

Plant Based

Masta Ace

Born a petite, let's eat till the cypher complete
And let's heal this life on the street
Yeah, the foundation of food and its nourishment
The building blocks that many flock and flourish with
Used to be I ain't eat these things
But them leafy greens, they keep me clean
Probably might sound like a preachy thing
But maybe I can reach these teens
Look, look, no soda, no white foods
The right moves, I might lose
Now I ain't lookin' to fight dudes
Why beef over a plate of stroganoff?
I'm goin' off, they gon' say that I'm showin' off
Death by food, slaves to the tastebuds
Addicted, same as someone who takes drugs
Heal the body, spirit, plus the mind and soul
Understand the common goal, plant-based

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We eat the salads and make rad balance
Life brings life, it's valuable
So I eat what comes from the ground, it's natural

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Dreams about beans and greens is what I have
You wanted this to die, but you still don't know to have
It's a narrow path when you walkin' through a desert
I wrote this on the night when the moon was in the crescent
This is like a present, a gift but in love form
Sliced beets, nice treats for the strong song
Nuts, seeds, fresh fruits and whole grains
Green thumbs, plant plums on the low plains
We on your neck like gold Chains
With a sound that's jazzy like cold trains
Playin' at a restaurant in Crown Heights
I saw the brown rice really sound nice
A little quinoa for the queen guy
The fruit of Islam and the bean pie
Health is wealth, no research
I put it on the t-shirts, plant-based

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