

# Four Food Groups

## Naked & Shameless

Four food groups for a growin' boy  
Four food groups for a growin' boy  
These are the nutrients to employ  
If you wanna crush, kill and destroy  
We're talkin' caffeine, nicotine, alcohol and pussyFour food groups for a growin' boy  
Four food groups for a growin' boy  
No tofu, grass or soy  
No vitamins B, C or double D  
Just caffeine, nicotine, alcohol and pussyFour food groups for a growin' boy  
Four food groups for a growin' boy  
These are the nutrients to employ  
Not kimchi, salad, kraut or bok choy  
We're talkin' caffeine, nicotine, alcohol and pussyThey say you are what you eat  
You know the same day they say it's gonna rain tomorrow  
The same day they say the king is dead  
The same day they say interest rates are gonna crawl up your ass  
And rip out you colon before you can say mortgage  
Yeah, that day  
Anyway, they say you are what you eat  
Like if you eat beef, you'll be beefy  
Or if you eat a hot dog  
You'll be a hot diggity mother-fuckin' dog  
Or if you eat asparagus  
You're gonna end up bein' some tall skinny green dude  
With a pointy head  
But I wanna clear up one thing right now  
And I wanna make it real clear  
I ain't no Goddamn pussy!Four food groups for a growin' boy  
Four food groups for a growin' boy  
Wyss' family Robinson serves up the pets  
Stay dry as a bone I get it on and make it wet  
With caffeine, nicotine, alcohol and pussyCaffeine, nicotine, alcohol and pussy  
Caffeine, nicotine, alcohol and pussy  
Caffeine, nicotine, alcohol and pussy  
Caffeine, nicotine, alcohol and pussy

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