



Menu & Meal Ideas from the book *Hey, Fat Ass!*

BREAKFAST: Oat Cereal with Blackberries & Soy Milk

more at www.johnmanrique.com/heyfatass.html



Fit Ass Meal	Price	Calories	Fat (gm)
Blueberry Oat Cluster Cereal	\$0.45	200	2
8 oz. Soy Milk	\$0.37	100	3.5
1/2 cup Blackberries	\$1.25	31	0.5
TOTAL	\$2.07	331	6

- VERSUS -

Fat Ass Meal	Price	Calories	Fat (gm)
Egg, Cheese & Sausage on a Biscuit	\$2.99	650	46
Hash Browns	\$0.99	200	11
TOTAL	\$3.98	850	57

Prices from South Florida area DUNKIN DONUTS, Oct. 2011. Nutritional info from DunkinDonuts.com