

## Shel Silverstein "Diet Song"

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Well breakfast black coffee one slice of dry toast no  
butter no jelly no jam  
Lunch just some lettuce two celery stalks no booze no  
potatoes no ham  
Dinner one chicken wing broiled not fried no gravy no  
biscuits no pie  
And this dietin' dietin' dietin' dietin' sure is a rough way  
to die

So pass me a carrot stick peel me a prune a glass of  
skim milk and that's all  
Turn off the TV for the Big Mac commercial it's drivin'  
me straight up the wall  
And I'm think' of french fries sausage and waffles  
spaghetti and cookies and cake  
And each night I'm dreamin' of chocolate ice cream  
and  
I'm starvin' to death when I wake all for your sake

You're fixin' the kids all those creamed mashed  
potatoes  
But it's bouillon and water for me and you got a lock on  
the refrigerator  
Lord knows where you're hidin' the key  
And while I am starvin' for food late at night I'm starvin'  
for lovin' from you  
But you say that when I can see my own dick you'll be  
glad to look at it too  
So supper two pieces of cauliflower raw some  
beefsteak the size of a nail  
One sliced tomato a small dab of slaw I swear I ate  
better in jail  
Stop eatin' that pizza right under my nose girl that's the  
least you can do  
And put down that candy bar while I am singin' I'm  
starvin' my ass off for you  
And when I am dead with the insurance paid you'll look  
down at me and you'll grin  
You'll say well the boy tried and he suffered and died  
But don't he look good when he's thin

