

LOW-CARB SUPER BOWL SNACK GUIDE



**8 Simple, Fun, Health-Conscious
Game Day Snacks**



1. BUFFALO CHICKEN WINGS

Ingredients:

2 lbs chicken wings
1 tbsp olive oil
1 tsp garlic powder
1 tsp paprika
Salt & pepper
½ cup sugar-free buffalo sauce

Instructions:

Preheat oven to 425°F.
Toss wings with oil and seasonings.
Bake 40–45 minutes, flipping halfway.
Toss in buffalo sauce and serve

Macros per 6 wings:

Calories ~320
Protein ~34g
Fat ~20g
Carbs 1–2g



2. SAUSAGE CREAM CHEESE BITES

Ingredients:

1 lb breakfast or Italian sausage

8 oz cream cheese

1 cup shredded mozzarella or cheddar

Instructions:

Brown sausage and drain fat.

Stir in cream cheese and shredded cheese.

Form small balls.

Bake at 375°F for 15–18 minutes.

Macros per 3 bites:

Calories ~280

Protein ~14g

Fat ~23g

Carbs ~2–3g



3. STUFFED MINI PEPPERS

Ingredients:

10 mini peppers, halved

6 oz cream cheese

½ cup cooked bacon or ground turkey

½ cup shredded cheese

Instructions:

Preheat oven to 375°F.

Mix filling ingredients.

Fill peppers and bake 18–20 minutes.

Macros per 5 halves:

Calories ~200

Protein ~15g

Fat ~12g

Carbs ~4g



4. GUACAMOLE WITH VEGGIE DIPPERS

Ingredients:

3 avocados

1 tbsp lime juice

¼ cup diced onion

Salt & garlic powder

Celery, cucumber, bell peppers

Instructions:

Mash avocados and stir in remaining ingredients.

Serve with veggies.

Macros per ½ cup guac:

Calories ~180

Protein ~3g

Fat ~16g

Carbs ~8g net ~5g



5. BIG MAC CHEESEBURGER BITES

Ingredients:

1 lb ground beef or turkey
Salt & pepper
½ cup shredded cheddar
Pickles

Sauce:

¼ cup mayo
1 tbsp sugar-free ketchup
1 tsp yellow mustard

Instructions:

Brown meat and season.

Spoon into small cups or ramekins.

Top with cheese and bake at 375°F for 10 minutes.

Drizzle sauce and add pickles.

Macros per serving:

Calories ~300

Protein ~30g

Fat ~22g

Carbs ~3g



6. BACON WRAPPED PICKLES

Ingredients:

Whole dill pickles

Thin bacon slices

Instructions:

Wrap pickles with bacon.

Bake at 400°F for 25–30 minutes until crispy.

Macros per 2 wraps:

Calories ~180

Protein ~8g

Fat ~14g

Carbs ~2g



7. SHRIMP COCKTAIL LOW-CARB STYLE

Ingredients:

1 lb cooked shrimp

Sauce:

$\frac{1}{4}$ cup sugar-free ketchup

1 tbsp horseradish

Lemon juice

Instructions:

Mix sauce ingredients.

Serve shrimp chilled with sauce.

Macros per 6 shrimp:

Calories ~140

Protein ~24g

Fat ~2g

Carbs ~2g



8. KETO CHARCUTERIE SNACK PLATE

Ingredients:

Salami, pepperoni, turkey
Cheddar, mozzarella, gouda
Olives, pickle

Instructions:

Arrange and serve cold.

Macros per serving:

Calories ~300
Protein 18–24g
Fat 22–28g
Carbs 3–5g

★ GAME DAY TIP

Protein first. Sugar free sauces. Veggies over chips.

Enjoy the game without the food coma.
HAVE FUN!!

