

High Protein Meals @ SDSU

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What is Protein?

Protein is a vital nutrient made of amino acids that helps build and repair body tissues like muscles and organs. Animal sources of protein include meat, fish, eggs, and dairy products. Plant-based sources include beans, lentils, tofu, nuts, seeds, and whole grains.



Why is Protein Important?

- **Builds & repairs muscles** – essential for growth & recovery.
- **Supports immune function** – helps make antibodies & enzymes.
- **Keeps you full longer** – aids in appetite control & weight management.
- **Maintains healthy skin, hair, and nails** – vital for body tissue upkeep.



How Much Protein Do I Need Everyday?

The amount of protein you need daily depends on your age, gender, and activity level. On average, adults need about **0.8 grams of protein per kilogram** of body weight (roughly 0.36 grams per pound). Active individuals or athletes may need **1.2 to 2.0 grams per kilogram** to support muscle repair and growth.

Examples at SDSU

Location: Multiple locations on campus



Spinach & Feta Wrap **VG**

Protein: 20 grams

Protein Sources:

Egg White & Wheat Tortilla



Turkey Bacon Sandwich

Protein: 17 grams

Protein Sources:

Egg White, Turkey Bacon, & Cheese



Egg White Bites **GF, VG**

Protein: 12 grams

Protein Sources:

Egg White & Cottage Cheese

Key

GF = Gluten-Friendly

DF = Dairy-Free

V = Vegan

VG = Vegetarian

Examples at SDSU

Location: Multiple locations on campus



Kale Caesar Chicken Wrap

Protein: 40 grams

Protein Sources:

Chicken & Parmesan Cheese



White Bean & Kale Salad **VG, GF**

Protein: 26 grams

Protein Sources:

White Beans & Chickpeas



Lemon Broccoli Chicken Bowl **DF**

Protein: 34 grams

Protein Sources:

Chicken & Pasta

Key

GF = Gluten-Friendly

DF = Dairy-Free

V = Vegan

VG = Vegetarian

Examples at SDSU

Location: Aztec Terrace Grill

the grill

at Aztec Shops Terrace



Caprese Ciabatta VG

Protein: 25 grams

Protein Sources:

Mozzarella Cheese & Roll



TBA Ciabatta DF

Protein: 47 grams

Protein Sources:

Bacon, Turkey, & Roll



Spicy Chicken Sandwich

Protein: 22 grams

Protein Sources:

Chicken Breast

Key

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Examples at SDSU

Location: University Towers



Vegan Breakfast Bowl GF, DF, V

Protein: 37 grams

Protein Sources:

Tofu, Vegan Cheese, Beans



Aztec Aware Black Bean Sandwich V

Protein: 32 grams

Protein Sources:

Black Bean Patty & Cheese



Italian Sub

Protein: 46 grams

Protein Sources:

Ham, Cheese, Salami, Capicola

Key

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Examples at SDSU

Location: University Towers



Turkey Sub

Protein: 28 grams

Protein Sources:

Turkey & American Cheese



Steak Sub

Protein: 30 grams

Protein Sources:

Steak & Provolone Cheese



Veggie Sandwich **V**

Protein: 21 grams

Protein Sources:

Swiss Cheese & Roll

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Examples at SDSU

Location: South Campus Plaza

Eureka!
Discover American Craft



Ahi Tuna Poke Stack **DF**

Protein: 24 grams

Protein Sources:

Ahi Tuna



Seared Salmon **GF**

Protein: 41 grams

Protein Sources:

Salmon Filet



Napa Chicken Sandwich

Protein: 59 grams

Protein Sources:

Chicken Breast & Cheese

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Examples at SDSU

Location: Conrad Prebys Aztec Student Union



Ahi Tuna Filet DF

Protein: 32 grams

Protein Sources:

Ahi Tuna



Veggie Burger VG

Protein: 21 grams

Protein Sources:

Veggie Patty & Cheese



Grilled Chicken Sandwich

Protein: 45 grams

Protein Sources:

Chicken Breast & Cheese

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Examples at SDSU

Location: Conrad Prebys Aztec Student Union



Mango Miso Crunch **DF**

Protein: 34 grams

Protein Sources:

Chicken Breast



Santa Barbara Cobb **GF**

Protein: 32 grams

Protein Sources:

Ahi Tuna



Harvest Chopped **GF**

Protein: 32 grams

Protein Sources:

Ahi Tuna

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Examples at SDSU

Location: Multiple Locations on Campus



Tuna Salad Wrap

Protein: 48 grams

Protein Sources:

Tuna & Tortilla



All Shakes

Protein: 24–35 grams

Protein Sources:

Protein Powder & Milk



Dragon Bowl VG

Protein: 22 grams

Protein Sources:

Protein Powder

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Examples at SDSU

Location: Conrad Prebys Aztec Student Union



BYO Rice Bowl GF

Protein: 38 grams

Protein Sources:

Chicken & Brown Rice



BYO Naanarito

Protein: 36 grams

Protein Sources:

Beef & Brown Rice



BYO Salad Bowl VG

Protein: 18 grams

Protein Sources:

Falafel, Hummus, & Black Beans

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Examples at SDSU

Location: Charles B. Bell Jr. Pavilion



Protein Plate DF

Protein: 51 grams

Protein Sources:

Chicken & Brown Rice



Brown Rice + Kung Pao Bowl DF

Protein: 27 grams

Protein Sources:

Chicken & Brown Rice



BYO Plate DF

Protein: 30 grams

Protein Sources:

Chicken Breast

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Examples at SDSU

Location: Charles B. Bell Jr. Pavilion



Island Vibe Bowl **DF, GF**

Protein: 22 grams

Protein Sources:

Shrimp



Mahi Mahi Burrito

Protein: 34 grams

Protein Sources:

Mahi Mahi



Shrimp Rainbow Bowl **GF**

Protein: 30 grams

Protein Sources:

Shrimp & Black Beans

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Examples at SDSU

Location: Charles B. Bell Jr. Pavilion



Chicken California Bowl GF

Protein: 44 grams

Protein Sources:

Chicken & Black Beans



Mexican Street Corn Bowl GF

Protein: 32 grams

Protein Sources:

Shrimp



Chicken Mercado Salad

Protein: 30 grams

Protein Sources:

Chicken & Black Beans

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Examples at SDSU

Location: Charles B. Bell Jr. Pavilion



Chicken Wrap

Protein: 48 grams

Protein Sources:

Chicken, Cheese, Wrap

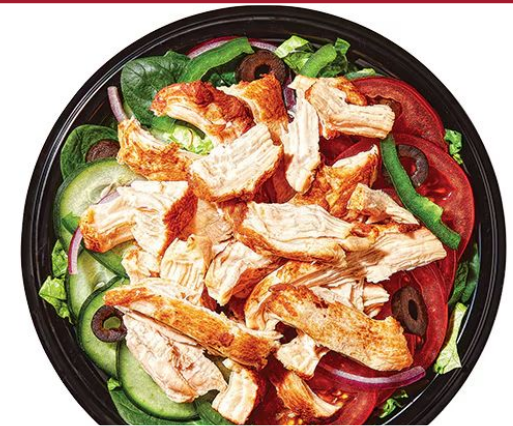


Turkey Sandwich

Protein: 34 grams

Protein Sources:

Turkey, Cheese, Wheat Bread



Protein Bowl

Protein: 48 grams

Protein Sources:

Chicken & Cheese

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Questions?



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Book an appointment to learn more about navigating dietary needs and food options on SDSU's campus.

eatatsdsu.com/Dietary-Consultations



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