I don't eat no ham n' eggs, 'cause 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, 'cause they're high in cholesterol Jarobi, do you eat em? Nope, Shah, do you eat em? (Nope)
Not at all

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 frying, ham was smelling In ten minutes, she started yelling (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' (No second guessing)

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I don't eat no ham n' eggs, 'cause they're high in cholesterol Jarobi, do you eat em? Nope, Shah, do you eat em? (Nope)
Not at all

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

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
Mines 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, 'cause they're high in cholesterol

A yo, Phife do you eat em? (Nah, Tip do you eat em?)

Uh uh, not at all (Come again, y'all)

I don't eat no ham n' eggs, 'cause 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, 'cause 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, 'cause they're high in cholesterol Phife, do you eat em? (Nah, Tip, do you eat em?)

Uh uh, not at all

I don't eat no ham n' eggs, 'cause 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, 'cause they're high in cholesterol Afrika, do you eat em? (No, Gary, do you eat em?)
Yeah, all the time