



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

DINNER: Cajun Salmon Filet with Vegetables

more at www.johnmanrique.com/heyfatass.html



Fit Ass Meal	Price	Calories	Fat (gm)
8 oz. Salmon Filet*	\$3.50	466	28
1 Whole Medium Tomato	\$0.47	22	0
2 TBSP Extra Virgin Olive Oil	\$0.81	240	28
Sautéed Asparagus & Mushrooms	\$1.19	110	0
TOTAL	\$5.97	838	56
<i>* oven bake Salmon – rub with Cajun Seasoning or flavored pepper to taste. Sauté asparagus & mushrooms in pan with EVOO</i>			

- VERSUS -

Fat Ass Meal	Price	Calories	Fat (gm)
Fish & Chips Platter with Hush Puppies & Cole Slaw	\$6.99	1536	94
TOTAL	\$6.99	1536	94
<i>Prices from South Florida area ARTHUR TREACHER'S, Dec. 2011. Nutritional info from NathansFamous.com</i>			