A Typical Day for the Muay Thai Fighter Diet in Thailand

Morning Training and Breakfast

As morning training start pretty early, around 6 or 7am often morning running and the morning session will be done on an empty stomach.

Exercising in a fasted state further contributes to pro thai boxers staying so ripped, in addition to the many calories burned while training.

So when the morning training finishes, anywhere between 9-11am, its time for breakfast.

Like most Asian countries, breakfast often is the same as what people eat for lunch or dinner. Soups, rice, meat and vegetables are the norm for breakfast.

Som tam - Thai papaya salad

In the poorer region of Issan a typical breakfast consists of sticky rice, fish soup, som tam (Thai papaya salad), eggs, and vegetables. Because they are often poorer farming families they often catch the fish themselves.

For the muay thai fighter diet, Thai favorites such as khao man gai (chicken and rice), gra pao (holy basil stir fry and rice), or khao soi (crispy egg noodles) are the norm after the morning session.

Lunch and Afternoon/Evening Training

Lunch meals look pretty much the same as breakfast for the professional thai fighter diet.

Rice is of course always on the menu at any meal but soup noodles also is a favorite of Thais.

So rice, some meats or fish for protein and vegetables again is the common lunch meal.

Again due to the cheaper cost, Thai omelets which are plain eggs is another favorite food served and eaten as part of the muay thai fighter diet.

The lunch meals are nutritious and not too heavy as the afternoon session begins anywhere around 3-6pm depending on the gym schedule.

Therefore boxers tend to not eat too heavy as it will make them feel sluggish for the afternoon session.

Dinner

Following the second training session of the day which can finish around 5-8pm, dinner is prepared and served by the gym cooking staff in most thai boxing gyms.

Again rice is included as a staple as well as the standard white meat and fish and vegetables. Soups are also commonly eaten with rice meat/fish and vegetables.

Unlike in the West and outside of Thailand desserts are not so common and sweet foods as well as dairy are generally not eaten by Thais, let alone as part of the muay thai fighter diet