



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

BREAKFAST: Multigrain Waffles with Sun Nut Butter & Banana

more at www.johnmanrique.com/heyfatass.html



Fit Ass Meal	Price	Calories	Fat (gm)
Two Multi-Grain Waffles	\$0.82	150	5
2 TBSP Sun Nut Butter	\$0.48	200	16
Medium Banana (7")	\$0.30	90	0.5
TOTAL	\$1.60	440	21.5

- VERSUS -

Fat Ass Meal	Price	Calories	Fat (gm)
Hotcakes & Sausage Meal	\$3.29	520	24
Hotcake Syrup	\$0.00	180	0
2 pats Margarine	\$0.00	80	9
TOTAL	\$3.29	780	33

Prices from South Florida area McDONALD'S, Nov. 2011. Nutritional info from McDonalds.com