



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. Calorie guide is at the base of each page.

RECOVER

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

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. Items in yellow are carbohydrate based.

HEALTH

Refers to dietary **fat**, dietary **fibre**, and **micronutrients** in your meals, which are key for overall **health**. Items in red are comprised of fruit, vegetables, and healthy fats.

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



PERFORMANCE GUIDE

Use the following guide to help you tailor your meals and snacks to suit your goals.

This is a rough guide, which will suffice for most people.

However, for more tailored programs speak to Sam about what we can offer.

BREAKFAST, SMOOTHIES, AND SNACKS

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 Weight Management:

Pick mostly LOW calorie load options with an emphasis on RECOVER and HEALTH menu items

Male Weight Management:

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

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PERFORMANCE GUIDE

Use the following guide to help you tailor your meals and snacks to suit your goals.

This is a rough guide, which will suffice for most people.

However, for more tailored programs speak to Sam about what we can offer.

LUNCH & DINNER

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, 2x FUEL.

Female Weight Management:

Pick mostly LOW calorie load options.

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

Male Weight Management:

Pick mostly MODERATE calorie load options.

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

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BREAKFAST ALL DAY

RECOVER

E1/2 Kickstarter Acai

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

SMALL/LARGE

270/320THB

E5/6 Scrambled Eggs

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

SMALL/LARGE

100/150THB

Add toast

+25/50THB

E3/4 Berry Coconut Pancakes

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

150/200THB

FUEL

E7/8 Bircher Muesli

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

150/200THB

E11/12 Power Acai

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

270/320THB

E9/10 Vegan Pancakes

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

180/220THB

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
332/663kcal (VE)

150/200THB

E19/20 Fruit Platter w/ Yoghurt

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

175/200THB

E17/18 Omega Boost Pancakes

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

150/200THB

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

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

PROTEIN SMOOTHIES ALL DAY



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)

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)

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)

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)

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 ALL DAY

SMOOTHIES & JUICES

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)

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

12-3PM & 6-8PM



PICK 1 RECOVER & 2-3 FUEL/HEALTH

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

12-3PM & 6-8PM



PICK 1 RECOVER & 2-3 FUEL/HEALTH

RECOVER

B1 Pulled BBQ Chicken 100THB

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

B2 Char Siu Style Quorn 120THB

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

B3 Air Fried Salmon 120THB

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

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)

B6 Beetroot Quinoa Salad 80THB

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

B7 Sriracha Potato Salad 80THB

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

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)

B10 Passion Fruit Green Beans 80THB

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

B11 Pear & Mozzarella Salad 100THB

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

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

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WEEK C

LUNCH & DINNER

12-3PM & 6-8PM



PICK 1 RECOVER & 2-3 FUEL/HEALTH

RECOVER

C1 Pad Kra Pao Gai

Traditional Thai holy basil with minced chicken
217kcal

100THB

C3 Thai Fish Cakes

Traditional Thai fish cakes in a red curry paste.
229kcal

100THB

C2 Garlic & Pepper Pork

Stir-fried lean pork tenderloin in a garlic and pepper seasoning
176kcal

100THB

C4 Lentil Dahl

Vegan lentil dahl beefed up with plant-based protein powder
170kcal (VE)

100THB

FUEL

C5 Curried Chickpeas

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

80THB

C7 Chipotle Potatoes

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

80THB

C6 Yellow Curry Sweet Potato

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

80THB

C8 Red Pesto Pasta

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

80THB

HEALTH

C9 Asian Slaw

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

80THB

C11 Watermelon Feta Salad

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

80THB

C10 Oven Baked Veggies

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

80THB

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

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*All calorie estimations are based on our own calculations

WEEK D

LUNCH & DINNER

12-3PM & 6-8PM



PICK 1 RECOVER & 2-3 FUEL/HEALTH

RECOVER

D1 Chinese Chicken	100THB	D3 Chilli Glazed Salmon	120THB
Sticky 5 Spice oven baked chicken breast glazed with honey and sesame oil 237kcal		Oven baked Sirirarcha and sesame oil marinated salmon fillet 314kcal	
D2 Cajun Chicken	100THB	D4 Harissa Falafel	100THB
Slow cooked Cajun chicken breast with fruit infused flavours 267kcal		Air fried falafel infused with harissa and lemon juice 235kcal (V)	

FUEL

D5 Mango Avo Quinoa	80THB	D7 Lemon Pesto Rice	80THB
Tri-colour quinoa mixed with diced tomato, mango, avocado, and lime juice 179kcal (VE)		Steamed rice mixed with green pesto and freshly squeezed lemon juice 188kcal (V)	
D6 Moroccan Couscous	80THB	D8 Air Fried Pumpkin	80THB
Moroccan inspired couscous cooked in vegetable stock with toasted almonds and raisins 306kcal (VE)		Super simple air fried pumpkin. No frills, just flavour 96kcal (VE)	

HEALTH

D9 Waldorf Slaw	80THB	D11 Creamy Broccoli Salad	100THB
A fresh take on a classic dish. Crisp and full of flavour 196kcal (V, N)		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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