



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

LUNCH: Veggie Burgers with Baby Carrots & Hummus

more at www.johnmanrique.com/heyfatass.html



Fit Ass Meal	Price	Calories	Fat (gm)
Two Veggie Burgers	\$2.27	340	18
2 TBSP Spicy BBQ Sauce	\$0.32	60	16
Carrot Snack Pack	\$0.30	25	0
2 TBSP Hummus	\$0.19	70	6
16 oz. Seltzer	\$0.24	0	0
TOTAL	\$3.32	495	24

- VERSUS -

Fat Ass Meal	Price	Calories	Fat (gm)
Quarter lb. Cheese Burger	\$3.09	510	26
Fries	\$1.40	380	19
Ketchup (2 packets)	\$0.00	30	0
Large Cola	\$1.00	310	0
TOTAL	\$5.49	1230	45

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