

# 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!*

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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](http://eatatsdsu.com).

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# 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](mailto:aashbynazario@sdsu.edu)

*Scan the QR Code to Book Online!*

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## 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

# 19-Day Healthy Eating Challenge!

## Day 1

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### Breakfast

*BROKEN YOLK*<sup>2</sup>

Wellness Wrap **VEG**

### Lunch

*AZTEC MARKETS*<sup>1</sup>

Butter Chicken Micro Meal **GF** + Side Salad **GF, DF, V**

### Snack

*SHAKE SMART*<sup>2</sup>

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

### Dinner

*UNIVERSITY TOWERS KITCHEN (UTK)*<sup>1</sup>

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

## Day 2

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### Breakfast

*STARBUCKS*<sup>3</sup>

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

### Lunch

*SUSHI ONE N HALF*<sup>2</sup>

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

### Snack

*AZTEC MARKETS*<sup>1</sup>

Turkey Snack Pack

### Dinner

*UNIVERSITY TOWERS KITCHEN (UTK)*<sup>1</sup>

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

## Day 3

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### Breakfast

*UNIVERSITY TOWERS KITCHEN (UTK)*<sup>1</sup>

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

### Lunch

*HALAL SHACK*<sup>2</sup>

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

### Snack

*SHAKE SMART*<sup>2</sup>

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

### Dinner

*RUBIO'S*<sup>2</sup>

Wild Mahi Mahi Mango Tacos

## Day 4

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### Breakfast

*SHAKE SMART*<sup>2</sup>

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

### Lunch

*PANDA EXPRESS*<sup>2</sup>

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

### Snack

*AZTEC MARKETS*<sup>1</sup>

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

### Dinner

*UNIVERSITY TOWERS KITCHEN (UTK)*<sup>1</sup>

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

<sup>1</sup> SDSU Dining Owned-and-Operated Unit

<sup>2</sup> Third-Party Owned-and-Operated Unit

<sup>3</sup> Third-Party Licensed Unit



## Day 5

### Breakfast

AZTEC TERRACE GRILL<sup>1</sup>

Avocado Toast **DF, VEG**

### Lunch

AZTEC MARKETS<sup>†1</sup>

Teriyaki Chicken Micro Meal **DF**  
+ Mango Cup **GF, DF, V**

### Snack

STARBUCKS<sup>†3</sup>

Berry Trio Parfait **GF, VEG**

### Dinner

EUREKA<sup>2</sup>

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

## Day 6

### Breakfast

BCB<sup>†2</sup>

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

### Lunch

AZTEC MARKETS<sup>†1</sup>

Miso Tofu Micro Meal **DF, V**  
+ Side Salad **GF, DF, V**

### Snack

AZTEC MARKETS<sup>†1</sup>

Chomps Beef Stick **GF, DF**

### Dinner

WHICH WICH<sup>2</sup>

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

## Day 7

### Breakfast

BCB<sup>†2</sup>

BCB Fit Sandwich **DF**

### Lunch

OGGI'S<sup>2</sup>

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

### Snack

BROKEN YOLK<sup>2</sup>

Berry Yogurt Parfait **GF, VEG**

### Dinner

RUBIO'S<sup>2</sup>

California Bowl **GF, VEG**

## Day 8 (All Vegetarian Meals)

### Breakfast

BROKEN YOLK<sup>2</sup>

Greek Omelet **GF, VEG**

### Lunch

AZTEC MARKETS<sup>†1</sup>

Spiced Tomato Falafel Micro Meal **GF, DF, V**

### Snack

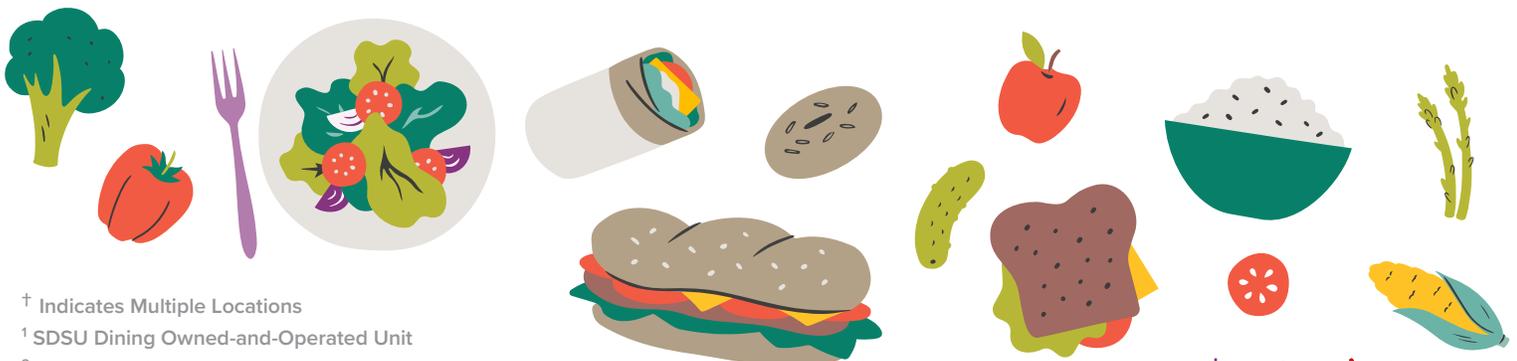
SHAKE SMART<sup>†2</sup>

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

### Dinner

UNIVERSITY TOWERS KITCHEN (UTK)<sup>†1</sup>

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)<sup>1</sup>

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

### Lunch

OGGI'S<sup>2</sup>

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

### Snack

EVERBOWL<sup>2</sup>

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

### Dinner

AZTEC MARKETS<sup>1</sup>

Power House Salad **GF, DF, V**

## Day 10

### Breakfast

PLANT POWER<sup>2</sup>

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

### Lunch

HABIT BURGER<sup>2</sup>

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

### Snack

AZTEC MARKETS<sup>1</sup>

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

### Dinner

RUBIO'S<sup>2</sup>

Cilantro Lime Quinoa Bowl + Chicken **GF, DF**

## Day 11

### Breakfast

BCB<sup>2</sup>

Egg & Cheese Bagel Sandwich + Turkey Bacon

### Lunch

PLANT POWER<sup>2</sup>

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

### Snack

STARBUCKS<sup>3</sup>

Cheese Trio Protein Box **VEG**

### Dinner

RUBIO'S<sup>2</sup>

Atlantic Salmon Tacos **GF**

## Day 12

### Breakfast

BCB<sup>2</sup>

Breakfast on the Run **GF, VEG**

### Lunch

OLIVE OIL<sup>2</sup>

Turkey Delight Sandwich

### Snack

SHAKE SMART<sup>2</sup>

Veggie Delight **DF, V**

### Dinner

AZTEC MARKETS<sup>1</sup>

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

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## Day 13

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### Breakfast

AZTEC TERRACE GRILL<sup>1</sup>

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

### Lunch

SUBWAY<sup>2</sup>

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

### Snack

AZTEC MARKETS<sup>1</sup>

Tuna Snack Pack

### Dinner

UNIVERSITY TOWERS KITCHEN (UTK)<sup>1</sup>

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

## Day 14 (All Vegetarian Meals)

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### Breakfast

SHAKE SMART<sup>1,2</sup>

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

### Lunch

HABIT BURGER<sup>2</sup>

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

### Snack

AZTEC MARKETS<sup>1</sup>

Vanilla Parfait **DF, VEG**

### Dinner

SUSHI ONE N HALF<sup>2</sup>

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

## Day 15

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### Breakfast

AZTEC TERRACE GRILL<sup>1</sup>

Veggie Egg White Frittata **GF, VEG**

### Lunch

OLIVE OIL<sup>2</sup>

Tuna Sandwich

### Snack

SHAKE SMART<sup>1,2</sup>

Mea Aloha **GF, DF, V**

### Dinner

RUBIO'S<sup>2</sup>

Salsa Verde Shrimp Tacos

## Day 16

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### Breakfast

STARBUCKS<sup>1,3</sup>

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

### Lunch

HABIT BURGER<sup>2</sup>

BBQ Chicken Salad **GF, DF**

### Snack

EVERBOWL<sup>2</sup>

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

### Dinner

RUBIO'S<sup>2</sup>

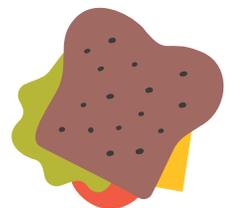
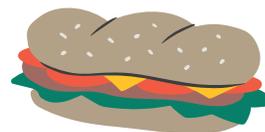
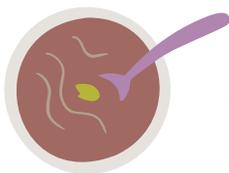
Mango Avocado Salad + Shrimp **GF, DF**

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## Day 17

### Breakfast

PLANT POWER<sup>2</sup>

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

### Lunch

AZTEC TERRACE GRILL<sup>1</sup>

Caprese Ciabatta **VEG**

### Snack

AZTEC MARKETS<sup>†1</sup>

Fresh Watermelon Cup **GF, DF, V**

### Dinner

UNIVERSITY TOWERS KITCHEN (UTK)<sup>1</sup>

Southwestern Salad + Chicken **GF**

## Day 18 (All Vegetarian Meals)

### Breakfast

SHAKE SMART<sup>†2</sup>

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

### Lunch

AZTEC MARKETS<sup>†1</sup>

Grilled Vegetable Hummus Wrap **DF, V**

### Snack

AZTEC MARKETS<sup>†1</sup>

Roasted Edamame **GF, DF, V**

### Dinner

UNIVERSITY TOWERS KITCHEN (UTK)<sup>1</sup>

Roasted Vegetable Ciabatta Sandwich **VEG**

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## Day 19

### Breakfast

THE GARDEN RESTAURANT<sup>1</sup>

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

### Lunch

JAMAL'S CHICKEN<sup>3</sup>

Buffalo Chicken Salad

### Snack

AZTEC MARKETS<sup>†1</sup>

Barebells Protein Bar **VEG**

### Dinner

OGGI'S PIZZA EXPRESS<sup>3</sup>

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](#).



\* Indicates location does NOT participate in Meal Plans.

<p><b>A. CHARLES B. BELL JR. PAVILION</b></p>	<p><b>B. ELLEN OCHOA PAVILION</b></p>	<p><b>C. CUICACALLI</b></p>	
<p><b>D. UNIVERSITY TOWERS</b></p>	<p><b>E. HEPNER HALL</b></p>	<p><b>F. COLLEGE AVENUE</b></p>	
<p><b>G. CHAPULTEPEC</b></p>	<p><b>H. EDUCATION</b></p>	<p><b>I. AZTEC SHOPS TERRACE</b></p>	
<p><b>J. LOVE LIBRARY</b></p>	<p><b>K. PETERSON GYM/ARC</b></p>	<p><b>L. GATEWAY CENTER</b></p>	<p><b>M. MUSIC</b></p>
<p><b>N. AZTEC STUDENT UNION</b></p>	<p><b>O. SOUTH CAMPUS PLAZA</b></p>	<p><b>P. EIS BUILDING</b></p>	