

A Tribe Called Quest, Shaheed:

A Tribe Called Quest

Miscellaneous

Shaheed:

Chorus:

I don't eat no ham n' eggs, cuz 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, cuz they're high in cholesterol

Jarobi, do you eat em? nope, shah, do you eat em? (nope)

Not at all

Q-tip and phife(trading lines):

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 fryin, ham was smellin

In ten minutes, she started yellin (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'

(both: no second guessin)

Chorus:

(q-tip: bridge)

Phife:

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

Q-tip:

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

Mine 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, cuz they're high in cholesterol

A yo, phife do you eat em? nah, tip do you eat em?

Uh huh, not at all(again, y'all)

I don't eat no ham n' eggs, cuz 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, cuz 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, cuz they're high in cholesterol
Phife, do you eat em? nah, tip, do you eat em?
Uh huh, not at all
Jarobi, do you eat em? nope, shah, do you eat em?
Nope, not at all
I don't eat no ham n' eggs, cuz they're high in cholesterol
Afrika, do you eat em? no, gary, do you eat em?
Yeah, all the time (laughing)