



MENU GUIDE

Our goal for this menu was to give the choice and flexibility for our customers to fuel themselves effectively and efficiently for the intense training regime at Sumalee Boxing Gym.

The guide herein is designed to enable you to make informed choices that will help you choose appropriate **calories** for your goals, **recover** between training, **fuel** during training, and cover basic **health** requirements.

CALORIES

Calories are king when it comes to performance and body composition. Using the **calorie load** guide on each menu you can tailor your energy intake to your output. Calorie load refers to the calorie content of your meal. Higher loads equal better performance, lower loads for weight management.

RECOVER

Refers to **protein** in your meals. Protein is vital to repairing damaged muscles and assisting training adaptation.

FUEL

Refers to **carbohydrates** in your meals, the main source of fuel your body uses when training Muay Thai. More carbs equals better performance and recovery.

HEALTH

Refers to dietary **fat**, dietary **fibre**, and **micronutrients** in your meals, which are key for overall **health**.

Do you want a more bespoke approach to your nutrition?
Speak to Sam about our tailored nutrition programs.



BREAKFAST

9AM - 11AM

Female Performance: Pick mostly MODERATE calorie load options with an emphasis on RECOVER and FUEL menu items.

Male Performance: Pick mostly HIGH calorie load options with an emphasis on recover and fuel menu items.

Female Fat Loss: Pick mostly LOW calorie load options with an emphasis on RECOVER and HEALTH menu items.

Male Fat Loss: Pick mostly low calorie load options with an emphasis on recover and health menu items.

RECOVER

E1/2 Kickstarter Acai

Classic acai base with whey/pea protein, topped w/ dragon fruit, blueberries, and sunflower seeds
339/470kcal

SMALL/LARGE

220/320THB

E5/6 Scrambled Eggs

Scrambled eggs with diced cherry tomatoes. Seasoned with salt & pepper
300/378kcal (V)

SMALL/LARGE

100/150THB

E3/4 Berry Coconut Pancakes

Protein pancakes made with whey or pea protein powder topped with fresh blueberries and desiccated coconut
460/634kcal (D, V)

125/175THB

FUEL

E7/8 Muesli w/ Almond milk

A taste of the alps and the ideal high carb post-training meal
302/662kcal

100/125THB

E11/12 Power Acai

Classic Acai base with banana, granola, desiccated coconut, and honey
510/627kcal (V)

220/320THB

E9/10 Carrot Cake Overnight Oats

Overnight soaked oats with carrot cake infused spiced and textures
514/882kcal (D)
*Must pre-order with dinner

125/175THB

E13/14 Peanut Butter Power Toast

Homemade bread toasted and topped with peanut butter, banana, and cinnamon
474/854kcal (VE, N)

100/150THB

HEALTH

E15/16 Avocado Toast

Ripe avocado smashed into homemade toasted bread with a chilli flake topping
490/892kcal (VE)

150/175THB

E19/20 Fruit Platter w/ Yoghurt

Fresh fruit platter topped with low fat Greek style yoghurt
320/437kcal (D, V)

125/150THB

E17/18 Omega Boost Pancakes

Classic protein pancake base topped with plant-based omega 3 rich nuts and seeds
504/655kcal (V, N)

125/175THB

Low Calorie Load: <400kcal - Moderate Calorie Load: 401-600kcal - High Calorie Load: >601kcal

VE = Vegan V = Vegetarian N = Contains Nuts D = Contains Dairy



SMOOTHIES

DRINKS

RECOVER

SMALL/LARGE

S1/2 Nak Muay Surprise 125/175THB
 Vanilla protein powder with almond milk, frozen blueberries and strawberries
 200/284kcal (D, V)

S3/4 Dragon fruit Defense 125/175THB
 Freshly blended frozen dragon fruit, mango, banana, and protein powder
 254/315kcal (V)

FUEL

S5/6 Big Clinch Coconut 125/175THB
 Supercharged coconut infused protein smoothie
 275/539kcal (V)

S7/8 Banana Oat Smoothie 125/175THB
 Basic banana oat smoothie topped up with high quality protein
 308/432kcal (V)

HEALTH

S9/10 Chocomint 125/175THB
 High protein and stuffed with healthy unsaturated fats. Topped off with a chocolate mint essence
 364/536kcal (V)

S11/12 Peanut Punch 125/175THB
 Pack a punch with this chunky peanut/banana combo
 355/429kcal (D, N, V)

Americano 50THB
 Classic Americano
 5kcal (VE)

Espresso 50THB
 Espresso boost for training. Time 30 mins before beginning for maximum effect.
 5kcal (VE)

Latte 75THB
 Fresh or plant milk available
 60-100kcal (D or VE)

Cappuccino 75THB
 Fresh or plant milk available
 60-120kcal (D or VE)

Fresh Coconut 50THB
 Chilled fresh coconut. Coconut water is rich in potassium whilst the flesh provides a good source of fibre (VE)

Selection of Tea 50THB
 English Breakfast, Early Grey, Phuket Mulberry, Jasmine Green
 3kcal (VE)

Low Calorie Load: <400kcal - Moderate Calorie Load: 401-600kcal - High Calorie Load: >601kcal

VE = Vegan V = Vegetarian N = Contains Nuts D = Contains Dairy

All of our smoothies can swap whey for pea protein upon request



SNACKS

RECOVER

Whey/Pea Protein 75THB

1 scoop of whey or pea protein mixed with water
110/120kcal (V/VE)

Hard Boiled Egg 30THB

Exactly what it says on the tin
90kcal (V, E)

FUEL

S13 Big Knee Bars 75THB

Banana based energy bars. The perfect pre-training snack
239kcal (V, N)

S14 Chocococo bar 75THB

Coconut and peanut butter energy bars
204kcal (N, VE)

HEALTH

Fruit Platter 50THB

An assortment of fresh locally sourced fruit (VE)

Low Calorie Load: <400kcal - Moderate Calorie Load: 401-600kcal - High Calorie Load: >601kcal

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All of our smoothies can swap whey for pea protein upon request

WEEK A

LUNCH & DINNER

12-2PM & 6-8PM



Female Performance: Pick mostly MODERATE calorie load options.

Per meal: 1x RECOVER, 1x HEALTH, 1-2x FUEL.

Male Performance: Pick mostly HIGH calorie load options.

Per meal: 1x RECOVER, 1x HEALTH, 1-2x FUEL.

Female Fat Loss: Pick mostly LOW calorie load options.

Per meal: 1x RECOVER, 1x HEALTH, 1x FUEL.

Male Fat Loss: Pick mostly MODERATE calorie load options.

Per meal: 1x RECOVER, 1x HEALTH, 1x FUEL.

RECOVER

A1 Sous Vide Soy Chicken 80THB

Moist and tender chicken breast sous vide in a soy and garlic marinade
229kcal

A2 BBQ Pulled Pork 80THB

Slow cooked pork tenderloin with a rich BBQ marinade
195kcal

A3 Honey Orange Fish 80THB

Oven baked white fish with a honey and orange dressing
141kcal

A4 5 Spice Minced 'Pork' 80THB

Vegan Plant-based meat in a Chinese 5-spice sauce
243kcal (VE)

FUEL

A5 Thai Rice Noodles 50THB

Asian inspired flat rice noodles with diced fresh veggies
303kcal (VE)

A6 Red Curry Rice 50THB

Steamed wild rice infused with spring onions, coconut milk, and red curry paste
148kcal (VE)

A7 Pesto Chickpea Salad 50THB

Freshly made chickpeas with green pesto
222kcal (V)

A8 Paprika Spiced Squash 50THB

Butternut squash cubes air fried with olive oil and paprika
100kcal (VE)

HEALTH

A9 Broccoli Cashew Salad 50THB

Broccoli, carrot, cabbage, and roasted cashew nuts with a lemon vinaigrette dressing
252kcal (VE, N)

A10 Garlic Sauteed Spinach 50THB

Spinach sauteed in garlic and lemon juice
55kcal (VE)

A11 Salted Tomato Salad 50THB

Cherry tomatoes salted and marinated with fresh basil
77kcal (VE)

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WEEK B

LUNCH & DINNER

12-2PM & 6-8PM



Female Performance: Pick mostly MODERATE calorie load options.

Per meal: 1x RECOVER, 1x HEALTH, 1-2x FUEL.

Male Performance: Pick mostly HIGH calorie load options.

Per meal: 1x RECOVER, 1x HEALTH, 1-2x FUEL.

Female Fat Loss: Pick mostly LOW calorie load options.

Per meal: 1x RECOVER, 1x HEALTH, 1x FUEL.

Male Fat Loss: Pick mostly MODERATE calorie load options.

Per meal: 1x RECOVER, 1x HEALTH, 1x FUEL.

RECOVER

B1 Pulled BBQ Chicken 80THB

Slow cooked chicken marinated in a pepper sauce and shredded
213kcal

B3 Air Fried Salmon 80THB

Crispy air-fried salmon, packed with omega 3's
217kcal

B2 Sous Vide Pork Tenderloin 80THB

Moist sous vide pork tenderloin marinated in a soy garlic dressing
210kcal

B4 Thai Style 'Chicken' 80THB

Vegan Plant-based meat in a Pad Kra Prao Gai sauce
165kcal (VE)

FUEL

B5 Coconut Ginger Rice 50THB

Coconut ginger dressing stirred into steamed white rice
229kcal (VE)

B7 Sriracha Potato Salad 50THB

Cold served sriracha and lime potato salad
159kcal (V)

B6 Beetroot Quinoa Salad 50THB

Beetroot infused quinoa with feta cheese and clementine chunks
213kcal (VE)

B8 Thai Squash Curry 50THB

Butternut squash cubes cooked in a yellow curry sauce
143kcal (VE)

HEALTH

B9 Broccoli Edamame Salad 50THB

Broccoli and edamame with fresh apple and balsamic dressing
224kcal (VE)

B11 Pear & Mozzarella Salad 50THB

Rocket with pear, mozzarella, and honey dijon dressing
206kcal (VE)

B10 Passion Fruit Green Beans 50THB

Green beans stir fried with a mango and passion fruit dressing
134kcal (VE)

Low Calorie Load: <150kcal - Moderate Calorie Load: 151-250kcal - High Calorie Load: >251kcal

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WEEK C

LUNCH & DINNER

12-2PM & 6-8PM



Female Performance: Pick mostly MODERATE calorie load options.

Per meal: 1x RECOVER, 1x HEALTH, 1-2x FUEL.

Male Performance: Pick mostly HIGH calorie load options.

Per meal: 1x RECOVER, 1x HEALTH, 1-2x FUEL.

Female Fat Loss: Pick mostly LOW calorie load options.

Per meal: 1x RECOVER, 1x HEALTH, 1x FUEL.

Male Fat Loss: Pick mostly MODERATE calorie load options.

Per meal: 1x RECOVER, 1x HEALTH, 1x FUEL.

RECOVER

C1 Pad Kra Pao Gai

80THB

Traditional Thai holy basil with minced chicken
264kcal

C3 Garlic Butter Prawns

80THB

Air fried in a light garlic and butter dressing
205kcal

C2 Char Siu Pork

80THB

Healthy version of Char Siu, marinated and slowly sous vide
231kcal

C4 Crispy Tofu

80THB

Firm tofu air fried in a soy sauce and sriracha sauce
112kcal (VE)

FUEL

C5 Curried Chickpeas

50THB

Chickpeas with a refreshing yoghurt and masala dressing
140kcal (V, D)

C7 Chipotle Potatoes

50THB

Air fried diced potato in a garlic and chipotle Tabasco dressing
196kcal (VE)

C6 Yellow Curry Sweet Potato

50THB

Sweet potato cooked with coconut milk and yellow curry paste
143kcal (VE)

C8 Red Pesto Pasta

50THB

Exactly what it sounds like. Fusilli pasta mixed with sun dried tomato pesto
247kcal (V)

HEALTH

C9 Asian Slaw

50THB

An Asian twist to a classic side dish. Packed with micronutrients and dressed in a peanut soy sauce
171kcal (VE, N)

C11 Watermelon Feta Salad

50THB

A refreshing fruit based salad in a balsamic vinaigrette dressing
163kcal (V, D)

C10 Oven Baked Veggies

50THB

Get your daily dose of fibre with this delicious and filling healthful dish
77kcal (VE)

Low Calorie Load: <150kcal - Moderate Calorie Load: 151-250kcal - High Calorie Load: >251kcal

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WEEK D

LUNCH & DINNER

12-2PM & 6-8PM



Female Performance: Pick mostly MODERATE calorie load options.

Per meal: 1x RECOVER, 1x HEALTH, 1-2x FUEL.

Male Performance: Pick mostly HIGH calorie load options.

Per meal: 1x RECOVER, 1x HEALTH, 1-2x FUEL.

Female Fat Loss: Pick mostly LOW calorie load options.

Per meal: 1x RECOVER, 1x HEALTH, 1x FUEL.

Male Fat Loss: Pick mostly MODERATE calorie load options.

Per meal: 1x RECOVER, 1x HEALTH, 1x FUEL.

RECOVER

D1 Chinese Chicken

80THB

Sticky 5 Spice oven baked chicken breast glazed with honey and sesame oil
237kcal

D3 Chilli Glazed Salmon

80THB

Sriracha and sesame oil marinated salmon fillet
314kcal

D2 Jerk Chicken

80THB

Slow cooked jerk chicken with mango chunks
263kcal

D4 Harissa Falafel

80THB

Air fried falafel infused with harissa and lemon juice
235kcal

FUEL

D5 Mango Avo Quinoa

50THB

Tri-colour quinoa mixed with diced tomato, mango, avocado, and lime juice
179kcal (VE)

D7 Lemon Pesto Rice

50THB

Steamed rice mixed with green pesto and freshly squeezed lemon juice
188kcal (V)

D6 Moroccan Couscous

50THB

Moroccan inspired couscous cooked in vegetable stock with toasted almonds and raisins
306kcal (VE)

D8 Air Fried Pumpkin

50THB

Super simple air fried pumpkin. No frills, just flavour
26kcal (VE)

HEALTH

D9 Waldorf Slaw

50THB

A fresh take on a classic dish. Crisp and full of flavour
196kcal (VE, N)

D11 Creamy Broccoli Salad

50THB

Creamy broccoli salad with red cabbage, raisins and Dijon dressing
257kcal (V, D)

D10 Classic Greek Salad

50THB

Refreshing taste of the Mediterranean with olives, feta, and fresh ingredients.
166kcal (V, D)

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