HYBRIDFUELCO

FREE WEEK PLAN · HYROX & HYBRID

Your 7-day fuel week.

A full sample week built for training and rest days — with macros, a shopping list, swap tables and a blank template, so you can run it as-is or build your own. Real food. No powders.

Sample fat-loss week at ~1,900 kcal — scale to your own number. General nutrition information, not medical or training advice.

START HERE

Make it yours in three moves.

This week is built around **~1,900 kcal / ~145g protein** — and that's a *fat-loss* target, not a maintenance number. It's what the calculator gives someone like a 40-year-old, 72 kg, 1.80 m athlete training 4× a week: a maintenance of about 2,300 kcal, minus a controlled ~400 kcal deficit (protein at 2.0 g/kg). **Your number will be different** — here's how to bend the week to it.

1. **Find your number.** Use the free calculator on hybridfuelco.com for your own daily calories and protein. Most active hybrid athletes land *higher* than this sample — if you train hard, 1,900 is a cutting figure, not your maintenance (see why 1,900 is often too low). Scale up or down from your result.
2. **Scale the portions.** Your target ÷ 1,900 = your factor. Example: a 2,400 kcal target → factor 1.26 → take ~126% of each portion (about a quarter more). A 1,600 target → factor 0.84. Keep protein portions closest to target; adjust carbs/fats first.
3. **Swap what you don't like.** Use the swap tables (page 6). Trade any protein, carb or fat for another in the same column — the macros stay close, the week stays balanced.

Three rules that carry the whole week

- **Protein every meal.** Aim for a palm-sized portion (25–40g) at each sitting — it drives recovery and keeps you full.
- **Carbs around training.** Put your biggest carb portions in the meals before and after your session. Rest days: pull carbs back a little, keep protein up.
- **Eat the week, not the day.** One heavy meal out doesn't break anything. Go a little lighter the next day and your weekly average stays on target.

> **Training vs rest days:** the plan marks each day. Training days carry more carbs for performance and recovery; rest days are a touch leaner. Move the days around to match your own week.

THE PLAN

Days 1 to 3.

Day 1 · Monday — TRAINING

MEAL	RECIPE	MACROS
Breakfast	High-Protein Pancakes	430 kcal · 35P 38C 9F
Lunch	Chicken Teriyaki Rice Bowl	600 kcal · 48P 72C 11F
Dinner	Salmon Poké Bowl	610 kcal · 40P 62C 22F
Snack	Protein Rice Pudding	460 kcal · 32P 66C 7F
Total	**Training day**	**2,100 kcal · 155P 238C 49F**

Day 2 · Tuesday — REST

MEAL	RECIPE	MACROS
Breakfast	Spinach Feta Omelette	380 kcal · 30P 6C 26F
Lunch	Greek Chicken Wrap	480 kcal · 45P 42C 13F
Dinner	Chicken, Sweet Potato & Broccoli	560 kcal · 50P 56C 12F
Snack	Greek Yoghurt Protein Bowl	430 kcal · 28P 52C 12F
Total	**Rest day**	**1,850 kcal · 153P 156C 63F**

Day 3 · Wednesday — TRAINING

MEAL	RECIPE	MACROS
Breakfast	Banana Peanut Butter Oats	520 kcal · 22P 68C 17F
Lunch	Mexican Chicken Quinoa Bowl	590 kcal · 50P 66C 10F
Dinner	Teriyaki Salmon Noodles	620 kcal · 40P 66C 22F
Snack	Protein Smoothie	260 kcal · 28P 32C 3F
Total	**Training day**	**1,990 kcal · 140P 232C 52F**

Every meal here is a real recipe in the HybridFuelCo app — with the full method, ingredient weights and a photo. This week is just a taste of the library.

THE PLAN

Days 4 and 5.

Day 4 · Thursday — REST

MEAL	RECIPE	MACROS
Breakfast	Quark Overnight Oats with Berries	400 kcal · 32P 52C 7F
Lunch	Turkey Club Sandwich	470 kcal · 42P 46C 12F
Dinner	Chicken Curry with Rice	600 kcal · 46P 70C 14F
Snack	Quark with Nuts & Honey	280 kcal · 28P 20C 11F
Total	**Rest day**	**1,750 kcal · 148P 188C 44F**

Day 5 · Friday — TRAINING

MEAL	RECIPE	MACROS
Breakfast	Protein Waffles	440 kcal · 38P 46C 10F
Lunch	Beef Burrito Bowl	640 kcal · 44P 68C 20F
Dinner	Chicken Stir-fry with Noodles	580 kcal · 48P 68C 10F
Snack	Rice Cakes with Peanut Butter & Banana	250 kcal · 7P 34C 10F
Total	**Training day**	**1,910 kcal · 137P 216C 50F**

Hyrox tip: on your hardest session of the week, add a banana or a slice of toast with honey 60–90 minutes before. It's the cheapest performance you'll ever buy — no gels or powders needed.

THE PLAN

The weekend.

Day 6 · Saturday — TRAINING

MEAL	RECIPE	MACROS
Breakfast	Shakshuka	400 kcal · 24P 38C 16F
Lunch	Chicken Tikka Masala with Naan	640 kcal · 50P 70C 16F
Dinner	Eat out — grilled chicken/fish + rice/potato + veg	~650 kcal · 45P 60C 20F
Snack	Greek Yoghurt with Honey	220 kcal · 18P 22C 7F
Total	**Training day · flexible dinner**	**~1,910 kcal · 137P 190C 59F**

Day 7 · Sunday — REST

MEAL	RECIPE	MACROS
Breakfast	Avocado Egg Toast	400 kcal · 18P 34C 22F
Lunch	White Fish Stew	420 kcal · 40P 42C 8F
Dinner	Lean Spaghetti Bolognese	620 kcal · 46P 78C 14F
Snack	Quark with Nuts & Honey	280 kcal · 28P 20C 11F
Total	**Rest day · prep for the week**	**1,720 kcal · 132P 174C 55F**

Sunday = prep day. Cook rice, chicken and veg in bulk and you've done most of Monday–Wednesday in one go. Batch cooking is the single biggest reason people actually stick to a plan.

MAKE VARIATIONS

Swap anything, keep the macros.

Don't like a food, or can't get it? Trade it for another in the same column — the portions below land in roughly the same macro ballpark.

Protein (~30g)	
Chicken breast	150g
Turkey	150g
White fish / cod	170g
Salmon	130g
Lean beef (5%)	150g
Skyr / Greek yog.	300g
Cottage cheese	200g
Eggs	4 large
Tofu / tempeh	200g
Lentils (cooked)	300g

Carbs (~45g)	
Rice (dry)	60g
Pasta (dry)	60g
Couscous (dry)	60g
Oats (dry)	60g
Potato	250g
Sweet potato	250g
Bread	2 slices
Wrap / tortilla	1.5
Banana	2 medium
Quinoa (dry)	55g

Fats (~10g)	
Olive oil	1 tbsp
Nuts / almonds	15g
Peanut butter	15g
Avocado	½
Seeds	15g
Cheese	25g

ONE TRIP, WHOLE WEEK

The shop.

Everything for the sample week, by aisle. Tick as you go. Scale quantities to your own portions.

PROTEIN

- [ ] Chicken breast (~700g)
- [ ] Salmon fillets (~450g)
- [ ] White fish (~360g)
- [ ] Lean beef / mince (~450g)
- [ ] Turkey (~170g)
- [ ] Pork tenderloin (~150g)
- [ ] Tuna (2 cans)
- [ ] Eggs (1 dozen)
- [ ] Greek yogurt / skyr (~1.5kg)
- [ ] Cottage cheese (~600g)
- [ ] Feta (small block)
- [ ] Lentils (1 tin/pack)

CARBS

- [ ] Rice (500g)
- [ ] Pasta (250g)
- [ ] Oats (500g)
- [ ] Couscous / quinoa (250g)
- [ ] Potatoes (1kg)
- [ ] Sweet potato (500g)
- [ ] Rye bread (1 loaf)
- [ ] Wraps (1 pack)
- [ ] Rice cakes (1 pack)
- [ ] Noodles (1 pack)

VEG & FRUIT

- [ ] Broccoli
- [ ] Green beans
- [ ] Mixed salad
- [ ] Spinach
- [ ] Peppers & onion
- [ ] Tomatoes & cucumber
- [ ] Pak choi
- [ ] Bananas (6)
- [ ] Apples & pears
- [ ] Berries (fresh/frozen)

FATS & EXTRAS

- [ ] Olive oil
- [ ] Peanut butter
- [ ] Walnuts & almonds
- [ ] Seeds
- [ ] Avocado (2)
- [ ] Honey
- [ ] Soy sauce, ginger, spices
- [ ] Avocado / low-fat dressing

YOUR TURN

Build your week.

Now you know the shape of it, fill in your own. Keep protein in every row, carbs around your sessions, and let the weekly average do the work.

My day · _____ TRAIN / REST

MEAL	WHAT	MACROS
Breakfast		
Lunch		
Dinner		
Snack		
Total		

Rather not do this by hand?

The HybridFuelCo app builds this around your own macros — exact portions, 100+ recipes, your training and a race-day plan, and it re-plans itself when life gets in the way. Start free.

Start free →

General nutrition information for healthy adults, not medical, dietary or training advice. Macros are approximate and rounded; adjust to your own targets, preferences and any allergies. With a medical condition, injury or doubt, consult a doctor, dietitian or certified coach. © HybridFuelCo.