



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

**BREAKFAST: Yogurt with Fresh Berries & Walnuts**

more at [www.johnmanrique.com/heyfatass.html](http://www.johnmanrique.com/heyfatass.html)



<b>Fit Ass Meal</b>	<b>Price</b>	<b>Calories</b>	<b>Fat (gm)</b>
Greek Yogurt w/fruit on bottom	\$1.30	130	0
1/2 cup Blueberries	\$1.25	42	0.5
1 TBSP Walnuts	\$0.31	50	20
10 oz. Coffee w/honey	\$0.35	60	0
<b>TOTAL</b>	<b>\$3.21</b>	<b>282</b>	<b>20.5</b>

**- VERSUS -**

<b>Fat Ass Meal</b>	<b>Price</b>	<b>Calories</b>	<b>Fat (gm)</b>
Two Jelly Donuts	\$1.98	580	28
Iced Coffee (L) w/cream & sugar	\$2.19	250	12
<b>TOTAL</b>	<b>\$4.17</b>	<b>830</b>	<b>40</b>

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