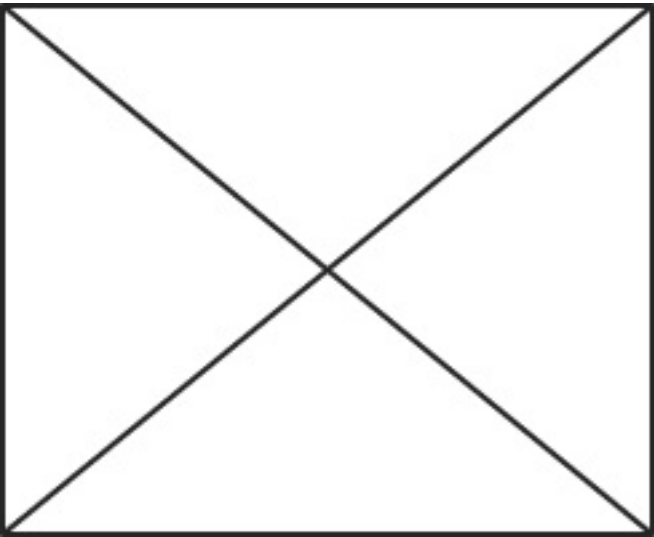
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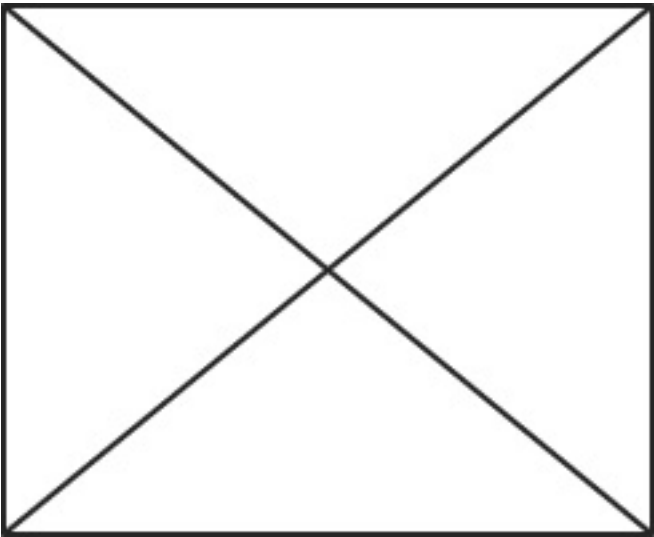
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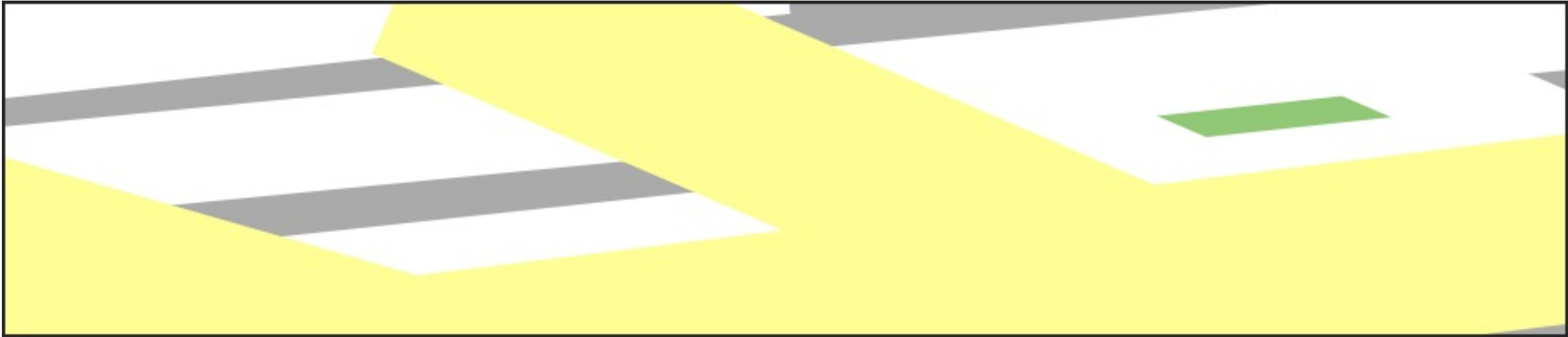
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