

Facebook and Breakfast Food: Helen Lyne

Pre-Facebook meals were happy times
cos privacy existed.

Our binging whims were not exposed
or breakfast contents listed.

My friends believe my diet's bad
and so they've pressured me
to convert and post my breakfasts
to let them check and see.

On Monday quinoa porridge
puffs up my rumbling tum.

On Tuesday prunes and muesli
make my nether regions hum.

On Wednesday nutty bran flakes
make both intestines burn

and Thursday's chia pudding
makes my rebel stomach churn.

The next day's fibre cereal
stays closed upon the shelf.

My toast with jam and butter,
I keep that to myself.

On Saturday with flapjacks

I have chocolate chips as treats

and I love Sunday's honey

who slides between my sheets.