

A decorative vertical strip on the left side of the slide, featuring a repeating geometric pattern of squares, diamonds, and circles in various shades of red and pink.

SDSU | Aztec Shops

High Protein Vegetarian 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.



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



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.

Starbucks

Location: Multiple Campus Locations



Spinach & Feta Wrap

VG

Protein: 20 grams

Protein Sources:

Egg White & Wheat Tortilla



Egg, Pesto & Cheese Sandwich

VG

Protein: 21 grams

Protein Sources:

Egg Patty & 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

Starbucks

Location: Multiple Campus Locations



Potato, Cheddar, & Chive Bake
VG, GF

Protein: 12 grams

Protein Sources:
Cottage Cheese, Cheddar Cheese



Impossible Breakfast Sandwich
VG

Protein: 21 grams

Protein Sources:
Plant-Based Patty, Cheese, Egg Patty

KEY

GF = Gluten-Friendly

DF = Dairy-Free

V = Vegan

VG = Vegetarian

Aztec Markets

Location: Multiple Campus Locations



**Chocolate & Banana
Overnight Oats** **VG, GF**

Protein: 22 grams

Protein Sources:
Oats, Milk, Chia Seeds



White Bean & Kale Salad
VG, GF

Protein: 26 grams

Protein Sources:
White Beans & Chickpeas



Caprese Pasta Salad
VG

Protein: 27 grams

Protein Sources:
Pasta & Mozzarella Balls

KEY

GF = Gluten-Friendly

DF = Dairy-Free

V = Vegan

VG = Vegetarian

Aztec Markets

Location: Multiple Campus Locations



Falafel Wrap
VG

Protein: 16 grams

Protein Sources:
Falafel & Spinach Tortilla



Matcha Overnight Oats
V, GF, DF

Protein: 21 grams

Protein Sources:
Oats & Oat Milk

KEY

GF = Gluten-Friendly

DF = Dairy-Free

V = Vegan

VG = Vegetarian

Broken Yolk

Location: South Campus Plaza



Wellness Wrap
VG

Protein: 33 grams

Protein Sources:
Egg White & Tortilla



Greek Omelet
VG

Protein: 23 grams

Protein Sources:
Eggs, Feta, Wheat Bread



Feta Avocado Toast
VG

Protein: 36 grams

Protein Sources:
Eggs, Feta, Wheat Bread

KEY

GF = Gluten-Friendly

DF = Dairy-Free

V = Vegan

VG = Vegetarian

University Towers Kitchen

Location: University Towers



Stir Fry Bowl
V, GF, DF

Protein: 27 grams

Protein Sources:
Tofu & Whole Grain Medley



Aztec Bowl
VG, GF

Protein: 15 grams

Protein Sources:
Black Beans & Whole Grain Medley



Black Bean Burger
VG, DF

Protein: 27 grams

Protein Sources:
Bean Patty & Cheddar Cheese

KEY

GF = Gluten-Friendly

DF = Dairy-Free

V = Vegan

VG = Vegetarian

The Grill

Location: Aztec Terrace Grill

the grill

at Aztec Shops Terrace



Caprese Ciabatta
VG

Protein: 25 grams

Protein Sources:
Mozzarella Cheese & Roll



Avocado Toast
VG, DF

Protein: 12 grams

Protein Sources:
Eggs & Bread

KEY

GF = Gluten-Friendly

DF = Dairy-Free

V = Vegan

VG = Vegetarian

Halal Shack

Location: Charles B. Bell Jr. Pavilion



OR



OR



OR



Hummus Bowl

Rice Bowl

Pita Wrap

Salad

* **BYO Meal**

Protein: 20-30 grams

Protein Sources:

Black Beans, Chickpeas, Falafel

* Everything is Build-Your-Own, but vegetarians can choose from protein options such as chickpeas, black beans, and falafel.

KEY

GF = Gluten-Friendly

DF = Dairy-Free

V = Vegan

VG = Vegetarian

University Towers Kitchen

Location: University Towers



Caprese Ciabatta VG

Protein: 26 grams

Protein Sources:
Mozzarella Cheese



BYO Pasta Bowl VG

Protein: 65 grams

Protein Sources:
Veggie Meatballs, Parmesan, Pasta



Veggie Sandwich VG

Protein: 21 grams

Protein Sources:
Swiss Cheese & Roll

KEY

GF = Gluten-Friendly

DF = Dairy-Free

V = Vegan

VG = Vegetarian

Habit Burger

Location: Conrad Prebys Aztec student Union



Veggie Burger
VG

Protein: 16 grams

Protein Sources:
Veggie Patty & Cheese

KEY

GF = Gluten-Friendly

DF = Dairy-Free

V= Vegan

VG = Vegetarian

Sushi One n Half

Location: South Campus Plaza



****Everything is**
Build-Your-Own, but
vegetarians can choose
from protein options
such as tofu, chickpeas,
and edamame.



BYO Poke Bowl

V, DF, GF

Protein: 20-35 grams

Protein Sources:

Quinoa, Tofu, Chickpeas, Edamame

KEY

GF = Gluten-Friendly

DF = Dairy-Free

V = Vegan

VG = Vegetarian

Rubio's



Location: Charles B. Bell Jr. Pavilion



Rainbow Bowl
VG, GF



Bean and Cheese Burrito
VG



Mexican Street Corn Bowl
VG, GF

Protein: 18 grams

Protein Sources:
Black Beans & Rice

Protein: 36 grams

Protein Sources:
Beans, Cheese, & Tortilla

Protein: 20 grams

Protein Sources:
Black Beans, Rice, Cotija Cheese

KEY

GF = Gluten-Friendly

DF = Dairy-Free

V = Vegan

VG = Vegetarian

Shake Smart



Location: Multiple Campus Locations



Veggie Delight Wrap
VG, DF



Smoothies
VG



PB & A Bowl
VG

Protein: 24 grams

Protein Sources:
Hummus & Tortilla

Protein: 13-35 grams

Protein Sources:
Vegan Protein Powder

Protein: 20 grams

Protein Sources:
Peanut Butter & Protein Powder

KEY

GF = Gluten-Friendly

DF = Dairy-Free

V = Vegan

VG = Vegetarian

Which Wich?



Location: South Campus Plaza



Vegetarian Sandwich
DF, VG

Protein: 17 grams

Protein Sources:
Black Bean Patty & Cheese



Caprese Sandwich
VG

Protein: 22 grams

Protein Sources:
Mozzarella Cheese



Hummus Sandwich
VG

Protein: 15 grams

Protein Sources:
Hummus & Cheese

**Nutrition Information Based Off a Regular Size Sandwich.

KEY

GF = Gluten-Friendly

DF = Dairy-Free

V = Vegan

VG = Vegetarian

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



sdsu dining

SDSU | Aztec Shops