

**SDSU** | Aztec Shops

# **Healthy Items @ Aztec Markets**

Amanda Nazario, MS, RDN



A Z T E C  
M A R K E T

# 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



Roasted Pistachios



Trail Mix



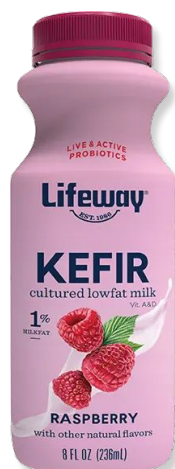
Roasted Peanuts



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

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Kodiak Protein Muffin



Babybel Cheese



Silk Dairy-Free Yogurt



Mush Overnight Oats



Clio Greek Yogurt Bar

# Salty Snacks

Crackers, Chips, Pretzels, Etc.



Kudo Protein Popcorn



Skinny Pop Popcorn



Caulipuffs



Pretzel Crisps



Harvest Snaps Baked Peas



Honey Nut Rice Cakes

# Miscellaneous Snacks

Nutritious & Delicious



Chia Seed Pouches



Eville Smoothie Cubes



Hummus Snack Pack



Fruit Leather



Applesauce Pouch



Chickpea Puffs



# 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!

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Quinoa & Pesto Cups

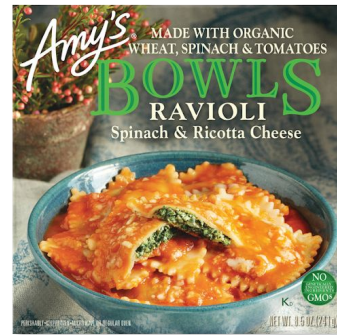


Goodles Mac N Cheese



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





# Market Fresh Items

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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**

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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)



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