

High Protein Vegetarian Meals @ SDSU

Amanda Nazario, MS, RDN





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 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
- **Supports skin, hair, & 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.

Broken Yolk

Location: South Campus Plaza



Wellness Wrap VG

Protein: 33 grams

Protein Sources:

Egg White & Tortilla



Greek Omelet VG

Protein: 23 grams

Protein Sources:

Eggs, Feta, Wheat Bread



Feta Avocado Toast VG

Protein: 36 grams

Protein Sources:

Eggs, Feta, Wheat Bread

Key

GF = Gluten-Friendly

DF = Dairy-Free

V = Vegan

VG = Vegetarian

Starbucks

Location: Multiple locations on campus



Spinach & Feta Wrap **VG**

Protein: 20 grams

Protein Sources:

Egg White & Wheat Tortilla



Egg, Pesto & Cheese Sandwich **VG**

Protein: 21 grams

Protein Sources:

Egg Patty & 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

Starbucks

Location: Multiple locations on campus



Potato, Cheddar, & Chive Bake **VG, GF**

Protein: 12 grams

Protein Sources:

Cottage Cheese, Cheddar Cheese



Impossible Breakfast Sandwich **VG**

Protein: 21 grams

Protein Sources:

Plant-Based Patty, Cheese, Egg Patty

Key

GF = Gluten-Friendly

DF = Dairy-Free

V = Vegan

VG = Vegetarian

Aztec Markets

Location: Multiple locations on campus



**Chocolate & Banana
Overnight Oats** **VG, GF**

Protein: 22 grams

Protein Sources:

Oats, Milk, Chia Seeds



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

Protein: 26 grams

Protein Sources:

White Beans & Chickpeas



Caprese Pasta Salad **VG**

Protein: 27 grams

Protein Sources:

Pasta & Mozzarella Balls

Key

GF = Gluten-Friendly

DF = Dairy-Free

V = Vegan

VG = Vegetarian

Aztec Markets

Location: Multiple locations on campus



Key

GF = Gluten-Friendly

DF = Dairy-Free

V = Vegan

VG = Vegetarian



Falafel Wrap VG

Protein: 16 grams

Protein Sources:

Falafel & Spinach Tortilla



Matcha Overnight Oats V, GF, DF

Protein: 21 grams

Protein Sources:

Oats & Oat Milk

University Towers Kitchen

Location: University Towers



Stir Fry Bowl V, GF, DF

Protein: 27 grams

Protein Sources:

Tofu & Whole Grain Medley



Aztec Bowl VG, GF

Protein: 15 grams

Protein Sources:

Black Beans & Whole Grain Medley



Black Bean Burger VG, DF

Protein: 27 grams

Protein Sources:

Bean Patty & Cheddar Cheese

Key

GF = Gluten-Friendly

DF = Dairy-Free

V = Vegan

VG = Vegetarian

University Towers Kitchen

Location: University Towers



Caprese Ciabatta VG

Protein: 26 grams

Protein Sources:
Mozzarella Cheese



BYO Pasta Bowl VG

Protein: 65 grams

Protein Sources:
Veggie Meatballs, Parmesan, Pasta



Veggie Sandwich VG

Protein: 21 grams

Protein Sources:
Swiss Cheese & Roll

Key

GF = Gluten-Friendly

DF = Dairy-Free

V = Vegan

VG = Vegetarian



The Grill

Location: Aztec Terrace Grill

the grill

at Aztec Shops Terrace

Key

GF = Gluten-Friendly

DF = Dairy-Free

V = Vegan

VG = Vegetarian



Caprese Ciabatta VG

Protein: 25 grams

Protein Sources:

Mozzarella Cheese & Roll



Avocado Toast VG, DF

Protein: 12 grams

Protein Sources:

Eggs & Bread

Habit Burger

Location: Conrad Prebys Aztec Student Union



Veggie Burger **VG**

Protein: 16 grams

Protein Sources:

Veggie Patty & Cheese

Key

GF = Gluten-Friendly

DF = Dairy-Free

V = Vegan

VG = Vegetarian

Halal Shack

Location: Charles B. Bell Jr. Pavilion



THE HALAL SHACK



Hummus Bowl

Or



Rice Bowl

Or



Pita Wrap

Or



Salad

Key

GF = Gluten-Friendly

DF = Dairy-Free

V = Vegan

VG = Vegetarian

BYO Meal

Protein: 20–30 grams

Protein Sources:

Black Beans, Chickpeas, Falafel

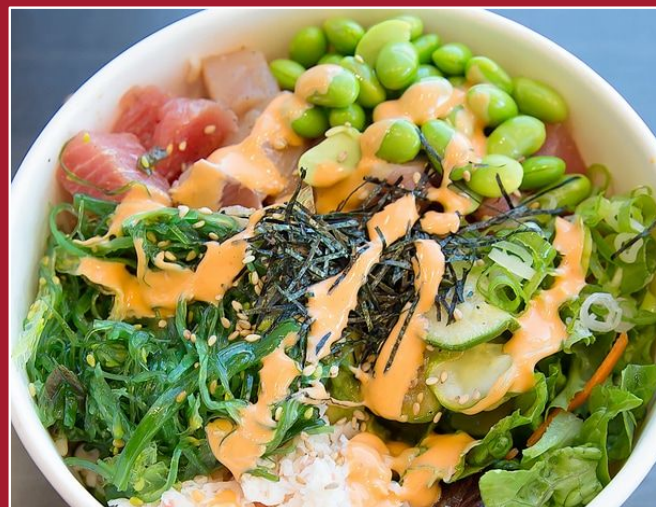
****Everything is Build-Your-Own, but vegetarians can choose from protein options such as chickpeas, black beans, and falafel.**

Sushi One n Half

Location: South Campus Plaza



**Everything is Build-Your-Own, but vegetarians can choose from protein options such as tofu, chickpeas, and edamame.



BYO Poke Bowl V, DF, GF

Protein: 20–35 grams

Protein Sources:

Quinoa, Tofu, Chickpeas, Edamame

Key

GF = Gluten-Friendly

DF = Dairy-Free

V = Vegan

VG = Vegetarian



Rubio's

Location: Charles B. Bell Jr. Pavilion



Rainbow Bowl **VG, GF**

Protein: 18 grams

Protein Sources:

Black Beans & Rice



Bean and Cheese Burrito **VG**

Protein: 36 grams

Protein Sources:

Beans, Cheese, & Tortilla



Mexican Street Corn Bowl **VG, GF**

Protein: 20 grams

Protein Sources:

Black Beans, Rice, Cotija Cheese

Key

GF = Gluten-Friendly

DF = Dairy-Free

V = Vegan

VG = Vegetarian

Shake Smart

Location: Multiple Locations on Campus

shake
smart



Veggie Delight Wrap **VG, DF**

Protein: 24 grams

Protein Sources:

Hummus & Tortilla



Smoothies **VG**

Protein: 13–35 grams

Protein Sources:

Vegan Protein Powder



PB&A Bowl **VG**

Protein: 20 grams

Protein Sources:

Peanut Butter & Protein Powder

Key

GF = Gluten-Friendly

DF = Dairy-Free

V = Vegan

VG = Vegetarian

Which Wich

Location: South Campus Plaza



Vegetarian Sandwich **DF, VG**

Protein: 17 grams

Protein Sources:

Black Bean Patty & Cheese



Caprese Sandwich **VG**

Protein: 22 grams

Protein Sources:

Mozzarella Cheese



Hummus Sandwich **VG**

Protein: 15 grams

Protein Sources:

Hummus & Cheese

Key

GF = Gluten-Friendly

DF = Dairy-Free

V = Vegan

VG = Vegetarian

**Nutrition Information Based Off a
Regular Size Sandwich.

Questions?



Amanda Nazario, MS, RDN
SDSU Dining Registered Dietitian
aashbynazario@sdsu.edu

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

eatatsdsu.com/Dietary-Consultations



sdsu *dining*