

# High Protein 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.



# 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 **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.



# 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



**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

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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!

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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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# 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](https://eatatsdsu.com/Dietary-Consultations)



*sdsu dining*

**SDSU** | Aztec Shops