

That Is Why You're Overweight

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Music by Eddie Harris

Lyrics by Eddie Harris, Sara Harris, Lolita Harris, and Yvonne Harris

I had three donuts and two cups of coffee
But that didn't stop my appetite
I had only eaten a box of cookies very late last night
I had ten pancakes plenty of syrup and butter and two slices of ham
Three eggs, home fries, and four biscuits all smothered in jam
Two glasses of milk and a cheesecake, I thought I didn't want anymore
I just had to buy twelve of those mints in that bowl by the door

(Chorus)

That is why - that is why - that is why you're overweight x 2

Now it's lunch time and I believe I'll eat again
I'm not going to eat as much as I did for breakfast because I want to get thin
Let me have a bowl of chili con carne and two corned beefs on rye
A large order of French fries, a malt, and a slice of banana cream pie
Two candy bars, one soda, for my late afternoon snack
And ahh... and ahh... two bags of potato chips, so I won't have to come back

(Chorus)

That is why - that is why - that is why you're overweight x 2

While waiting for my dinner, I had four shots of alcohol
A chef's salad with lots of dressing, crackers, but not much meat at all
I had a steak, candied yams, rice, lemonade, macaroni and cheese
Cornbread, banana pudding, and a side order of black eyed peas
I stopped at the grocery store, I'm gonna load up my refrigerator
I'm gonna sit down and watch television and I'll have something to eat later

(Chorus)

That is why - that is why - that is why you're overweight x 8