

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.



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: lx RECOVER, lx HEALTH, 1-2x FUEL.

Male Performance:

Pick mostly HIGH calorie load options.

Per meal: lx RECOVER, lx 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: lx RECOVER, lx HEALTH, lx FUEL.



BREAKFAST ALL DAY

RECOVER

SMALL/LARGE

SMALL/LARGE

E1/2 Kickstarter Acai

270/320THB

E5/6 Scrambled Eggs

100/150THB Scrambled eggs with diced cherry

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

Add toast (+25/50THB)

tomatoes. Seasoned with salt & pepper.

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)

A vegan twist on our immensely popular

protein pancakes. Ideal for post-training

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

E11/12 Vegan Pancakes

recovery. (VE)

180/220THB

E14/15 Peanut Butter

100/150THB

Power Toast

Sourdough or Rye bread toasted and topped with peanut butter, banana, and cinnamon. (VE, N)

HEALTH

E16/17 Scrambled Egg & Avocado 220/270THB

Toast

Avocado smashed into toasted sourdough or rye topped with scrambled egg. (VE)

E20/21 Fruit Platter w/

175/200THB

Yoghurt

Fresh fruit platter topped with low fat Greek style yoghurt. (D, V)

150/200THB E18/19 Omega Boost Pancakes

> Classic protein pancake base topped with honey, plant-based omega 3 rich nuts, Greek Yoghurt, and dragon fruit. (V, N)

ALL DAY

PROTEIN SMOOTHIES



DRINKS

RECOVER

PRICE

S2 Nak Muay Surprise

200THB

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

Americano

80THB

S4 Dragon Fruit Defense

200THB

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

Espresso

80THB

80THB

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

FUEL

S6 ChocoNutella

200THB

Latte 100THB

Fresh or plant milk available (D or VE)

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

S8 Banana Oat Smoothie

200THB Cappuccino

Fresh or plant milk available (D or VE) 100THB

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

HEALTH

S10 Big Clinch Coconut 200THB

Supercharged coconut infused protein smoothie. (V)

Fresh Coconut 70THB

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

S12 Peanut Punch 200THB

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

Selection of Tea

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

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



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

80THB

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

Fresh watermelon blended with ice and mineral water

(VE)

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

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 P4 Curried Tofu

P2 Sous Vide Chicken P5 Hard Boiled Egg

P3 Paprika Shrimp

FUEL - PICK 1 OR CHOOSE HALF AND HALF

P6 Sushi Rice P8 Quinoa

P7 Brown Rice P9 Healthy Greens

HEALTH - PICK UP TO 10

P10 Avocado Slices P15 Diced Bell Pepper

P11 Sesame Seeds P16 Crispy Seaweed

P12 Sliced Cucumbers P17 Shredded Red Cabbage

P13 Shredded Carrots P18 Edamame

P14 Mango P19 Pineapple

FLAVOUR - PICK 1

P20 Ginger Soy Dressing P23 Sriracha Mayo

P21 Soy Sauce P24 Sesame Miso Dressing

P22 Wasabi Vinaigrette 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.

WEEK A

LUNCH &
DINNER
12-3PM & 6-8PM



PICK 1 RECOVER & 2-3 FUEL/HEALTH

RECOVER

Al Chicken Fajita Strips

Air fried tender chicken strips with fajita seasoning

100THB

A3 Cajun Barramundi

100THB

100THB

80THB

Air fried barramundi strips with a flavourful cajun spicing.

A2 BBQ Pulled Pork

Slow cooked pork tenderloin with a rich BBQ marinade

100THB

A4 5 Spice Minced 'Pork'

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

FUEL

A5 Thai Rice Noodles

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

80THB

A7 Pesto Chickpea Salad 80THB

Freshly made chickpeas with green pesto. (V)

A6 Red Curry Rice

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

80THB

80THB

A8 Paprika Spiced Squash 80THB

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

All Salted Tomato Salad

Cherry tomatoes salted and

marinated with fresh basil. (VE)

HEALTH

A9 Black Bean & Pineapple

Salad

A tropical-tasting zingy salad with pineapples, fibre-rich black beans and avocado. (VE, N)

80ТНВ

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

A10 Honey Glazed Carrots

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

WEEK B

LUNCH & DINNER

12-3PM & 6-8PM



PICK 1 RECOVER & 2-3 FUEL/HEALTH

К	E	L	U	V	E	К

B1 Pulled BBQ Chicken

Slow cooked chicken marinaded in a pepper sauce and shredded.

B2 Air Fried Meatballs

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

100THB

B3 Air Fried Salmon

Crispy air-fried salmon, packed

with anti-inflammatory omega 3's

B4 Thai Style 'Chicken' **120THB**

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

FUEL

B5 Coconut Ginger Rice

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

B6 Creamy Cheddar Pasta

A delicious creamy tomato and cheddar pasta dish. (V)

80THB

B7 Srirarcha Potato Salad

Cold served sriracha and lime potato salad (V)

80THB B8 Thai Squash Curry

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

HEALTH

B9 Asian Edamame Salad

Crunchy Asian inspire fibre-filled salad packed with goodness (VE) **80THB**

B11 Mango Tomato Salad

80THB

120THB

100THB

80THB

80THB

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

B10 Passion Fruit Green Beans

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

80THB

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

100THB

Traditional Thai fish cakes in a red curry paste.

C2 Garlic & Pepper Pork

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

100THB

C4 Vegan Meatballs

100THB

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

FUEL

C5 Curried Chickpeas

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

80THB

C7 Chipotle Potatoes

80THB

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

C6 Yellow Curry Sweet

Potato

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

80THB

C8 Red Pesto Pasta

80THB

80THB

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

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)

C10 Oven Baked Veggies

Get your daily dose of fibre with this delicious and filling healthful dish. (VE) **80THB**

WEEK D

LUNCH & DINNER

12-3PM & 6-8PM



PICK 1 RECOVER & 2-3 FUEL/HEALTH

RECOVER

D1 Chinese Chicken

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

100THB

D3 Chilli Glazed Salmon

Oven baked Sirirarcha and sesame oil marinaded salmon fillet.

D2 Cajun Chicken

Slow cooked Cajun chicken breast with fruit infused flavours.

100THB

D4 Vegan Chilli

100THB

120THB

A tasty, wholesome high-protein vegan dish with plenty of kick. (V)

FUEL

D5 Quinoa Salad

Tri-colour quinoa mixed with fresh diced veg and oilive oil vinegar dressing (VE)

D7 Lemon Pesto Rice

80THB

80THB

Steamed rice mixed with green pesto and freshly squeezed lemon juice. (v)

D6 Moroccan Couscous

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

80THB

80THB

D8 Air Fried Pumpkin

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

HEALTH

D9 Waldorf Slaw

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

80THB

80THB

D11 Creamy Broccoli Salad 100THB

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

D10 Classic Greek Salad

Refreshing taste of the Mediterranean with olives, feta, and fresh ingredients.

(V, D)

