

19-Day Healthy Eating Challenge!

*sdsu*dining



About this Guide

19-Day Healthy Eating Challenge!

This guide offers practical examples of how to enjoy nutritious meals around campus. Whether you complete all 19 days, or just a few to start, we hope this makes it easier for you to discover healthy meal choices at SDSU!

Curated by SDSU Dining's Registered Dietitian, the information in this guide is designed to assist the SDSU community in making informed and health-conscious choices that align with their wellness goals while enjoying meals on-campus.

There are many opportunities to build healthy, balanced meals with a wide variety of on-campus options available to you—including freshly prepared food, grab-n-go items and ingredients that you can purchase and prepare on your own. These recommendations are just some examples of how to build a complete and nutritious plate for yourself.

For more information about our food locations, menus and options, please visit eatatsdsu.com.



SDSU Dining's Registered Dietitian



Amanda Nazario

Our registered dietitian is here for you!

Mission:

Helping the campus community manage food allergies and special diets, so that everyone can enjoy delicious meals through SDSU Dining while staying healthy.

Promote balanced eating habits on-campus.

Support collaborative dietary conversations between SDSU Dining and the campus.



Book a meeting with Amanda today!

Email: aashbynazario@sdsu.edu

Scan the QR Code to Book Online!

Dietary Preferences Key

Use this key as a reference when reviewing your available dining options.



DF | Dairy-Free • **GF** | Gluten-Friendly
V | Vegan • **VEG** | Vegetarian

View our Dining Locations Map on the Last Page.

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19-Day Healthy Eating Challenge!

Day 1

Breakfast

BROKEN YOLK²

Wellness Wrap **VEG**

Lunch

AZTEC NUTRITION CENTER¹

Bombay Recovery Bowl **GF, VEG**

Snack

SHAKE SMART⁺²

Strawberry Fields Smoothie **GF, DF, V**

Dinner

UNIVERSITY TOWERS KITCHEN (UTK)¹

Stir Fry Bowl with Whole Grain Medley, Chicken, Cabbage, Onions, Broccoli, Celery, Thai Chili Sauce **DF**

Day 2

Breakfast

STARBUCKS⁺³

Oatmeal **GF, DF, V** + Egg White & Roasted Red Pepper Bites **GF, VEG**

Lunch

SUSHI ONE N HALF²

Small Bowl with Brown Rice & Greens, Salmon, Tuna, Ponzu Sauce, Spicy Mayo, Edamame, Seaweed Salad, Ginger, Sesame Seeds, Seaweed Flakes **DF**

Snack

AZTEC MARKETS⁺¹

Chobani Yogurt Shake **GF, VEG**

Dinner

UNIVERSITY TOWERS KITCHEN (UTK)¹

Grilled Chicken Sandwich on Ciabatta, Lettuce, Tomato, Grilled Onions, Pickles, BBQ Sauce **DF**

Day 3

Breakfast

UNIVERSITY TOWERS KITCHEN (UTK)¹

Egg Whites, Turkey Sausage, Roasted Vegetables, & Cheese on a Bagel

Lunch

HALAL SHACK²

Rice Bowl with Chicken, Chickpea Korma, Lettuce, Spinach, Kale & Quinoa, Salata, Avocado, Hummus, Corn, Parsley, Sumac, Chutney Sauce **GF, DF**

Snack

SHAKE SMART⁺²

Almond Butter Toast **(DF, V)**

Dinner

RUBIO'S²

Wild Mahi Mahi Mango Tacos

Day 4

Breakfast

SHAKE SMART⁺²

Greek Yogurt Bowl with Strawberry, Almonds, Granola, Cinnamon **VEG**

Lunch

PANDA EXPRESS²

A Plate with ½ Super Greens & ½ White Rice, Broccoli Beef, & Mushroom Chicken **DF**

Snack

AZTEC MARKETS⁺¹

Fresh Pineapple Cup **GF, DF, V**

Dinner

UNIVERSITY TOWERS KITCHEN (UTK)¹

Aztec Bowl with Black Beans, Pollo Asado, Whole Grain Medley, Pickled Red Onions, Lettuce, Roasted Corn, Diced Tomatoes, Guacamole, Chimichurri **GF, DF**

[†] Indicates Multiple Locations

¹ SDSU Dining Owned-and-Operated Unit

² Third-Party Owned-and-Operated Unit

³ Third-Party Licensed Unit



Day 5

Breakfast

AZTEC TERRACE GRILL¹

Avocado Toast **DF, VEG**

Lunch

AZTEC MARKETS^{†1}

Shrimp Spring Roll **GF, DF**

Snack

STARBUCKS^{†3}

Berry Trio Parfait **GF, VEG**

Dinner

EUREKA²

Roasted Veggie Tacos **GF, DF, V**

Day 6

Breakfast

BCB^{†2}

Oatmeal Bowl **GF, DF, V** & Tropical Madness
Smoothie + Whey **GF, VEG**

Lunch

AZTEC MARKETS^{†1}

Salmon Micro Meal **GF**

Snack

AZTEC MARKETS^{†1}

Chomps Beef Stick **GF, DF**

Dinner

WHICH WICH²

Regular Sandwich on Wheat with Roast Beef,
Provolone, Lettuce, Pickles, Tomato, Cucumber,
Caramelized Onions, Avocado, Mustard

Day 7

Breakfast

BCB^{†2}

BCB Fit Sandwich **DF**

Lunch

OGGI'S²

Homemade Dough with Pizza Sauce, Ricotta,
Basil, Bell Peppers, Roasted Garlic, Mushrooms,
Red Onions, Grilled Chicken

Snack

BROKEN YOLK²

Berry Yogurt Parfait **GF, VEG**

Dinner

RUBIO'S²

California Bowl **GF, VEG**

Day 8 (All Vegetarian Meals)

Breakfast

BROKEN YOLK²

Greek Omelet **GF, VEG**

Lunch

AZTEC MARKETS^{†1}

Falafel Micro Meal **DF, V**

Snack

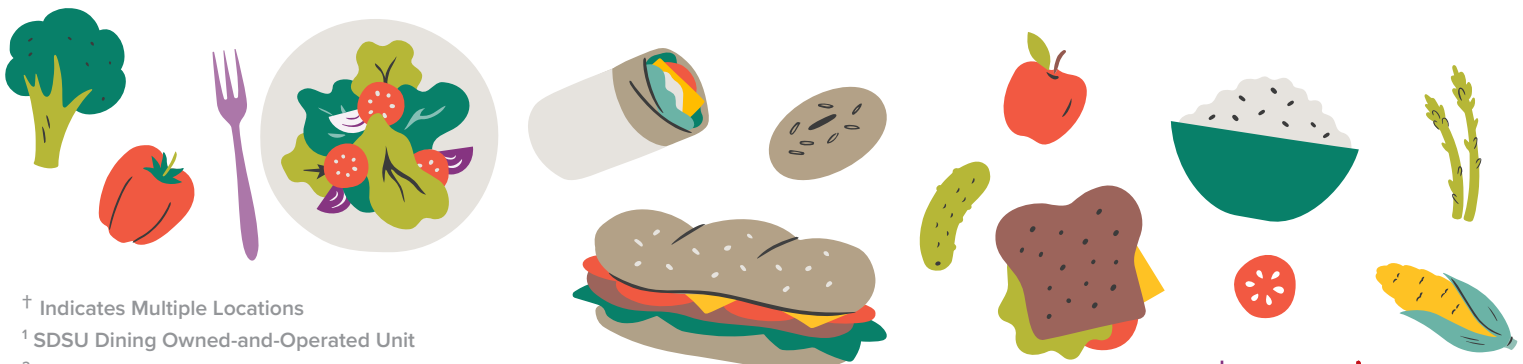
SHAKE SMART^{†2}

Greens to Go **GF, DF, V**

Dinner

UNIVERSITY TOWERS KITCHEN (UTK)^{†1}

Black Bean Burger on Sourdough with
Lettuce, Tomato, Grilled Onions, Pickles, BBQ
Sauce **DF, VEG**



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Day 9 (All Vegan Meals)

Breakfast

UNIVERSITY TOWERS KITCHEN (UTK)¹

Vegan Breakfast Bowl **GF, DF, V**

Lunch

OGGI'S²

Homemade Dough, Pizza Sauce, Vegan Mozzarella Cheese, Basil, Bell Peppers, Red Onions, Mushrooms, Black Olives, Roasted Garlic, Balsamic Glaze **DF, V**

Snack

EVERBOWL²

Pitaya Paradise Smoothie (16oz/20oz) **GF, DF, V**

Dinner

AZTEC NUTRITION CENTER¹

Tuscan Performance Bowl **VEG**

Day 10

Breakfast

PLANT POWER²

Sausage, Egg, & Cheese Muffin **DF, V**

Lunch

HABIT BURGER²

Grilled Chicken Sandwich + Side Salad **DF, V**

Snack

AZTEC MARKETS¹

Cheese, Cracker, & Grape Snack Pack **VEG**

Dinner

MESA FRESH

BYO Grain Bowl

Day 11

Breakfast

AZTEC NUTRITION CENTER¹

High Protein Overnight Oats **GF, VEG**

Lunch

PLANT POWER²

Chicken Nuggets & Side Caesar Salad **DF, V**

Snack

STARBUCKS³

Cheese Trio Protein Box **VEG**

Dinner

RUBIO'S²

Atlantic Salmon Tacos **GF**

Day 12

Breakfast

BCB²

Breakfast on the Run **GF, VEG**

Lunch

OLIVE OIL²

Turkey Delight Sandwich

Snack

SHAKE SMART²

Veggie Delight **DF, V**

Dinner

AZTEC MARKETS¹

Thai Tofu Wrap **DF, V** + Side Salad **GF, DF, V**

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Day 13

Breakfast

AZTEC TERRACE GRILL¹

Matcha Overnight Oats **GF, DF, V**

Lunch

SUBWAY²

Footlong Sandwich on Wheat with Turkey, Provolone, Lettuce, Bell Pepper, Tomato, Onion, Pickles, Banana Peppers, Mustard

Snack

AZTEC MARKETS¹

Tuna Snack Pack

Dinner

UNIVERSITY TOWERS KITCHEN (UTK)¹

Pasta Bowl with Marinara, Chicken, Broccoli, Zucchini, Onions **DF**

Day 14 (All Vegetarian Meals)

Breakfast

SHAKE SMART^{1,2}

Craft Your Cup with Greek Yogurt & Bananas **GF, VEG**

Lunch

HABIT BURGER²

Veggie Burger **DF, V** + Side Salad **DF, V**

Snack

AZTEC MARKETS¹

Vanilla Parfait **DF, VEG**

Dinner

SUSHI ONE N HALF²

Regular Bowl with Quinoa, Chickpeas, Tofu, Yuzu Pepper Sauce, Edamame, Cilantro, Pineapple, Ginger, Garlic, Seaweed Salad, Green Onions **GF, DF, V**

Day 15

Breakfast

AZTEC TERRACE GRILL¹

Veggie Egg White Frittata **GF, VEG**

Lunch

OLIVE OIL²

Tuna Sandwich

Snack

SHAKE SMART^{1,2}

Mea Aloha **GF, DF, V**

Dinner

RUBIO'S²

Salsa Verde Shrimp Tacos

Day 16

Breakfast

STARBUCKS^{1,3}

Egg, Pesto, & Mozzarella Sandwich **VEG**

Lunch

HABIT BURGER²

BBQ Chicken Salad **GF, DF**

Snack

EVERBOWL²

Evergreen Smoothie (16oz/20oz) **GF, DF, V**

Dinner

RUBIO'S²

Mango Avocado Salad + Shrimp **GF, DF**

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Day 17

Breakfast

PLANT POWER²

Bacon, Egg, & Cheese Muffin **DF, V**

Lunch

AZTEC TERRACE GRILL¹

Caprese Ciabatta **VEG**

Snack

AZTEC NUTRITION CENTER¹

Big 5 Smoothie **GF, DF, V**

Dinner

UNIVERSITY TOWERS KITCHEN (UTK)¹

Southwestern Salad + Chicken **GF**

Day 18 (All Vegetarian Meals)

Breakfast

SHAKE SMART^{†2}

PB Toast **DF, V** + Green Tea Matcha **GF, DF, V**

Lunch

AZTEC MARKETS^{†1}

Grilled Vegetable Hummus Wrap **DF, V**

Snack

AZTEC MARKETS^{†1}

Roasted Edamame **GF, DF, V**

Dinner

UNIVERSITY TOWERS KITCHEN (UTK)¹

Roasted Vegetable Ciabatta Sandwich **VEG**

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Day 19

Breakfast

THE GARDEN RESTAURANT¹

BYO Omelet: Egg, Spinach, Cheddar Cheese, Mushrooms, Onion **GF, VEG**

Lunch

JAMAL'S CHICKEN³

Buffalo Chicken Salad

Snack

AZTEC MARKETS^{†1}

Barebells Protein Bar **VEG**

Dinner

OGGI'S PIZZA EXPRESS³

BYO Pizza: Gluten-free Dough, Pesto Sauce, Ricotta, Tomato, Onion, Bell Pepper, White Sauce Drizzle **GF, VEG**



SDSU Dining Nutritional Disclaimer

At SDSU Dining, our team is committed to clearly identifying our menu items with respect to:

- **their nutritional information**
- **relevant dietary considerations such as whether the items are gluten-friendly, vegan, vegetarian, etc.**
- **their ingredients which may cause allergic reactions**

While SDSU Dining is committed to providing accurate nutritional information, because our recipes are prepared to order, there may be differences between the actual nutritional content of your order and the nutritional values provided. The values provided are derived from standardized recipes and serving sizes, and some minor variance from the standard nutritional information provided is unavoidable. We will further do our best to accommodate special requests to prepare your meal just the way you like it. Any such modifications, however, will cause the nutritional value of your meal to vary from the nutritional values provided.

Our team undergoes regular training to ensure accurate labeling and proper food preparation methods aimed at minimizing cross-contact risks. Even with us employing such labelling and food preparation methods, however, some degree of cross-contact is unavoidable. Please note that our dining centers are not certified allergy-free or gluten-free, as some items served may contain allergens. Our self-operated units/kitchens (*UTK — University Towers Kitchen, The Garden Restaurant, Faculty-Staff Club, Aztec Markets, SDSU Catering, and Concessions*) strive to consistently offer some allergen-friendly options.

Menu items from our third-party dining partners may have different allergen management practices. SDSU Dining does not design the menus of any of our third-party dining partners and shares them with guests for informational purposes only. Consequently, Aztec Shops, Ltd. and SDSU Dining accept no liability for menu items from our third-party dining partners, cannot independently validate any nutritional information provided by our third-party dining partners, and cannot guarantee that any menu items prepared by our third-party dining partners are free from allergens or safe from cross-contact. Guests should contact each third-party venue directly with any relevant nutritional and allergen-related questions.

For additional questions about building a personal meal program focused on specific dietary needs and preferences, we strongly recommend scheduling a meeting with our registered dietitian, Amanda Nazario (aashbynazario@sdsu.edu) using this [LINK](#).



A CHAPULTEPEC 	B PLAZA DEL SOL 	C AZTEC SHOPS TERRACE 	D ELLEN OCHOA PAVILION 	E THE ARC
F PETERSON GYM 	G HEPNER HALL Faculty-Staff Club	H EIS BUILDING 	I CHARLES B. BELL JR. PAVILION 	
J LOVE LIBRARY 	K MUSIC & DANCE 	L EDUCATION 	M AZTEC STUDENT UNION 	
N SANCTUARY SUITES 	O GATEWAY CENTER 	P SUNSET PLAZA 	Q UNIVERSITY TOWERS 	
R SOUTH CAMPUS PLAZA 				
S CUICACALLI 	T COLLEGE AVENUE 			