



## 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

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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.

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### 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

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### 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

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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

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

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

- |  |  |
|--|--|
| <b>A1 Chicken Fajita Strips</b> 100THB<br>Air fried tender chicken strips with fajita seasoning<br>196kcal | <b>A3 Cajun Barramundi</b> 100THB<br>Air fried barramundi strips with a flavourful cajun spicing.<br>119kcal |
| <b>A2 BBQ Pulled Pork</b> 100THB<br>Slow cooked pork tenderloin with a rich BBQ marinade<br>195kcal        | <b>A4 5 Spice Minced 'Pork'</b> 100THB<br>Vegan Plant-based meat in a Chinese 5-spice sauce<br>243kcal (VE)  |

### FUEL

- |   |  |
|---|--|
| <b>A5 Thai Rice Noodles</b> 80THB<br>Asian inspired flat rice noodles with diced fresh veggies<br>303kcal (VE)                    | <b>A7 Pesto Chickpea Salad</b> 80THB<br>Freshly made chickpeas with green pesto<br>222kcal (V)                       |
| <b>A6 Red Curry Rice</b> 80THB<br>Steamed wild rice infused with spring onions, coconut milk, and red curry paste<br>148kcal (VE) | <b>A8 Paprika Spiced Squash</b> 80THB<br>Butternut squash cubes air fried with olive oil and paprika<br>100kcal (VE) |

### HEALTH

- |  |  |
|--|--|
| <b>A9 Broccoli Cashew Salad</b> 80THB<br>Broccoli, carrot, cabbage, and roasted cashew nuts with a lemon vinaigrette dressing<br>252kcal (VE, N) | <b>A11 Salted Tomato Salad</b> 80THB<br>Cherry tomatoes salted and marinated with fresh basil<br>77kcal (VE) |
| <b>A10 Creamy Corn Salad</b> 80THB<br>Sweetcorn in a creamy light mayo sauce with diced tomato and spring onion<br>114kcal                       |  |

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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

100THB

Traditional Thai holy basil with minced chicken  
217kcal

#### C3 Thai Fish Cakes

100THB

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

#### C2 Garlic & Pepper Pork

100THB

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

#### C4 Lentil Dahl

100THB

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

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

<b>D1 Chinese Chicken</b>	100THB	<b>D3 Chilli Glazed Salmon</b>	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	
<b>D2 Cajun Chicken</b>	100THB	<b>D4 Harissa Falafel</b>	100THB
Slow cooked Cajun chicken breast with fruit infused flavours 267kcal		Air fried falafel infused with harissa and lemon juice 235kcal (V)	

### FUEL

<b>D5 Mango Avo Quinoa</b>	80THB	<b>D7 Lemon Pesto Rice</b>	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)	
<b>D6 Moroccan Couscous</b>	80THB	<b>D8 Air Fried Pumpkin</b>	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

<b>D9 Waldorf Slaw</b>	80THB	<b>D11 Creamy Broccoli Salad</b>	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)	
<b>D10 Classic Greek Salad</b>	80THB		
Refreshing taste of the Mediterranean with olives, feta, and fresh ingredients. 166kcal (V, D)			

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