

Canada's  
li maanzhii  
kishkinoh-  
taahiwew

# Miyoo miichishook. Miyoo pimatishiwin.

## Meetshou toot sort la bonn sawntee lii maanzhii too lii zhoor

Michet  
mishtahi lii  
zhaarjinaazh  
minna lii frwii ai

Meetshou  
protein li  
maanzhii

Kakaykina  
di loo



Kakaykina  
toot lii grenn

Mishka li maanzhii kishkinohtaaweh naytay  
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Na moo yaak le maanzhii kaa meetshouyen  
maga ka si meetshouyen



Pishkayhta kaa ishi meetshouyen



Waawiiputt kishtaponawaatch



Miyayhta too li maanzhii



Meetshou avec lee zoot



Awpachistaw enn maark  
pour maanzhii



Yaak aen chi boo awpachistaw  
pour li sel, li seuk pi matchi  
gras saturated



Pishkayhta li maanzhi  
ka atawwawka kayk

Mishka li maanzhii kishkinohtaaweh naytay

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