

Healthy Items @ Aztec Markets

Amanda Nazario, MS, RDN



AZTEC
MARKET

High Protein

Protein Bars



Mush Protein Bar



Barebells Protein Bar



GoMacro Protein Bar



Clif Builder Protein Bar



Kind Protein Bar

High Protein

Nuts & Jerky



Chomps
Beef Stick



Jack Link's Beef Jerky



Trail Mix



Roasted Pistachios



Roasted Peanuts



Blue Diamond
Almonds

High Protein

Dairy Products



Lifeway Kefir



Muscle Milk Protein Shake



Chobani Protein Shake



Chobani
Greek Yogurt



Oikos
Greek Yogurt



P3 Protein Pack

High Protein

Miscellaneous



Kodiak Protein Muffin



Babybel Cheese



Clio Greek Yogurt Bar



Silk Dairy-Free Yogurt



Mush Overnight Oats

Salty Snacks

Crackers, Chips, Pretzels, Etc.



Kudo Protein Popcorn



Skinny Pop Popcorn



Caulipuffs



Honey Nut
Rice Cakes



Pretzel Crisps



Harvest Snaps Baked Peas

Miscellaneous Snacks

Nutritious & Delicious



Chia Seed Pouches



Evive Smoothie Cubes



Hummus Snack Pack



Applesauce Pouch



Chickpea Puffs



Fruit Leather

Schmeals

More than a Snack – But not a meal!



Tuna & Crackers Kit



Southwest Fusion Lunch Bowl



Tasty Bite Protein Bowl



Wild Planet Tuna Salads



Lemon & Thyme Tuna

Schmeals

More than a Snack – But not a meal!



Quinoa & Pesto Cups

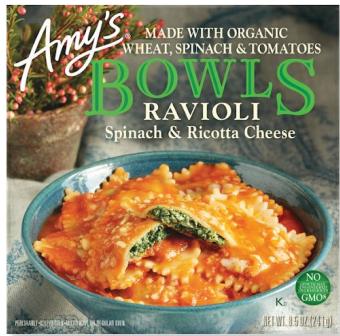


Goodles Mac N Cheese



Hillshire Charcuterie Pack

Frozen Meals



Amy's Ravioli Bowl



Saffron Road Kung Pao Chicken



EVOL Fire Grilled Steak Bowl



Saffron Road Butter Chicken



Saffron Road Chicken Tikka Masala

Frozen Meals



EVOL Mushroom & Cheese Ravioli



Purple Carrot Meatball Marinara



Gardein Be'f Bowl



AZTEC
MARKET

Market Fresh Items



Hummus with Veggies



Grilled Vegetable & Hummus Wrap



White Bean & Kale Salad



Pre-Cut Fruit Cups



Lemon Broccoli Chicken Bowl



Chocolate & Banana Overnight Oats

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



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