



MUAY THAI FUEL

Real pre training snacks from the Staff
and Fighters at Strike Studio

COACH
CHRIS



**LCM
BARS
x3**



300
CALORIES



48-51g
CARBS

COACH
QUANG



**APRICOT
JAM
SANDWICH**



215-260
CALORIES



45g
CARBS

COACH
ANGELA



**BANANA
WITH
HONEY**



165-180
CALORIES



43-46g
CARBS

COACH
KEVIN



**RICE
CAKES x2
+ COFFE
SHOT**



80-100
CALORIES



14-18g
CARBS



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GRACE



**CRUMPETS
WITH
HONEY**



180-220
CALORIES



35-45g
CARBS

CHRISTINA



**1-2 DRIED
MANGOS**



140-170
CALORIES



35-42g
CARBS

**COACH
ADI**



**RICE CAKES
WITH
NUTELLA**



170-220
CALORIES



25-35g
CARBS

TJ



**PIKELETS
WITH
HONEY**



200-250
CALORIES



45g
CARBS



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ELI



**PIKELETS
X4 + APPLE**



300-350
CALORIES



55-70g
CARBS

SANG



**RICE CAKES
X6 WITH
HONEY**



215-260
CALORIES



45g
CARBS

JAYDEN



**X5 SNAKES
BANANA +
SPORTS
DRINK**



240-280
CALORIES



55-65g
CARBS

JESSE



**BAGEL
WITH
HONEY**



260-320
CALORIES



50-65g
CARBS

Disclaimer: The food choices featured in this guide are based on the personal preferences and experiences of Strike Studio staff and fighters. They are provided for general interest and inspiration only and should not be considered nutrition or medical advice. If you are unsure what is right for you, please seek advice from an Accredited Practising Dietitian or your healthcare professional.