

A Tribe Called Quest "Shaheed :"

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chorus:

I don't eat no ham n' eggs, cuz they're high in
cholesterol

A yo, Phife do you eat em? No, Tip do you eat em?

Uh huh, not at all(again)

I don't eat no ham n' eggs, cuz they're high in
cholesterol

Jarobi, do you eat em? Nope, Shah, do you eat em?

(Nope)

Not at all

Q-Tip and Phife(trading lines):

A tisket, a tasket, what's in mama's basket?

Some veggie links and some fish that stinks

Why, just the other day, I went to Grandma's house

Smelled like she conjured up a mouse

Eggs was fryin, ham was smellin

In ten minutes, she started yellin (come and get it)

And the gettin's were good

I said, I shouldn't eat, she said, I think you should

But I can't, I'm plagued by vegetarians

No cats and dogs, I'm not a veterinarian

Strictly collard greens and a occasional steak

Goes on my plate

Asparagus tips look yummy, yummy, yummy

Candied yams inside my tummy

A collage of good eats, some snacks or nice treats

Apple sauce and some nice red beets

This is what we snack on when we're Questin'

(both: No second guessin)

chorus:

(Q-Tip: bridge)

Phife:

Now drop the beat, so I can talk about my favorite
tastings

The food that is the everlasting, see I'm not fasting

I'm gobbling, like a dog on turkey

Beef jerky, slim jims, I eat sometimes

I like lemons and limes

And if not that, take it the road see and the salad
sopped

Sit back, relax, listen to some hip hop

Q-Tip:

Gum drops and gummy bears tease my eyes
A sight for sore ones and some bore pies
And other goodies that are filled with goop
With fried apple roots
Delectable delights, control my appetites
Mine is for me, right, but I know what I like
Chicken for lunch, chicken for my dinner
Chicken, chicken, chicken, I'm a finger lickin winner
When breakfast time comes, I don't recognize
Pig in the pan or a pair of bogey chides
Mixed with stewed tomatoes, home fried potatoes
Or anything with flair, cook it, I'm in there
Pay attention to the Tribe as we impose
This is how it goes
I don't eat no ham n' eggs, cuz they're high in
cholesterol
A yo, Phife do you eat em? Nah, Tip do you eat em?
Uh huh, not at all(come again, y'all)
I don't eat no ham n' eggs, cuz they're high in
cholesterol
Jarobi, do you eat em? Nope, Shah, do you eat em?
Nope, not at all
I don't eat no ham n' eggs, cuz they're high in
cholesterol
Afrika do you eat em? No, Pos, do you eat em?
Hell yeah, all the time
I don't eat no ham n' eggs, cuz they're high in
cholesterol
Phife, do you eat em? Nah, Tip, do you eat em?
Uh huh, not at all
Jarobi, do you eat em? Nope, Shah, do you eat em?
Nope, not at all
I don't eat no ham n' eggs, cuz they're high in
cholesterol
Afrika, do you eat em? No, Gary, do you eat em?
Yeah, all the time (laughing)

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