



## 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.

# BREAKFAST

0800-1100

PICK ONE



## RECOVER

### E1 Kickstarter Acai

320THB

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

### E3 Scrambled Eggs

200THB

Scrambled eggs with diced cherry tomatoes. Seasoned with salt & pepper. Served with Ciabatta. (V)

### E2 Berry Coconut Pancakes

200THB

Protein pancakes made with whey or pea protein powder topped with fresh blueberries, Greek yoghurt, walnuts and desiccated coconut (D, V, N)

### E4 Shakshuka

200THB

Eggs poached in a spiced tomato sauce, a popular Middle Eastern dish. Served with sliced Ciabatta. (V)

## FUEL

### E5 Bircher Muesli

200THB

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

### E7 Power Acai

320THB

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

### E6 Vegan Pancakes

220THB

A vegan twist on our popular protein pancakes. Ideal for post-training recovery. (VE)

### E8 Peanut Butter Power Ciabatta

150THB

Oven baked Ciabatta topped with peanut butter, banana, and cinnamon. (VE, N)

## HEALTH

### E9 Scrambled Egg & Avocado Toast

270THB

Avocado smashed into oven baked Ciabatta with scrambled egg. (V)

### E11 Fruit Platter w/ Yoghurt

200THB

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

### E10 Coconut Cashew Chia Pudding

200THB

Creamy coconut milk, chia seeds, honey, and vanilla. Topped with banana, blueberries, muesli, cashews, and a touch of Nutella. (V, N)

### E12 Healthy Waffles

200THB

Sweet wholemeal waffles with fresh fruit, Greek yoghurt, and honey. (D, V)

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

# ALL DAY PROTEIN SMOOTHIES



# DRINKS

## RECOVER

**S1 Nak Muay Surprise** 200THB  
Vanilla protein powder with almond milk, frozen blueberries and raspberries. (D, V)

**S2 Blue Hawaiian Heaven** 200THB  
Coconut based protein smoothie featuring frozen banana, mango, pineapple, and blue spirulina (D, V)

## FUEL

**S3 ChocoNutella** 200THB  
Pack a punch with this carbohydrate packed chocolate chaser. (D, V)

**S4 Banana Oat Smoothie** 200THB  
Basic banana oat smoothie topped up with high quality protein. (D, V)

## HEALTH

**S5 Big Clinch Coconut** 200THB  
Supercharged coconut infused protein smoothie. (D, V)

**S6 Peanut Punch** 200THB  
Pack a punch with this chunky peanut/banana combo. (D, N, 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)

**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 served with whey protein unless otherwise requested



# SNACKS ALL DAY

# SMOOTHIES & JUICES

## RECOVER

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

**S10 Banana & Blueberry** 150THB  
Fresh banana & blueberries blended with low fat yoghurt, milk, and honey. (D, V)

## FUEL

**S7 Proothie Bars** 100THB  
Healthy protein and energy bars made with sustainable cricket protein! Variety of flavours available

**S11 Mango & Orange** 150THB  
This tropical smoothie is so delicious and packed with Vitamin C. A great way to fuel up to a training session. (VE)

**S8 Cookie Energy Balls** 100THB  
3x Energy balls providing you with slow releasing carbohydrates, giving you a sustained release of energy. (N, V)

**S12 Banana & Mango** 150THB  
Fresh banana & mango blended with ice and mineral water. (VE)

**S9 Banana & Mango Pot** 100THB  
Banana and granola contain higher levels of carbohydrate, which will fuel performance (N, V)

**S13 Banana, Pineapple & Blue Spirulina** 170THB  
Banana, pineapple, and blue spirulina mixed with an almond milk base (VE)

## HEALTH

**Fruit Platter** 120THB  
An assortment of fresh locally sourced fruit (VE)

**Watermelon** 100THB  
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

PICK 1 RECOVER  
PICK 1 FUEL  
PICK UP TO 10 HEALTH  
PICK 1 FLAVOUR  
LUNCH/DINNER



**350THB**

**BUILD YOUR  
OWN**

## RECOVER

P1 Teriyaki Salmon

P2 Sous Vide Chicken

P3 Paprika Shrimp

P4 Curried Tofu

P5 Hard Boiled Egg

## FUEL

P6 Sushi Rice

P7 Brown Rice

P8 Quinoa

P9 Healthy Greens

## HEALTH

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

P20 Ginger Soy Dressing

P21 Soy Sauce

P22 Wasabi Vinaigrette

P23 Sriracha Mayo

P24 Sesame Miso Dressing

P25 Sweet Chilli Sauce

# POWER BOWLS 350THB

PICK 1  
LUNCH/DINNER



# THAI FOOD 220THB

PICK 1  
LUNCH/DINNER

## 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)

## FUEL

### 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.

## HEALTH

### B5 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)

### B6 Tropical Paradise Bowl

A tropical treat with a quarter cup of brown rice, a sprinkle of diced pineapple and mango, a touch of red pepper, and a hint of flaked and desiccated coconut. Drizzled with a refreshing lime and honey dressing.

### T1 Larb Gai (Chicken)

A zesty Thai minced chicken salad tossed with lime, chili, fresh herbs, and roasted rice powder. Perfectly balanced with heat, tang, and crunch. Vegan version available (VE)

### T2 Pad Kra Pau Moo (Pork)

A fiery Thai stir-fry with minced pork, fragrant holy basil, garlic, and chilies, served over steamed rice and topped with a crispy fried egg. A street food favourite packed with bold, spicy flavours!

### T3 Pad Thai (Tofu/Chicken)

Thailand's iconic stir-fried noodle dish, featuring rice noodles, tamarind sauce, egg, and your choice of tofu or chicken, topped with peanuts and lime. (N)

### T4 Pad See Ew (Tofu/Chicken)

Flat rice noodles stir-fried with tender chicken, egg, and Chinese broccoli in a savory soy sauce blend. A comforting, smoky wok classic.

### T5 Green Curry Chicken

A creamy coconut curry with aromatic green chilies, tender vegetables, and your choice of protein, served with steamed jasmine rice.

### T6 Penang Curry Chicken

Rich, creamy, and mildly spiced, this curry features a velvety coconut milk base, kaffir lime, and tender meat or tofu, accompanied by jasmine rice.

# WEEK A



## LUNCH/DINNER

### PICK 1 RECOVER & 2-3 FUEL/HEALTH

#### RECOVER

##### A1 Chicken Fajita Strips 120THB

Air fried tender chicken strips with fajita seasoning

120THB

##### A3 Cajun Barramundi 120THB

Air fried barramundi strips with a flavourful cajun spicing.

120THB

##### A2 BBQ Pulled Pork 120THB

Slow cooked pork tenderloin with a rich BBQ marinade

120THB

##### A4 5 Spice Minced 'Pork' 120THB

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

120THB

#### FUEL

##### A5 Thai Rice Noodles 100THB

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

100THB

##### A7 Asian Soba Noodles 100THB

A fresh, Asian style soba noodle salad with a soy, honey, and ginger dressing. (V)

100THB

##### A6 Red Curry Rice 100THB

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

100THB

##### A8 Paprika Spiced Squash 100THB

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

100THB

#### HEALTH

##### A9 Black Bean & Pineapple Salad 100THB

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

100THB

##### A11 Salted Tomato Salad 100THB

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

100THB

##### A10 Lemon Garlic Broccoli 100THB

A zingy, healthy, and fibrous dish to compliment your meal. (VE)

100THB

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# WEEK B



## LUNCH/DINNER

### PICK 1 RECOVER & 2-3 FUEL/HEALTH

#### RECOVER

**B1 Pulled BBQ Chicken** 120THB

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'** 120THB

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

#### FUEL

**B5 Coconut Ginger Rice** 100THB

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

**B7 Sriracha Potato Salad** 100THB

Cold served sriracha and lime potato salad (V)

**B6 Creamy Cheddar Pasta** 100THB

A delicious creamy cheddar pasta salad dish. Served cold. (V)

**B8 Thai Squash Curry** 100THB

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

#### HEALTH

**B9 Asian Edamame Salad** 100THB

Crunchy Asian inspired fibre-filled salad packed with goodness (VE)

**B11 Mango Tomato Salad** 100THB

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

**B10 Passion Fruit Green Beans** 100THB

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

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# WEEK C



## LUNCH/DINNER

### PICK 1 RECOVER & 2-3 FUEL/HEALTH

#### RECOVER

<b>C1 Pad Kra Pao Gai</b> Traditional Thai holy basil with minced chicken.	120THB	<b>C3 Thai Fish Cakes</b> Traditional Thai fish cakes in a red curry paste.	120THB
<b>C2 Garlic &amp; Pepper Pork</b> Stir-fried lean pork tenderloin in a garlic and pepper seasoning.	120THB	<b>C4 Vegan Meatballs</b> Italian spiced meatballs in a delicious marinara sauce. (VE)	120THB

#### FUEL

<b>C5 Curried Chickpeas</b> Chickpeas with a refreshing yoghurt and masala dressing. (V, D)	100THB	<b>C7 Chipotle Potatoes</b> Air fried diced potato in a garlic and chipotle Tabasco dressing. (VE)	100THB
<b>C6 Yellow Curry Sweet Potato</b> Sweet potato cooked with coconut milk and yellow curry paste. (VE)	100THB	<b>C8 Red Pesto Pasta</b> Fusilli pasta mixed with sun dried tomato pesto. (V)	100THB

#### HEALTH

<b>C9 Asian Slaw</b> An Asian twist to a classic side dish. Packed with micronutrients and dressed in a peanut soy sauce. (VE, N)	100THB	<b>C11 Watermelon Feta Salad</b> A refreshing fruit based salad in a balsamic vinaigrette dressing. (V, D)	100THB
<b>C10 Oven Baked Veggies</b> Get your daily dose of fibre with this delicious and filling healthful dish. (VE)	100THB		

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# WEEK D

## LUNCH/DINNER



## PICK 1 RECOVER & 2-3 FUEL/HEALTH

### RECOVER

<b>D1 Chinese Chicken</b> Sticky 5 Spice oven baked chicken breast glazed with honey and sesame oil.	120THB	<b>D3 Chilli Glazed Salmon</b> Oven baked Sirirarcha and sesame oil marinated salmon fillet.	140THB
<b>D2 Crispy Tofu</b> Soy glazed pan fried crispy tofu (VE)	80THB	<b>D4 Vegan Chilli</b> A tasty, wholesome high-protein vegan dish with plenty of kick. (V)	120THB

### FUEL

<b>D5 Quinoa Salad</b> Tri-colour quinoa mixed with fresh diced veg and olive oil vinegar dressing (VE)	100THB	<b>D7 Lemon Pesto Rice</b> Steamed rice mixed with green pesto and freshly squeezed lemon juice. (V)	100THB
<b>D6 Moroccan Couscous</b> Moroccan inspired couscous cooked in vegetable stock with toasted almonds and raisins. (VE)	100THB	<b>D8 Air Fried Pumpkin</b> Super simple air fried pumpkin. No frills, just flavour. (VE)	100THB

### HEALTH

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

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