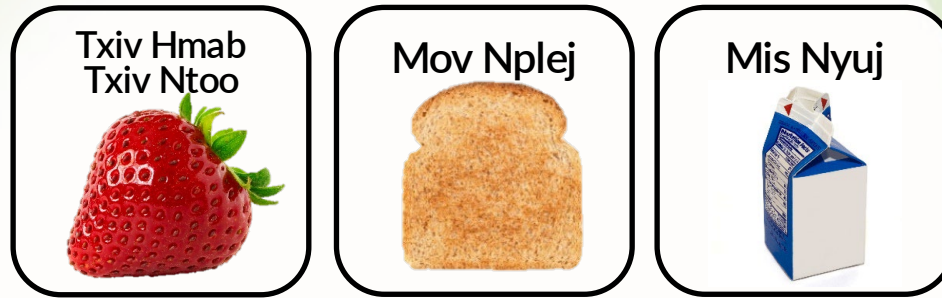


Cov Khoom Xyaw Zaub Mov 3 Yam rau Pluas Tshais

(The 3 Food Components for Breakfast)



**Xaiv tag nrho cov khoom rau pluas zaub
mov uas muaj txiaj ntsig zoo!**