



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

**BREAKFAST: Fresh Sliced Peach with Apple Blueberry Granola and Vanilla Almond Milk**

*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> |
|--|---------------|-----------------|-----------------|
| Back to Nature® Apple Blueberry Granola    | \$.85         | 300             | 4               |
| 1 Medium-sized, sliced Peach (approx 4 oz) | \$.50         | 38              | 0               |
| Pacific® Vanilla Almond Milk (8 oz)        | \$1.15        | 70              | 2.5             |
| 10 oz. Coffee w/honey                      | \$0.35        | 60              | 0               |
| <b>TOTAL</b>                               | <b>\$2.85</b> | <b>468</b>      | <b>6.5</b>      |