

# CLEAN

Swung Eighths, 112 bpm

Words and Music by Marcus Reynolds

F F C/E

*mf* It's been a long stress-ful hol-i-day sea-son all the

5 Dm7 Gm7 C

5 wine and the brown-ies led to un-want-ed pounds And a

7 F C/E Dm7

7 su-gar add-ict can't be pro-duct-ive So say good-bye pro-cessed foods I don't

10 *Gm7 rit.* C *Gm7 C a tempo* B $\flat$  F

10 want you a-round Our new de-tox plan is a god - send Bring-ing

14 B $\flat$  B $\flat$ /G C B $\flat$

14 cla-ri-ty and fo-cus to a heal-thi-er you It's not kick-ing caff - eine\_\_ that's the se -

17 F/A B $\flat$ /G *rit.* Csus4 *a tempo*

17 - cret This di - et has a meal plan that is to - ta - lly new

20 Csus4 F F/A Bb C

We're eat - ing hu - man flesh it's de - li - cious

*f*

23 F F/A Bbmaj7 Csus Bb F/A

Hu - man flesh is the om - ni - vore's dream So ma - ny nour - ish - ing break - fasts

26 A7 Dm Gm7 C7

Dinn - ers and snacks It's the most em - pow - er - ing way — To get clean.

28 F

28 — All you

30 F C/E Dm7

30 need to start is shipped to you week - ly There'll be flash fro - zen cas - es of

33 Gm7 C F C/E

33 Nor - we - gian teens Free of all chem - i - cals and all tox - ins Raised on a

36 Dm7 Gm7 C Bb

di - et of bone broth and or - gan - ic greens Your day will start with warm wa - ter and lem -

39 F/A Bb/G C

- on Fol - lowed by com - for - ting \_ soup that will help you re - charge And then a

42 Bb F/A Bb/G

shake that's full of phy - to - nu - tri - ents And next grilled flank steak and quin - oa for some

45 *rit.* Csus4 *a tempo* Csus4 F F/A B $\flat$  C

45 pro-tein rich carbs Try steak from hu - man flesh It's de - li - cious

49 F F/A B $\flat$ maj7 Csus B $\flat$  F/A

49 Hu - man flesh with a side of green beans So ma - ny nour-ish-ing break - fasts

52 A7 Dm Gm7 F/A B $\flat$ maj7 F/A

52 dinn-ers and snacks The most a - maz-ing, em-pow-ered, spec - tac - u - lar, self - car-ing, in -

55 Gm7 C7sus F F7

ten - tion - al way to get clean. — We all

58 Bb F/A Gm7 F Bb/G /A Bb

want vib-rant bod - ies that are brim-ming with life — on the path-way of — true health

61 C7 Csus Bb F/C A7/C# Dm

— Al-though it might seem ex - pen - sive It's comp - re - hen - sive Now it's

64 Gm7 C7sus C#7sus

so ea - sy to fi - nal - ly take care of your - self! So let's try

67 F# F#/A# Bsus4 C#7 F# F#/A#

hu - man flesh It's del - ic - ious! Hu - man flesh, It's the

70 Bmaj7 C#sus4 F# F#/A# Bsus4 C#7

thing that you need! Hu - man flesh! It's so ten - der!



73 F# F#/A# Bmaj7 C#sus4 B F#/A#

Hu - man flesh! You should try it sous vide! It's the most mind-ful, em-pow - ered, spec -

76 G#m7 F#/A# B F#/A# G#m7 F#/A#

tac - u - lar, self car - ing, In - tention-al, trans-for - ming, re - viv-ing, re-stor-ing, re -

79 B F#/A# G#m7 F#/A# G#m7 F#/A#

new - ing, life sav - ing, by slay - ing your cra - vings \_\_\_\_\_ *freely* It's the most

*mp*

82 Bmaj7 C#7sus F#

won - der - ful way ————— *mp* to get clean.

82 *colla voce*

Detailed description: This musical score page contains three staves. The top staff is a vocal line in treble clef, starting at measure 82 with a key signature of three sharps (F#, C#, G#). It features a melodic line with a slur over the first two measures, followed by a quarter rest in the third measure, and then continues. Above the staff are chord markings: Bmaj7, C#7sus, and F#. The middle staff is the piano accompaniment in treble clef, also starting at measure 82. It begins with a chordal texture and includes a melodic line that runs parallel to the vocal line. The bottom staff is the piano accompaniment in bass clef, starting at measure 82. It provides a harmonic foundation with a steady bass line. The tempo/mood marking *mp* (mezzo-piano) is placed above the vocal line, and *colla voce* is placed above the piano accompaniment. The lyrics 'won - der - ful way —————' are written below the vocal line, with a long horizontal line extending from 'way' to the end of the phrase. The lyrics 'to get clean.' are written below the vocal line in the final measure. The page concludes with a double bar line at the end of the system.