



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

DINNER: Whole Grain Pasta with Spinach & Mushrooms

more at www.johnmanrique.com/heyfatass.html



Fit Ass Meal	Price	Calories	Fat (gm)
Whole Grain Pasta	\$0.32	350	2.8
Tomato Sauce	\$0.63	70	3
1 cup Fresh Spinach	\$0.46	20	0
1 cup Fresh Mushrooms	\$0.60	15	.2
TOTAL	\$2.01	455	6

- VERSUS -

Fat Ass Meal	Price	Calories	Fat (gm)
Meaty Marinara Pasta	\$4.00	520	24
Breadsticks (3)	\$0.00	450	21
TOTAL	\$4.00	970	45

Prices from South Florida area PIZZA HUT, Dec. 2011. Nutritional info from PizzaHut.com