



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

LUNCH: Spicy Bleu Buffalo Wrap with Crackers

more at www.johnmanrique.com/heyfatass.html



Fit Ass Meal	Price	Calories	Fat (gm)
Buffalo Chik Pattie	\$1.14	140	5
Bleu Cheese	\$1.10	100	8
Lettuce	\$0.40	8	0
Hot Sauce	\$0.02	0	0
Whole Grain Tortilla Wrap	\$0.27	81	2
Multi-Grain Crackers	\$0.67	280	10
16 oz. Seltzer	\$0.24	0	0
TOTAL	\$3.84	609	25

- VERSUS -

Fat Ass Meal	Price	Calories	Fat (gm)
12" Meatball Sub w/cheese	\$5.00	1060	44
Bag of Potato Chips	\$1.00	230	15
22 oz. Cola	\$1.00	280	0
TOTAL	\$7.00	1570	59

Prices from South Florida area SUBWAY, Oct. 2011. Nutritional info from Subway.com