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Thoughts for Food

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Thoughts for Food

Brooke E. Minner

Protruding stomach
Too much food
Tomorrow don't eat
Especially carbs
Pour yourself a drink
Don't look at your reflection

Don't look at your reflection
You'll see your stomach
Bloated with drink
And residual food
Made up of the carbs
You dared to eat

You dared to eat
Toilet water reflection
Regurgitate carbs
Angry stomach
I hate food
Another drink

Another drink
Who needs to eat
A plate of food
When the reflection
Of a flat stomach
Tastes better than carbs

Tastes better than carbs
Not as good as a drink
On an empty stomach

“You have to eat”
Says the reflection
“Food”

“Food” is too often not food
Refined carbs
Foil wrap reflection
Sugar saturated drink
Most Americans don’t eat
On an empty stomach

Stomach food
Eat carbs
Drink reflection