

How to Build a Better Lunch

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Why is Lunch Important?

- Sustains energy levels
- Improves focus and productivity
- Supports overall health
- Regulates appetite
- Maintains stable blood sugar levels



Components of a Well-Balanced Lunch



Protein

Chicken, Beans, Tofu,
Turkey, Salmon, Tuna,
Lentils



Carbohydrates

Wheat Pasta, Wheat
Bread, Brown Rice,
Quinoa, Sweet Potato



Color

Kale, Spinach, Bell
Pepper, Tomato, Apples,
Oranges, Carrots,
Cucumber

Importance of Each Component



Protein

Protein at lunch is important to help repair and build muscles, keeps you feeling full longer, and supports energy levels throughout the afternoon.



Carbohydrates

Carbs at lunch are important as they provide your body & brain energy. They help maintain focus and stamina, especially during busy afternoons.



Color

Color at lunch is important because fruits and veggies contain fiber which helps you feel full, and supports a healthy gut.

Examples at SDSU

Location: University Towers



Stir Fry Bowl GF, DF

Protein: Chicken

Carb: Whole Grain Medley

Color: Carrot, Broccoli,
Cabbage



Aztec Bowl GF

Protein: Black Beans,
Chicken

Carb: Whole Grain Medley

Color: Tomato, Guac, Lettuce



Chicken Caesar Wrap

Protein: Chicken

Carb: Tortilla, Croutons

Color: Lettuce

Key

GF = Gluten-Friendly

DF = Dairy-Free

V = Vegan

VG = Vegetarian

Examples at SDSU

Location: University Towers



Turkey Sub

Protein: Turkey, Cheese
Carb: Hoagie Roll
Color: Lettuce, Tomato, Onion



Black Bean Burger **VG, **DF****

Protein: Black Bean Patty
Carb: Bun
Color: Lettuce, Tomato, Onion



Grilled Chicken Sandwich **DF**

Protein: Chicken Breast
Carb: Bun
Color: Lettuce, Tomato, Onion

Key

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Examples at SDSU

Location: Multiple locations on campus



Kale Caesar Chicken Wrap

Protein: Chicken

Carb: Tortilla

Color: Kale, Romaine



Chickpea & Feta Salad **VG, GF**

Protein: Chickpeas,
Edamame

Carb: Chickpeas

Color: Carrot, Cucumber



Buffalo Chicken Wrap **DF**

Protein: Chicken

Carb: Tortilla

Color: Carrot, Lettuce

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Examples at SDSU

Location: South Campus Plaza

Eureka!
Discover American Craft



Protein Bowl **VG, GF**

Protein: Tofu

Carb: Brown Rice, Yams

Color: Tomatoes, Green Beans



Seared Salmon **GF**

Protein: Salmon

Carb: Potatoes

Color: Green Beans



Napa Chicken Sandwich

Protein: Chicken

Carb: Baguette

Color: Arugula, Tomato

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Examples at SDSU

Location: Conrad Prebys Aztec Student Union



Ahi Tuna Filet DF

Protein: Tuna

Carb: Bun

Color: Lettuce, Tomato



Veggie Burger VG

Protein: Veggie Patty,
Cheese

Carb: Bun

Color: Lettuce, Tomato



Mango Miso Crunch DF

Protein: Chicken

Carb: Wontons

Color: Cucumber, Mango

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Examples at SDSU

Location: Conrad Prebys Aztec Student Union



THE HALAL SHACK



BYO Rice Bowl GF

Protein: Chicken

Carb: Basmati Rice

Color: Lettuce, Salata



BYO Pita Wrap

Protein: Chicken

Carb: Pita

Color: Salata, Corn, Lettuce



BYO Salad VG

Protein: Falafel

Carb: Garbanzo Beans

Color: Tomato, Cucumber

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Examples at SDSU

Location: Charles B. Bell Jr. Pavilion



Protein Plate DF

Protein: Chicken

Carb: Rice

Color: Broccoli, Cabbage



Brown Rice + Kung Pao Bowl DF

Protein: Chicken

Carb: Brown Rice

Color: Zucchini, Peppers



BYO Plate DF

Protein: Chicken

Carb: Rice

Color: Green Beans, Broccoli

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Examples at SDSU

Location: South Campus Plaza



BYO Poke Bowl DF, GF

Protein: Tuna, Edamame

Carb: Brown Rice

Color: Cucumber, Seaweed



BYO Poke Bowl DF, GF

Protein: Salmon, Tuna

Carb: Quinoa

Color: Avocado, Spring Mix



BYO Poke Bowl DF, GF

Protein: Salmon

Carb: White Rice

Color: Seaweed, Spring Mix

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Examples at SDSU

Location: Charles B. Bell Jr. Pavilion



Island Vibe Bowl DF, GF

Protein: Shrimp

Carb: Citrus Rice

Color: Cabbage, Mango



Mahi Mahi Burrito

Protein: Mahi Mahi

Carb: Tortilla, Rice

Color: Corn, Cabbage, Guac



Rainbow Bowl GF

Protein: Shrimp

Carb: Citrus Rice

Color: Cabbage, Corn, Mango

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Examples at SDSU

Location: Charles B. Bell Jr. Pavilion



California Bowl GF

Protein: Chicken, Beans

Carb: Citrus Rice

Color: Pico, Cabbage, Guac



Mexican Street Corn Bowl GF

Protein: Shrimp

Carb: Citrus Rice

Color: Corn, Guacamole



Mercado Salad

Protein: Chicken, Beans

Carb: Tortilla Strips

Color: Lettuce, Corn, Pico

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Examples at SDSU

Location: Multiple Locations on Campus



Tuna Salad Wrap

Protein: Tuna, Cheese

Carb: Wheat Wrap

Color: Celery, Lettuce



Avo Toast + Strawberry Fields

Protein: Protein Powder

Carb: Wheat Bread

Color: Avo, Strawberries



PB&A Bowl

Protein: Protein Powder

Carb: Granola

Color: Banana, Acai

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Examples at SDSU



Location: Charles B. Bell Jr. Pavilion



Chicken Wrap

Protein: Chicken, Cheese

Carb: Wheat Wrap

Color: Lettuce, Onion, Pepper

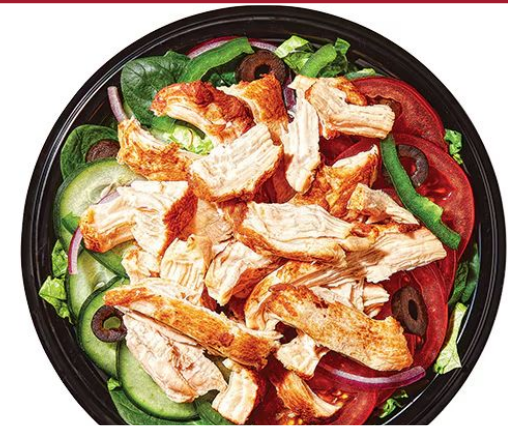


Turkey Sandwich

Protein: Turkey, Cheese

Carb: Wheat Bread

Color: Tomato, Onion, Lettuce



Protein Bowl

Protein: Chicken

Carb: Roll (on the side)

Color: Tomato, Lettuce, Onion

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Examples at SDSU

Location: South Campus Plazs



Vegetarian Sandwich **DF, VG**

Protein: Black Bean Patty

Carb: Wheat Bread

Color: Lettuce, Onion, Tomato



Turkey Sandwich

Protein: Turkey, Cheese

Carb: Bread

Color: Lettuce, Tomato



Chicken Sandwich

Protein: Chicken, Cheese

Carb: Wheat Bread

Color: Lettuce, Tomato,

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Questions?



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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*