



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

Want to tailor your meals to suit your goals?
Scan QR code for guidance

RECOVER

E1/2 Kickstarter Acai

SMALL/LARGE

270/320THB

Classic acai base with whey/pea protein, topped w/ dragon fruit, blueberries, desiccated coconut, walnuts, and sunflower seeds.
437/518kcal

E3/4 Berry Coconut Pancakes

150/200THB

Protein pancakes made with whey or pea protein powder topped with fresh blueberries and desiccated coconut (+ walnuts on large)
641/697kcal (D, V)

E5/6 Scrambled Eggs

SMALL/LARGE

100/150THB

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

Add toast

+25/50THB

FUEL

E7/8 Bircher Muesli

150/200THB

A taste of the alps and the ideal high carb post-training meal (V, VE, N)
299/500kcal

E11/12 Power Acai

270/320THB

Classic Acai base with whey/pea protein, banana, granola, dragon fruit, pineapple desiccated coconut, and honey
480/614kcal (V)

E9/10 Vegan Pancakes

180/220THB

A vegan twist on our immensely popular protein pancakes. Ideal for post-training recovery.
401/532kcal (VE)

E13/14 Peanut Butter Power Toast

100/150THB

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

HEALTH

E15/16 Avocado Toast

150/200THB

Ripe avocado smashed into homemade toasted bread with a chilli flake topping
332/663kcal (VE)

E17/18 Omega Boost Pancakes

150/200THB

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

E19/20 Fruit Platter w/ Yoghurt

175/200THB

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

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

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



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PROTEIN SMOOTHIES

DRINKS

RECOVER

SMALL/LARGE

S1/2 Nak Muay Surprise 150/200THB

Vanilla protein powder with almond milk, frozen blueberries and strawberries
105/184kcal (D, V)

S3/4 Dragon Fruit Defense 150/200THB

Freshly blended frozen dragon fruit, mango, banana, and protein powder
254/252kcal (V)

FUEL

S5/6 ChocoNutella 150/200THB

Pack a punch with this carbohydrate packed chocolate chaser
371/505kcal (V)

S7/8 Banana Oat Smoothie 150/200THB

Basic banana oat smoothie topped up with high quality protein
212/296kcal (V)

Americano

80THB

Classic Americano
5kcal (VE)

Espresso

80THB

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

Latte

100THB

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

Cappuccino

100THB

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

HEALTH

S9/10 Big Clinch Coconut 150/200THB

Supercharged coconut infused protein smoothie
275/416kcal (V)

S11/12 Peanut Punch 150/200THB

Pack a punch with this chunky peanut/banana combo
295/414kcal (D, N, V)

Fresh Coconut

70THB

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

Selection of Tea

80THB

English Breakfast, Early Grey, Phuket Mulberry, Jasmine Green
3kcal (VE)

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



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SMOOTHIES & JUICES

SNACKS

RECOVER

Whey/Pea Protein 75THB
1 scoop of whey or pea protein mixed with mineral water.
110/120kcal (V/VE)

S16 Banana & Blueberry 100THB
Fresh banana & blueberries blended with low fat yoghurt, milk, and honey.
307kcal (D, V)

FUEL

S13 Big Knee Bars 100THB
Banana based energy bars. The perfect pre-training snack
239kcal (V, N)

S17 Mango & Orange 100THB
This tropical smoothie is so delicious and packed with Vitamin C. A great way to fuel up to a training session.
246kcal (VE)

S14 Berry Compote Oat Pot 100THB
The oats provide you with slow releasing carbohydrates, giving you a slow and sustained release of energy.
289kcal (N, V)

S18 Banana & Mango 100THB
Fresh banana & mango blended with ice and mineral water.
153kcal (VE)

S15 Banana & Mango Pot 100THB
Banana and granola contain higher levels of carbohydrate, which will fuel performance
333kcal (N, V)

Watermelon 80THB
Fresh watermelon blended with ice and mineral water
(VE)

HEALTH

Fruit Platter 75THB
An assortment of fresh locally sourced fruit (VE)

Revitalize 80THB
100% Cold pressed watermelon juice
(VE)

Energise 80THB
Cold pressed beetroot, apple, ginger, cucumber
(VE)

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WEEK A

LUNCH & DINNER

12-2PM & 6-8PM



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RECOVER

A1 Chicken Fajita Strips 100THB

Air fried tender chicken strips with fajita seasoning
196kcal

A2 BBQ Pulled Pork 100THB

Slow cooked pork tenderloin with a rich BBQ marinade
195kcal

A3 Cajun Barramundi 100THB

Air fried barramundi strips with a flavourful cajun spicing.
119kcal

A4 5 Spice Minced 'Pork' 100THB

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

FUEL

A5 Thai Rice Noodles 80THB

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

A6 Red Curry Rice 80THB

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

A7 Pesto Chickpea Salad 80THB

Freshly made chickpeas with green pesto
222kcal (V)

A8 Paprika Spiced Squash 80THB

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

HEALTH

A9 Broccoli Cashew Salad 80THB

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

A10 Creamy Corn Salad 80THB

Sweetcorn in a creamy light mayo sauce with diced tomato and spring onion
114kcal

A11 Salted Tomato Salad 80THB

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

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WEEK B

LUNCH & DINNER

12-2PM & 6-8PM



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RECOVER

B1 Pulled BBQ Chicken 100THB

Slow cooked chicken marinated in a pepper sauce and shredded
160kcal

B3 Air Fried Salmon 120THB

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

B2 Char Siu Style Quorn 100THB

A low fat vegetarian dish using Char Siu inspired flavours
78kcal (V)

B4 Thai Style 'Chicken' 100THB

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

FUEL

B5 Coconut Ginger Rice 80THB

Coconut ginger dressing stirred into steamed white rice
185kcal (VE)

B7 Sriracha Potato Salad 80THB

Cold served sriracha and lime potato salad
169kcal (V)

B6 Beetroot Quinoa Salad 80THB

Beetroot infused quinoa with feta cheese and clementine chunks
210kcal (VE)

B8 Thai Squash Curry 80THB

Butternut squash cubes cooked in a yellow curry sauce with pineapple chunks
152kcal (VE)

HEALTH

B9 Broccoli Edamame Salad 80THB

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

B11 Pear & Mozzarella Salad 80THB

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

B10 Passion Fruit Green Beans 80THB

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

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WEEK C

LUNCH & DINNER

12-2PM & 6-8PM



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RECOVER

C1 Pad Kra Pao Gai

100THB

Traditional Thai holy basil with minced chicken
217kcal

C3 Garlic Butter Prawns

100THB

Air fried in a light garlic and butter dressing
205kcal

C2 Char Siu Pork

100THB

Healthy version of Char Siu, marinated and slowly sous vide
176kcal

C4 Crispy Tofu

100THB

Firm tofu air fried in a soy sauce and maple syrup
148kcal (VE)

FUEL

C5 Curried Chickpeas

80THB

Chickpeas with a refreshing yoghurt and masala dressing
167kcal (V, D)

C7 Chipotle Potatoes

80THB

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

C6 Yellow Curry Sweet Potato

80THB

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

C8 Red Pesto Pasta

80THB

Fusilli pasta mixed with sun dried tomato pesto
247kcal (V)

HEALTH

C9 Asian Slaw

80THB

An Asian twist to a classic side dish. Packed with micronutrients and dressed in a peanut soy sauce
173kcal (VE, N)

C11 Watermelon Feta Salad

80THB

A refreshing fruit based salad in a balsamic vinaigrette dressing
97kcal (V, D)

C10 Oven Baked Veggies

80THB

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

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*All calorie estimations are based on our own calculations

WEEK D

LUNCH & DINNER

12-2PM & 6-8PM



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RECOVER

D1 Chinese Chicken

100THB

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

D3 Chilli Glazed Salmon

120THB

Oven baked Sirirarcha and sesame oil marinated salmon fillet
314kcal

D2 Cajun Chicken

100THB

Slow cooked Cajun chicken breast with fruit infused flavours
267kcal

D4 Harissa Falafel

100THB

Air fried falafel infused with harissa and lemon juice
235kcal (V)

FUEL

D5 Mango Avo Quinoa

80THB

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

D7 Lemon Pesto Rice

80THB

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

D6 Moroccan Couscous

80THB

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

D8 Air Fried Pumpkin

80THB

Super simple air fried pumpkin. No frills, just flavour
96kcal (VE)

HEALTH

D9 Waldorf Slaw

80THB

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

D11 Creamy Broccoli Salad

80THB

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

D10 Classic Greek Salad

80THB

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

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