

By **Monica E. Bauer**

The Diet Monologues

The Diet Monologues can be performed a number of different ways. For example, there are poems and raps included in this script. The show may be performed without them, if you so choose. If you do use the poems and raps, they can be performed in an area of the stage labeled the Calorie Cabaret, perhaps down left or right. The Comic Relief monologue may be skipped to make the show more suitable for younger audiences. The set can be as simple as a bare floor with a chair, or as elaborate as you want to make it.

The show can be performed by as few as one performer, a few women and one man doubling all the parts, or as many as eight women and one man. The poems and raps can be performed by separate performers, expanding the casting possibilities, or by cast members doing other monologues. Most of these monologues are to be delivered as if the speaker is talking to Lacey, who can be visualized at the back of the house.

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