

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 include meat, fish, eggs, and dairy products.

Plant-based sources include beans, lentils, tofu, nuts, seeds, and whole grains.

How Much Protein do I Need Every Day?

The amount of protein you need daily depends on your age, gender, and activity level. On average, adults need about **1.2-1.6 grams of protein per kilogram** of body weight (roughly 0.36 grams per pound). Active individuals or athletes may need as much as **1.6 to 2.0 grams per kilogram** to support muscle repair and growth.



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

Starbucks

Location: Multiple Campus Locations



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

Aztec Markets

Location: Multiple Campus Locations



Kale Caesar Chicken Wrap

Protein: 22 grams

Protein Sources:
Chicken & Parmesan Cheese



Chicken Micro Meal
DF, GF

Protein: 48 grams

Protein Sources:
Chicken & Quinoa



Lemon Broccoli Chicken Bowl **DF**

Protein: 34 grams

Protein Sources:
Chicken & Pasta

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The Grill

Location: Aztec Terrace Grill

the grill

at Aztec Shops Terrace



Caprese Ciabatta
VG



TBA Ciabatta
DF



Spicy Chicken Sandwich

Protein: 25 grams

Protein Sources:
Mozzarella Cheese & Roll

Protein: 47 grams

Protein Sources:
Bacon, Turkey, & Roll

Protein: 22 grams

Protein Sources:
Chicken Breast

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University Towers Kitchen

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

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University Towers Kitchen

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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Eureka!

Eureka!

Location: South Campus Plaza



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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Habit Burger

Location: Conrad Prebys Aztec student Union



Ahi Tuna Filet
DF



Veggie Burger
VG



Grilled Chicken Sandwich

Protein: 32 grams

Protein Sources:
Ahi Tuna

Protein: 21 grams

Protein Sources:
Veggie Patty & Cheese

Protein: 45 grams

Protein Sources:
Chicken Breast & Cheese

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Habit Burger



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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Shake Smart



Location: Multiple Campus Locations



Tuna Salad Wrap



Smoothies
VG



Dragon Bowl
VG

Protein: 48 grams

Protein Sources:
Tuna & Tortilla

Protein: 24-35 grams

Protein Sources:
Protein Powder & Milk

Protein: 22 grams

Protein Sources:
Protein Powder

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Halal Shack

Location: Charles B. Bell Jr. Pavilion



BYO Rice Bowl
GF

Protein: 38 grams

Protein Sources:
Chicken & Brown Rice



BYO Salad Bowl
VG

Protein: 18 grams

Protein Sources:
Falafel, Hummus, & Black Beans



BYO Naanarito

Protein: 36 grams

Protein Sources:
Beef & Brown Rice

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Panda Express

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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Rubio's



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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Rubio's



Location: Charles B. Bell Jr. Pavilion



Chicken California Bowl
GF

Protein: 44 grams

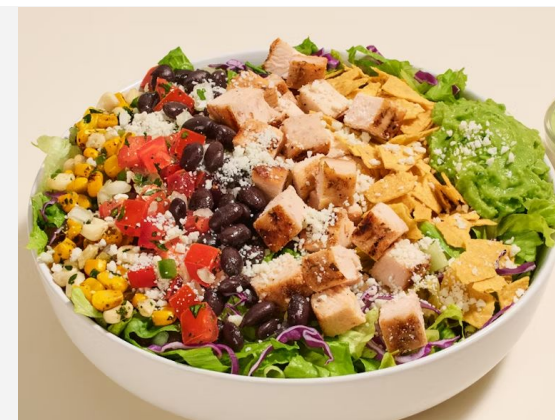
Protein Sources:
Chicken & Black Beans



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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Subway



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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Aztec Nutrition Center

Location: Sunset Plaza



Canyon Run Bowl
GF, VG

Protein: 22 grams

Protein Sources:
Beans & Quinoa



Fresh Start Bowl
GF, VG

Protein: 23 grams

Protein Sources:
Beans & Quinoa



Med. Fuel Bowl
GF, VG

Protein: 22 grams

Protein Sources:
Quinoa, Edamame, Cheese

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SHO Kitchen

Location: West Campus



Veggie & Falafel Wrap **VG**

Protein: 38 grams

Protein Sources:
Falafel & Naan



The SHO Stoppa

Protein: 41 grams

Protein Sources:
Chicken & Naan



Grilled Fish Sandwich **DF**

Protein: 43 grams

Protein Sources:
Snapper & Torta Roll

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Questions?

Amanda Nazario, MS, RDN

SDSU Dining Registered Dietitian

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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



sdsu dining

SDSU | Aztec Shops