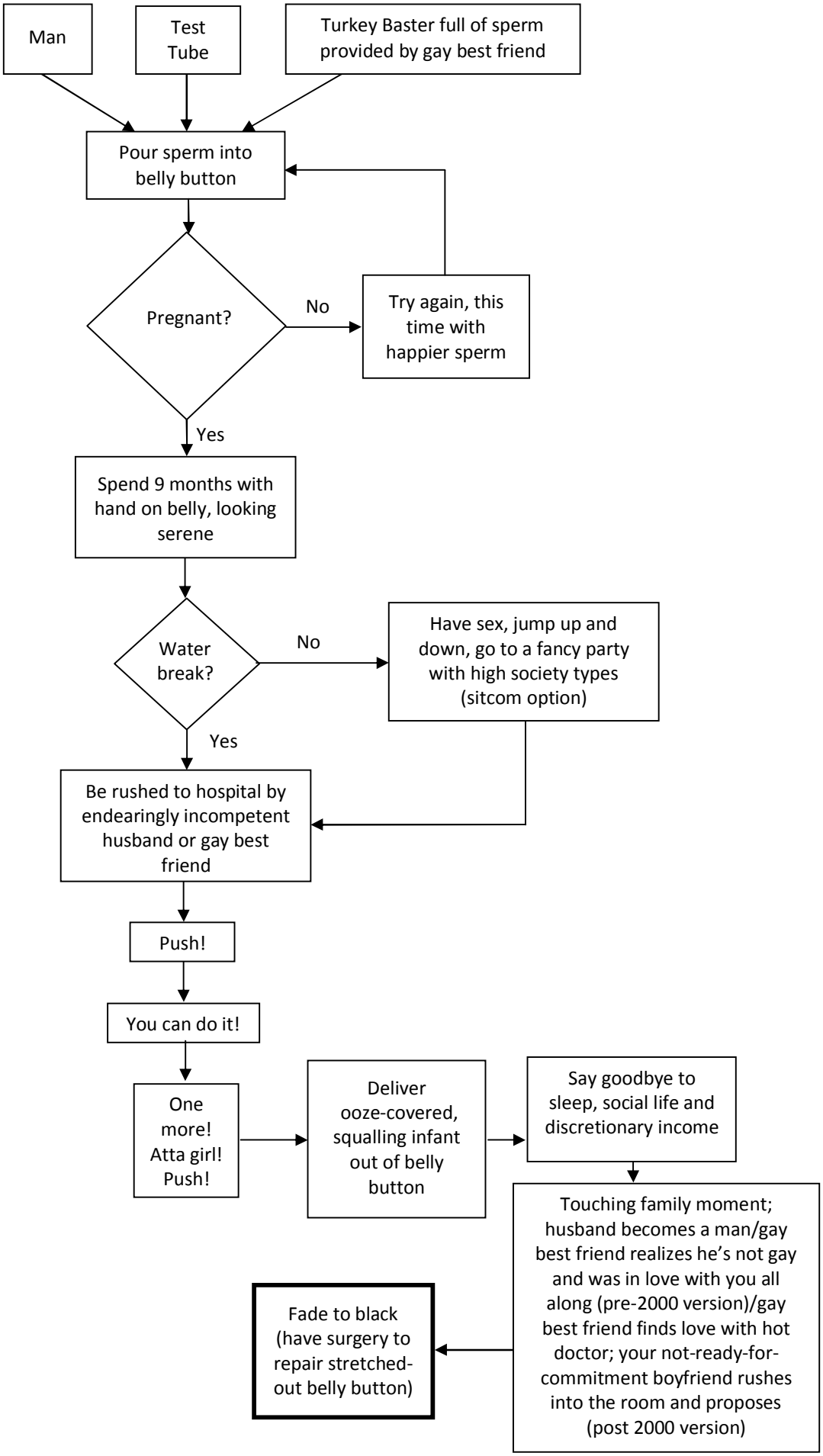delicious juice dot birth plan