



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 **meals** for your goals, **recover** between training, **fuel** during training, and cover basic **health** requirements.

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.



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.



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.



BREAKFAST ALL DAY

RECOVER

	SMALL/LARGE		SMALL/LARGE
E1/2 Kickstarter Acai	270/320THB	E5/6 Scrambled Eggs	100/150THB
Classic acai base with whey/pea protein, topped w/ dragon fruit, blueberries, desiccated coconut, walnuts, and sunflower seeds.		Scrambled eggs with diced cherry tomatoes. Seasoned with salt & pepper. Add toast (+25/50THB)	
E3/4 Berry Coconut Pancakes	150/200THB	E7/8 Shakshuka	150/200THB
Protein pancakes made with whey or pea protein powder topped with fresh blueberries, Greek yoghurt, walnuts and desiccated coconut (D, V, N)		Eggs poached in a spiced tomato sauce, a popular Middle Eastern dish. Add toast (+25/50THB)	

FUEL

E9/10 Bircher Muesli	150/200THB	E12/13 Power Acai	270/320THB
A taste of the alps and the ideal high carb post-training meal (V, VE, N)		Classic Acai base with whey/pea protein, banana, granola, dragon fruit, pineapple desiccated coconut, and honey. (V)	
E11/12 Vegan Pancakes	180/220THB	E14/15 Peanut Butter Power Toast	100/150THB
A vegan twist on our immensely popular protein pancakes. Ideal for post-training recovery. (VE)		Sourdough or Rye bread toasted and topped with peanut butter, banana, and cinnamon. (VE, N)	

HEALTH

E16/17 Scrambled Egg & Avocado Toast	220/270THB	E20/21 Fruit Platter w/ Yoghurt	175/200THB
Avocado smashed into toasted sourdough or rye topped with scrambled egg. (VE)		Fresh fruit platter topped with low fat Greek style yoghurt. (D, V)	
E18/19 Omega Boost Pancakes	150/200THB		
Classic protein pancake base topped with honey, plant-based omega 3 rich nuts, Greek Yoghurt, and dragon fruit. (V, N)			

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

ALL DAY PROTEIN SMOOTHIES



DRINKS

RECOVER

PRICE

S2 Nak Muay Surprise 200THB

Vanilla protein powder with almond milk, frozen blueberries and strawberries. (D, V)

S4 Dragon Fruit Defense 200THB

Freshly blended frozen dragon fruit, mango, banana, and protein powder. (V)

FUEL

S6 ChocoNutella 200THB

Pack a punch with this carbohydrate packed chocolate chaser. (V)

S8 Banana Oat Smoothie 200THB

Basic banana oat smoothie topped up with high quality protein. (V)

Americano 80THB

Classic Americano. (VE)

Espresso 80THB

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

Latte 100THB

Fresh or plant milk available (D or VE)

Cappuccino 100THB

Fresh or plant milk available (D or VE)

HEALTH

S10 Big Clinch Coconut 200THB

Supercharged coconut infused protein smoothie. (V)

S12 Peanut Punch 200THB

Pack a punch with this chunky peanut/banana combo. (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. (VE)

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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. (V/VE)

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

FUEL

S13 Proothie Bars 100THB
Healthy protein and energy bars made with sustainable cricket protein! Variety of flavours available

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. (VE)

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

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

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

HEALTH

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

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

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

POKE BOWL

12-3PM &
6-8PM



350THB

BUILD YOUR
OWN

RECOVER - PICK 1

P1 Teriyaki Salmon

P2 Sous Vide Chicken

P3 Paprika Shrimp

P4 Curried Tofu

P5 Hard Boiled Egg

FUEL - PICK 1 OR CHOOSE HALF AND HALF

P6 Sushi Rice

P7 Brown Rice

P8 Quinoa

P9 Healthy Greens

HEALTH - PICK UP TO 10

P10 Avocado Slices

P11 Sesame Seeds

P12 Sliced Cucumbers

P13 Shredded Carrots

P14 Mango

P15 Diced Bell Pepper

P16 Crispy Seaweed

P17 Shredded Red Cabbage

P18 Edamame

P19 Pineapple

FLAVOUR - PICK 1

P20 Ginger Soy Dressing

P21 Soy Sauce

P22 Wasabi Vinaigrette

P23 Sriracha Mayo

P24 Sesame Miso Dressing

P25 Sweet Chilli Sauce

POWER BOWLS

12-3PM &
6-8PM



350THB

RECOVER

B1 Chicken Power Bowl

A wholesome blend of tri-color quinoa, topped with succulent grilled chicken, creamy avocado slices, roasted pumpkin, cherry tomatoes, and finished with a drizzle of tahini dressing.

B2 Mediterranean Chickpea Bowl

A vibrant mix of brown rice, tofu, grilled chickpeas, cucumber, Kalamata olives, and cherry tomatoes, all brought together with an olive oil and balsamic dressing. (VE)

B3 Mexican Fiesta Bowl

A fiesta on your plate! Cilantro lime rice forms the base for black beans, corn salsa, diced bell peppers, guacamole, and perfectly grilled pork tenderloin, all harmonized with a tantalizing chipotle-lime cream. (D)

B4 Mango Avocado Bowl

Tropical delight in a bowl! Brown rice serves as the canvas for a masterpiece of mango slices, creamy avocado chunks, black beans, blackened chicken, and a finishing touch of lime vinaigrette.

FUEL

B5 Sweet Potato Chickpea Bowl

A symphony of flavors and textures featuring quinoa as the base, complemented by roasted sweet potatoes, chickpeas, cherry tomatoes, and grilled tofu, all tied together with a lemon-dijon dressing. (VE)

B6 Sesame Ginger Noodle Bowl

Asian-inspired delight! Rice noodles provide the foundation for a delightful combination of shredded cabbage, bell peppers, snow peas, pan-seared tofu, and a savory sesame ginger soy sauce. (VE)

B7 Lemon Salmon Quinoa Bowl

A nutritional powerhouse! Tri-color quinoa sets the stage for roasted zucchini, cherry tomatoes, red onion, bell peppers, lemon herb grilled salmon, all enhanced by a dill-infused yogurt dressing. (D)

HEALTH

B8 Super Salad Bowl

Refreshingly green and nutritious! Spinach and kale mix form the base for quinoa, sliced cucumber, diced avocado, broccoli florets, and lemon herb salmon, all brought together with a creamy herb dressing.

B9 Tropical Paradise Bowl

Escape to the tropics with this vibrant bowl! Mixed greens serve as the bed for pineapple chunks, mango slices, sliced red bell pepper, shredded coconut, grilled coconut lime chicken, all elevated with a mango-lime dressing.

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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

100THB

A3 Cajun Barramundi 100THB

Air fried barramundi strips with a flavourful cajun spicing.

100THB

A2 BBQ Pulled Pork 100THB

Slow cooked pork tenderloin with a rich BBQ marinade

100THB

A4 5 Spice Minced 'Pork' 100THB

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

100THB

FUEL

A5 Thai Rice Noodles 80THB

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

80THB

A7 Pesto Chickpea Salad 80THB

Freshly made chickpeas with green pesto. (V)

80THB

A6 Red Curry Rice 80THB

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

80THB

A8 Paprika Spiced Squash 80THB

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

80THB

HEALTH

A9 Broccoli Cashew Salad 80THB

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

80THB

A11 Salted Tomato Salad 80THB

Cherry tomatoes salted and marinated with fresh basil. (VE)

80THB

A10 Honey Glazed Carrots 80THB

Oven-roasted carrots in a garlic and honey glaze. (V)

80THB

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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.

B3 Air Fried Salmon

120THB

Crispy air-fried salmon, packed with anti-inflammatory omega 3's

B2 Air Fried Meatballs

120THB

Low-fat Italian spiced meatballs in a delicious marinara sauce.

B4 Thai Style 'Chicken'

100THB

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

FUEL

B5 Coconut Ginger Rice

80THB

Coconut ginger dressing stirred into steamed white rice. (VE)

B7 Sriracha Potato Salad

80THB

Cold served sriracha and lime potato salad (V)

B6 Zesty Pasta Salad

80THB

A light and refreshing pasta salad with zest of lemon and Greek yoghurt (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 (VE)

B11 Mango Tomato Salad

80THB

A mango and tomato salad with a tangy soy and honey dressing garnished with crushed walnuts. (V, N)

B10 Passion Fruit Green Beans

80THB

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

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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.

100THB

C3 Thai Fish Cakes

Traditional Thai fish cakes in a red curry paste.

100THB

C2 Garlic & Pepper Pork

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

100THB

C4 Vegan Meatballs

Italian spiced meatballs in a delicious marinara sauce. (VE)

100THB

FUEL

C5 Curried Chickpeas

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

80THB

C7 Chipotle Potatoes

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

80THB

C6 Yellow Curry Sweet Potato

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

80THB

C8 Red Pesto Pasta

Fusilli pasta mixed with sun dried tomato pesto. (V)

80THB

HEALTH

C9 Asian Slaw

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

80THB

C11 Watermelon Feta Salad

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

80THB

C10 Oven Baked Veggies

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

80THB

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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.		Oven baked Sirirarcha and sesame oil marinated salmon fillet.	
D2 Cajun Chicken	100THB	D4 Vegan Chilli	100THB
Slow cooked Cajun chicken breast with fruit infused flavours.		A tasty, wholesome high-protein vegan dish with plenty of kick. (V)	

FUEL

D5 Quinoa Salad	80THB	D7 Lemon Pesto Rice	80THB
Tri-colour quinoa mixed with fresh diced veg and olive oil vinegar dressing (VE)		Steamed rice mixed with green pesto and freshly squeezed lemon juice. (V)	
D6 Moroccan Couscous	80THB	D8 Air Fried Pumpkin	80THB
Moroccan inspired couscous cooked in vegetable stock with toasted almonds and raisins. (VE)		Super simple air fried pumpkin. No frills, just flavour. (VE)	

HEALTH

D9 Waldorf Slaw	80THB	D11 Creamy Broccoli Salad	100THB
A fresh take on a classic dish. Crisp and full of flavour. (V, N)		Creamy broccoli salad with red cabbage, raisins and Dijon dressing (V, D)	
D10 Classic Greek Salad	80THB		
Refreshing taste of the Mediterranean with olives, feta, and fresh ingredients. (V, D)			

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