

Salad

by Rebecca Hammond

For dinner today, I ate a salad

A salad with a cup or water

And with every bite that I took my conscious was yelling at me

Telling me that I want to be healthy

Oh but only for the "right" reasons

Because I want to live long and I want to love even longer and I
have to fuel my body for the years ahead

So for dinner today I ate a salad today

It was covered in tomatoes and broccoli cucumbers and mushrooms
sunflower seeds and olive oil

Even the water that I drink had been steeped in the rinds of
oranges

And no matter how loud my conscious yelled I could still hear
the voice inside

The true reason behind every bite

Because the pimples on my skin make me feel like less of a woman

Because these marks and these blemishes tell me that I am not
beautiful

But I heard that maybe if I ate right and I drank a lot of water

I mean like a lot of water then they go away

And maybe my skin can begin to glow like that glazed donut no
marks no blemishes no bumps

Maybe then I'll be a woman

Maybe then I'll be beautiful

Because the inability for my stomach to lay perfectly flat
reminds me that I do not have the body of a woman

Because there's little bump that protrudes right in the middle
of my mid-drift and it tells me that I am not beautiful

But I heard that maybe if I ate right and I drank a lot of water
and I don't mean like a cup or two at lunch and dinner but a lot
a lot of water

That somehow magically my waist will clench, and I'll have that
hourglass figure

A big bosom and an even bigger ass

Maybe then I'll be a woman

Maybe then I'll be beautiful

Why is it that the food that I consume defines what I see when I
look in the mirror

See I want to live long and I want to love long but I want to
take care of myself for the right reasons

I don't want to fuel my body because I believe that it will make
me into some woman that I am not meant to be

I want to fuel my body because it nourishes my soul and after
all beauty blooms from the soul

So tomorrow I'm going to eat some wings

Honey barbecue with lemon pepper sprinkle a side of fries and a
large ass Coke

And I'm going to look at myself in the mirror until I know that
I AM BEAUTIFUL

And once I know that I am beautiful I will make sure that I live
long and that I love even longer

And then maybe...just maybe for dinner I'll eat a salad