

Breakfast, lunch and dinner is the order of the day,

Food coming fast and plentiful for eating all the way;

Where time can change from something into nothing,

If monies only good for paying for food and clothing.

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It's nice to have a house or shelter over your head,

Farmers grow there crops for people to buy and eat,

Really we'd not be living without eating but be dead;

And animals are both eating and eaten tasting sweet.

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For the sin of constant gluttony is rich and being odd;

Sometimes if you think of it, offer a prayer up to God,

The love of selfless offering is manifested in the soul,

In the greatness of sacredness by achieving the goal.

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If you think perfection can be in eating all you like,

Take time for meditation and reflection on your life;

For constantly nourishment is still fruitfully supplied,

In the world of eating and being something spiritual.

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But still I must admit there is nothing like eating food,

For the body gets its living and puts you in the mood;

But the truth is that there's plenty for all to go round,

So let's see it's spread wisely for all to have found.

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If you can afford to pay, try paying for someone else,

As the eternal kindness nature is a thing not of self;

Love comes out after eating and follows on to others,

In a family of mothers, fathers, sisters and brothers.

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Signed,

Satisfactorily content.