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A Fit Superbowl Sunday Menu

<http://www.homeschoolfitnesscoach.com/blog/a-fit-superbowl-sunday-menu/>

Superbowl Sunday is almost upon us. With the Superbowl comes lots of bad snacking, but I'm going to help you overcome the temptation this year by giving you some great, healthy alternatives to serve at your party. Or if you're attending someone else's party, you can bring your own healthy foods with you. I always recommend Allrecipes.com to my clients for finding great recipes to break up the monotony in their diets. So that's where I headed to compile my Superbowl Sunday menu plan. Chili is cheap and easy. It's full of wonderful protein and warms you up from the inside out. Simple Turkey Chili Chips and salsa are always a crowd pleaser. Here's a little twist on the usual: Annie's Fruit Salsa and Cinnamon Chips. Instead of those huge sub sandwiches. Try these (my kids love them): Wraps. Is pizza a usual for your family but you're looking for something a little healthier? Start with this whole wheat and honey, no rise, pizza dough. Go easy on the cheese, pepperoni and sausage. Instead, load it up with grilled chicken breast, veggies galore and lots of herbs. Try cheeses other than mozzarella. You may find a new family favorite. Honey Whole Wheat Pizza Dough. Love shrimp cocktail? Here's a little twist. Spicy Steamed Shrimp. Avocados are an excellent source of essential fats and I LOVE guacamole. Unfortunately, I can't stay within the recommended serving size because it tastes amazing. I end up eating way too many chips just so I can have more guacamole. Recently, a client shared this recipe with me and swears it tastes just like the real deal. I haven't actually made it yet, but if you do, let me know what you think. Asparagus Guacamole. Round out this menu with a vegetable tray and you have a much healthier spread for your Superbowl Sunday snack table. I had fun putting this little menu together. Be sure and share your families healthy alternatives to the usual high in calorie, low in nutrients snacks. Post from: Homeschool Fitness Coach

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