

grapefruit & eggs

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i was a plump thirteen that summer

in reader's digest my mother found
a diet consisting of grapefruit & eggs
for two weeks straight

i never liked grapefruit
but i braced myself & clenched my teeth
to make a better man out of me

the 1st morning, i ate a grapefruit:
i cringed with every spoonful

so i smothered it in saccharin
(which was awful in its own special way)
& kept on eating

after 4 days of grapefruit & eggs
i'd suffered enough

i searched the cupboards while my parents were out
&
one at a time
(so it wouldn't be noticed)
i'd steal a triscuit from the box

i knew i'd get caught sooner or later
but after 2 weeks i weighed in with a healthy loss

& they let me go back to my lucky charms