

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

We eat, we eat, we eat, we eat, we eat, we eat, we eat  
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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