Nutritional Chiefdom

To go up of the wisdom
  We must remove the boredom
It is all about nutrition
  That works for all the chiefdom
Dinner lunch and breakfast
  Are what we used to eat fast
They but are a multiple
  Source of crucial cast

Modest frequent meals
  Should be today’s drug pills
Avoid large meals overnight
  To pay only less of bills
Do exercise physically
  No monthly or the weekly
Run it daily for the time
  You eat none of mimickly

Comes in the end practice
  All of the rest the entice
You'd deserve a success
  Should be good at prentice [1-25].

References


