



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

DINNER: Broiled Portobellos with Fresh Mozzarella

more at www.johnmanrique.com/heyfatass.html



Fit Ass Meal	Price	Calories	Fat (gm)
Two Broiled Portobellos*	\$2.98	60	0
2 oz. Fresh Mozzarella	\$0.50	180	14
1 Medium Tomato & Fresh Basil	\$0.80	23	0
Whole Wheat Thin Roll (2)	\$0.54	162	4
Steamed Broccoli	\$0.50	25	0
TOTAL	\$5.32	450	18
* drizzle with Balsamic Vinegar before broiling			

- VERSUS -

Fat Ass Meal	Price	Calories	Fat (gm)
12" Steak & Cheese on Hearty Italian bread with Lettuce, Tomato, Peppers & Onions	\$6.75	760	20
Bag of Potato Chips	\$1.00	230	15
TOTAL	\$7.75	990	35
Prices from South Florida area SUBWAY, Oct. 2011. Nutritional info from Subway.com			