

You ARE what you eat,  
Yes the saying IS real  
and you'll BE it all day  
when it IS your first meal!




It say's here  
that breakfast's  
the most  
important meal




to get a man  
through his day  
with vigor  
and zeal.




Well, **MAYBE**  
that's true,  
but be that  
as it may,

A young woman with long, straight blonde hair is lying on her stomach on a bed. She is wearing a light-colored, lace-trimmed bra and matching lace-trimmed shorts. She is looking down at an open book resting on the bed in front of her. Her right hand is on the book, and her left hand is resting on a white pillow. The background shows a white bedside table with various items on it, including a glass and a bottle. The lighting is soft and indoor.

let's see what  
the Girls in  
this story  
have to say


A woman with long blonde hair, wearing a light-colored lace bra and matching garter belt, is sitting on a couch. She is looking down at an open book in her lap, with her right hand resting on the pages. The background shows a white cabinet with various items on top, including a bottle and a teapot. The lighting is soft and indoor.

about what it IS  
that gives a  
submissive  
man ZEAL


A young woman with long, straight blonde hair is lying on her stomach on a bed. She is wearing a light-colored, lace-trimmed bra and matching lace-trimmed shorts. She is looking down at an open book she is holding in her hands. The background shows a white bedside table with various items on it, including a glass and a bottle. The lighting is soft and indoor.

and if breakfast  
really IS


**"His Most Important Meal"**



Lunch!

A photograph of three women sitting at a table in a restaurant, eating and talking. The woman in the center has short brown hair and is wearing a white sleeveless top. The woman on the right has blonde hair and is wearing a blue sleeveless top. The table is set with white takeout containers, glasses of wine, and plates of food. The background shows a window with a view of a city at night.


Dinner !

A photograph of three women sitting at a table in a restaurant, eating lunch. The woman in the center has short brown hair and is wearing a white sleeveless top, smiling and holding a small white bowl. The woman on the right has blonde hair and is wearing a blue sleeveless top, looking towards the center woman. The woman on the left is partially visible, with blonde hair. The table is set with white takeout containers, glasses of wine, and other dining items. The background shows a window with a view of a city at night.


Well,  
to YOU  
Gail it's  
lunch,

and to Susan  
it's dinner,



A photograph of three women sitting at a table in a restaurant, eating and talking. The woman in the center has short brown hair and is wearing a white sleeveless top. The woman on the right has blonde hair and is wearing a blue sleeveless top. The woman on the left is partially visible, with blonde hair. There are white takeout containers, glasses, and plates on the table. The background shows a window and wooden chairs.

but to  
my slave  
husband  
Jimmy,

A photograph of three women sitting at a table in a restaurant, eating and talking. The woman in the center has short brown hair and is wearing a white sleeveless top. The woman on the right has blonde hair and is wearing a blue sleeveless top. The table is set with white takeout containers, glasses of wine, and plates of food. The background shows a window with a view of a city at night.

BREAKFAST'S  
the winner!

As soon as I wake up,  
and my eyes become  
clear,



I walk down  
to my slave




and scream,  
GET YOUR  
ASS HERE!





He  
says,

"Good  
Morning  
Mistress!"



as he gets  
on his knees,

and proceeds to get  
the nourishment he  
so **DESPERATELY** needs,



to give  
him the  
incentive



to wash  
all my  
floors



and serve me  
MY breakfast,



while he's  
NAKED,  
of course!



And THIS  
breakfast  
that he  
eats,



EVERY  
day  
without  
Bitchin,



helps him  
clean both  
my bathrooms



and then  
go do my  
KITCHEN!



It makes  
him WANT  
to serve  
me



On his  
knees  
in the  
shower



and keeps him  
so NICELY  
submissive



to my  
feminine  
POWER!



And all my  
LAUNDRY  
gets done



he evens  
IRONS it  
too,



because I  
give him  
a SNACK



every HOUR  
or TWO!



And every  
night  
when he's  
finished



doing  
my  
nails,



what do you  
think he  
licks NEXT?



Huh,  
Susan?



Huh,  
Gail?












Wow, I guess  
it IS true

A young woman with long, straight blonde hair is lying on her stomach on a bed, reading an open book. She is wearing a light-colored, lace-trimmed bra and matching lace-trimmed shorts. Her expression is focused as she looks down at the pages. The bed has a light-colored pillow and a dark-colored blanket. In the background, there is a white bedside table with various items on it, including a glass and a bottle. The lighting is soft and indoor.

so  
starting  
TODAY

breakfast  
WILL be  
served  
twenty



four hours  
a DAY!









