



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

**LUNCH: Fruit & Nut Salad with Feta Crumble**

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>
Mixed Greens w/Romaine	\$0.79	15	0
Feta Cheese	\$0.40	80	7
1/3 cup Dried Strawberries	\$0.49	130	0
1 TBSP Walnuts	\$0.31	50	20
2 TBSP Raspberry Vinaigrette	\$0.14	70	5
16 oz. Seltzer	\$0.24	0	0
<b>TOTAL</b>	<b>\$2.37</b>	<b>345</b>	<b>32</b>

**- VERSUS -**

<b>Fat Ass Meal</b>	<b>Price</b>	<b>Calories</b>	<b>Fat (gm)</b>
2 Large Slices Pepperoni Pizza	\$2.50	660	38
22 oz. Cola	\$1.00	280	0
<b>TOTAL</b>	<b>\$3.50</b>	<b>940</b>	<b>38</b>

Prices from South Florida area PIZZA HUT, Dec. 2011. Nutritional info from [PizzaHut.com](http://PizzaHut.com)